



STUYVESANT HIGH SCHOOL'S SPARK PROGRAM



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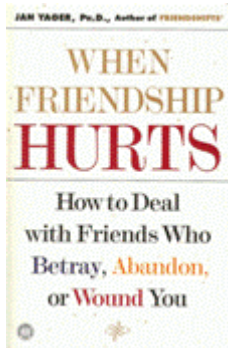
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“TOXIC FRIENDS – TOXIC RELATIONSHIPS”

WHEN FRIENDS HURT and FRIENDSHIPS HARM

<http://www.cyberparent.com/friendship/toxic-friends-friendship.htm>



- **Entering into a friendship opens the door for hurt and harm;** a harmful friend or a toxic friendship can be one of life's hardest relationship tribulations to forgive and forget. Toxic friends often come back to haunt you for a long time.
- **There are nine main types of toxic friends** – those people whose friendship hurts you eventually. Knowing the categories of toxic friends helps you avoid them. Unfortunately, though, becoming friends is risky and there is never a guarantee you will not be hurt by a toxic friend.

1. THE USER AS A TOXIC FRIEND

- This person only has friends as long as he/she can use them for some purpose or goal of his/her own. **This person could be the most harmful of toxic friends.**

2. THE BETRAYER AS A TOXIC FRIEND

- Nothing hurts more than a friend who betrays you. The betrayer is truly a toxic friend.

3. THE CONTROL FREAK AS A TOXIC FRIEND

- **The control freak is a friend as long as she/he is in control.** The control freak often seems to be helping you. Refuse that help or break that control and find out what toxic friendship really means.

4. THE JUDGE AS A TOXIC FRIEND

- Ever judgmental, ever critical, this friend can erode your self-esteem. **The judge is a fault finder.** You can rarely do anything completely right with this toxic friend.

5. THE PROMISE BREAKER AS A TOXIC FRIEND

- This person rarely does what he/she says he will do. If you have a date, your toxic friend is often a no-show. A general lack of dependability makes this person a toxic friend.

6. THE GOSSIP AS A TOXIC FRIEND

- The gossip will eventually betray your trust and become a toxic friend. Gossips are easy to spot so beware your friendships with them.

7. THE SELF-CENTERED AS A TOXIC FRIEND

- Self-centered people can't think of you as they are too busy thinking of themselves. They make toxic friends.

8. THE COMPETITOR AS A TOXIC FRIEND

- The competitor is always looking to be **"one up."** Although some competitiveness is normal in friendships, too much competition makes a toxic friend.
- Again, no one can always avoid a toxic friend. But often to be forewarned is to be forearmed.

9. THE LEANER AS A TOXIC FRIEND

- The leaner is a very needy friend who clings and may be at your doorstep every day.
- He/she usually wants all of your time and jealousy often enters the picture in this friendship.