

Fundamentals of Healthy Adult Friendships

Core Elements

Healthy friendships are built on:

- **Respect** – valuing other's time and differences
- **Trust** – feeling safe being yourself
- **Balance** – shared effort over time
- **Communication** – open and honest dialogue
- **Flexibility** – adapting to life changes



USPS EAP can help you strengthen relationship skills, improve communication, and build healthier, more supportive friendships that align with your wellbeing.

Signs of a Healthy Friendship

- You feel supported and heard
- You can be honest without fear
- Boundaries are honored
- Conflict is handled respectfully
- The relationship adds value to your life

When a Friendship Needs Attention

You may need to reassess if you feel:

- Consistent stress or exhaustion
- Guilt or pressure
- Lack of respect or balance

Reflection Questions

- Does this friendship support my wellbeing?
- Do I feel safe and respected?
- Is there mutual effort?

Key takeaway: Healthy friendships grow through respect, communication, and flexibility.