



What Should You Say When Ending A Friendship?



"I have noticed some patterns in our friendship in the past that have been bothering me. I wonder if we can talk about it."



"Recently, I have started feeling our friendship is no longer healthy."



"I would want us to have some time apart from each other so we can think about our friendship with clarity."



"Considering our recent conversations, I feel we are growing apart."



"I am ending this friendship because I don't feel respected when you get angry for insignificant reasons."



"When we first met, our friendship was filled with kindness and care. This feeling has recently changed, and I don't feel comfortable about it."