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Senior Capstone: Severed Ties

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Abstract

As friendships are defined as one of the most important factors in our lives, it influences our health, well-being, and happiness. Creating and maintaining friendships is one of the hardest actions to sustain. This paper offers research on effective awareness to the hardships and gruesome aspects of abandoned friendships. Exploring the importance of social interaction in childhood friendships prepares us for the horrific turning points of a loving friendship. The paper also provides literature that dives deeper into the dreadful emotions that victims of abandoned friendships face as they slowly manoeuvre on the road to recovery. The paper also provides a content analysis and an effective strategic plan to support and prevent abandoned friendships. As a society, we must build a community of constant love, support, and changing attitudes of acceptance.

Severed Ties

The past eight years were traumatic. I didn't have much, or any, friends in elementary school to high school. Just a small group of acquaintances and one good friend in which I shared some time in class and at lunch. As I watched the popular crowd walk by me, it took me a while to imagine what my life would be like if I lived in an environment where I was socially accepted and didn't have to "fit in" to survive. Shutting my locker door, I ironically bumped into one of the most popular girls known across catholic school girl history. Veronica. Not only did Veronica look like your typical Barbie doll, but her straight hair, long legs, and perfect body definitely gained the eye of *all* catholic school boy's attention. Veronica was one of those girls who was self-absorbed and desperate to find a clique. Veronica was my best friend.

“OMG, I’m sorry”, I exclaimed after bumping into her. She was abrupt and unimmunized with my presence as she quickly walked away from me to avoid being seen. I was taken back to fifteen years’ worth of memories that struck me. As I clicked the lock on my locker door, my mind took me back to an era of happiness that was once destroyed. I remember attending every doctor appointment with her due to her anxiety sufferings, and not to mention I was the only one there for her when the other students at school made fun of her for having frequent panic attacks. We were frequently bullied together in elementary school, but I didn’t care because she was the only one who mattered to me. We did everything together. Whether it was sleepovers every weekend, shopping, vacation, going to school, attending social events, we were inseparable. It wasn’t until freshmen year of high school, when I started to notice a shift change in our friendship. The truth is, the world is full of envious people who are lonely, insecure and sometimes have nobody to turn to. It is the sad truth, but that is the problem with teens in today’s society. No one cares about each other, they use people to gain popularity and use each other because they have no one else to hang out with. I believe that we should be aware that there are a lot of people who can easily deceive others for their own benefit. Throughout the years, the transition of adulthood had corrupted one of the most important relationships of my life, eventually turning it into the ultimate betrayal.

So the question is how can you decide to let go of an inseparable fifteen- year friendship without feeling anything? It’s going to hurt especially when the clique she chose to be friends with, changed her for the worst. This was a clique that only accepted you if you looked, spoke, and acted a certain way. The Bronx is a big place where everyone knows everyone, and if they don’t know you, then they really don’t want to be bothered with you. Most of these girls I

attended school with were from the Bronx, and so was Veronica. They all had their own cliques and eventually all combined together into one big clique, once high school started. Veronica was the type of person to dream about being popular. She always had to fit in with the crowd, no matter who it was with. I knew some of those girls who didn't like me, and it wasn't because of anything I did, it was because I didn't fit into their cultural norm of popularity. Little did I know that this clique would be the beginning of my worst nightmare. As time passed, my best friend and I began to become more distant by the minute. I, of course, would do everything in my power to try and save this friendship, looking nothing but stupid. I had to think to myself why am I the only one holding onto this friendship? If I stop holding onto it, do I really want it to end? It was only until my Grandmother died to figure out her ultimate betrayal. Aside from her "excused" absence of not having a ride to be there for me, I only had received ONE phone call of condolences from her. I haven't seen her since I got back to school two weeks later from grieving because she was too busy hanging out with other girls who satisfied her needs.

A year later it was like we were complete strangers. The profundity of abandonment creeps around me still to this day. We may feel these uncertain emotions because of proximity, being departed from someone you love makes you feel detached from their lives. A few weeks later, one of the girls in the clique's grandfather has passed away. From what I noticed is that everyone including my best friend stood by this girls side and made sure they attended the funeral and wake. As I was driving home from school that day I saw my "best friend" in a car with two guys and one of the popular girls who lived in my complex driving next to me. I rolled the window down to wave to her, but she simply kept the window up and acted like she didn't see me. All I could think about was that I know her enough to know in her heart what she

wouldn't do to hurt me. What I didn't realize was that I was feeling so confident and feeling so great about having her as a best friend and then it just be completely shattered by one thing. Something so stupid.

The last time I physically ever spoke to Veronica, was a cold and bliss walk to the church in which we graduated in. She did everything in her power to avoid me and it was just awkward. After graduation, I was able to leave my traumatic feelings behind and start fresh by attending a University that was six hours away. It didn't last long. Despite being unchallenged by the academics, the environment itself was worse than the one I had grew up in. Instead of staying for another nine semesters, I decided to leave and return back home to the traumatic feelings in which I once thought I could escape. With communications, being a profession where I could use my experiences to create stories in which others can relate to, I thought to use my personal experiences to create awareness campaigns and help prevent individuals from going through their own traumatic experiences. I needed to take the time to decide where I would be comfortable studying, where I would be socially accepted, and a place where I wouldn't feel judged, as I was for the past ten years of my life. Therefore, I have decided to submit my supplements to attend SUNY Purchase College for the rest of my college career in Communications.

I will be graduating with my bachelors this semester, after which I plan on becoming involved with awareness campaigns, bringing differences to my community. My ultimate goal is to start my own awareness campaign, in which I can enable others to share their stories and connect with others. I haven't had any ideas about what specific communication field I want to be in, but I know I want to work on something that helps others express themselves and share

their stories as they grieve and cope from such betrayal. There are so many fields and aspects to communications, but I think public relations is the right path for me and the benefit of other people who are in need of sharing their stories. Making a difference is the primary key for becoming motivated to making the world a better place. Taking something that is negative and turning it into a positive direction is important factors into making a difference. The emotions, stories, and stress people go through gives communicators something to focus on.

In this research, I present the beginning of childhood friendships, transitioning through the evolution of society. The discussion will then lead to the victims of people who are betrayed by someone close to them, as well as the causes and the affects. As a result, audiences will be able to understand the various platforms in which helps recover from traumatic experience. Through the use of communications, people can broadcast their stories and experiences into messages to connect and relate with others. Since there is no guarantee that abandonment will ever come to an end, we must do all we can to influence and raise awareness as a community to ensure others that they are not alone. According to Boniar et al. (2011), research shows that suffering a trauma, whether it be a natural disaster, loss of a loved one, personal injury, accident, or assault, people with a high level of social support in the form if friend and family relationships are much less likely to develop posttraumatic stress-disorder (PTSD). Bonair points out that friends can encourage us move in the right direction, but at the same time, they allow us to suffer from psychological disorders. Similarly, Bonair finds sharing emotional experiences with another person can provide meaning, insight, and a sense of perspective that can't be gleaned from speaking into a mirror while wearing a disguise (Bonair et al. 2011). Bonair's theory leaves us with concerning thoughts around the topic of the changing nature of friendships.

Literature Review

How does the changing nature of friendships affect how individuals live? Individuals who are victims of all types of abandonment will have long term effects that will stick with them for the rest of their lives. This can lead to physiological issues such as insecurity, self-esteem issues, and even depression. I not only want to look deeper into the effects of abandonment, but also look into the distress upon victims and effective recovery methods. Bonair's theory was extremely important as it informs audiences that without friendships, individuals will come across negative barriers in their lives. The prevalence of young friendships can only be observed by their actions and behaviors, making research much more valuable. The literature below represents topics that occur during friendships such as the importance of social interaction and friendships in early ages of childhood, the horrific causes or turning points of friendships imposed by society, the effects of painful emotions, and the slow and agonizing recovering process.

Topic 1 : Social Interaction in Childhood Friendships

Friendship in general should be mutually compacted with love, compassion, compatibility, understanding, dependence, and identity. The University of Florida, Institute of Food and Agricultural Sciences (IFAS) states that a child is not born with social skills so its really their parent's obligation to help their child learn how to be socially active at such a young age. (Ferrer et al , 2002). A study conducted by Erwin (2013) found that children are dependent on their parents for any social contacts outside of the immediate family. On a narrower scope, social interaction is extremely beneficial to know at a young age because it prepares us to gain

social support in future obstacles. According to Michelson et al. (2013) research suggests that unassertive children carry their social skill deficiencies into adulthood.

Topic 2: Turning Points in Friendships

The evolution of society changes the behaviors of individuals. As people become influenced by the forms of society imposed upon us, friendships can easily become destroyed in a blink of an eye. Dijk (1997) found that patterns of interaction have been worked out by earlier generations, embodied in cultural rules and norms, and are taught to the young. Society is something more than a group of people who move in the same direction (Burt, 1999). Similarly, Burt (1999), says a true society is a group whose members of a particular group move in a chosen direction. The idea of desperately wanting to fit into a certain friend group could possibly come from psychological lenses of insecurity and acceptance. According to Binoir, (2011), many people do not realize that the end of a meaningful friendship can literally signify the loss of a piece of their own identity. As people grow up, they may leave a friend unintentionally to find a group that satisfies their insecurities.

Topic 3: Emotional Feelings

When we lose a loved one we spent the majority of our time with, we may become full of feelings of emptiness and despair. When something traumatic like this happens, we often keep to ourselves rather than look for ways to gain support. This puts a strain on how individuals behave and act. The loss is so one-sided that it seems inexplicable, ripping at your self-confidence, guilt, and shame hangs over you (Levine, 2009). Research has shown that children will face shock disbelief, and self-doubt through intense anger that seems to course through their veins (Stonsny, 2013). On a different note, individuals may feel embarrassed to talk about their feelings, or they

may but the blame on them causing them stress. Working on social skills and communication in the home and community increases the chances of living in a positive direction. The world is a self absorbed place to all individuals, especially those that face abandonment.

Theme 4 - The Recovery

Facing traumatic experiences such as abandonment, navigates a future of distress and a life of depression. The abandonment of friendships should be a controversial issue that raises more awareness upon its subject. As individuals recover from this process, they may struggle to find peace and comfort. According to Lang (2007), there is a progression of stages that most people go through on their journey to recovery. In order for emotional repair to take place, special attention needs to be given to our mind, body, and spirit (Lang, 2007). Similarly, Turow (2017) states, that our experiences changes depending upon whether we approach pain with self-criticism, avoidance, and despair, or whether we surround it with kindness, encouragement, and hope. Transforming trauma into growth and resilience is a process, and it involves balancing our attention and building our inner resources (Kurow, 2017). On a narrower scope, it is important to have respect for yourself during the healing process. Without self respect, there is no motivation to move yourself in a positive direction. Rosenbloom et al. (2010) , finds that that healing means attending to and respecting all parts of yourself, including the difficult parts of your emotional life. Respecting and listening to your feelings may not come naturally now but can become so with practice. (Rosenbloom, et al. 2010). Due to the evolution of society, people today may feel unaccepted and rather recover from their trauma privately. This becomes a problem when individuals stop seeking emotional support, and hit rock bottom.

Literature Review Conclusion

Early emotional and social skills are needed in order to secure a close friendship, both in childhood and adulthood. These factors are key to providing children with the skills needed to develop social and communication skills. Research has shown that friendships are important for the transition into adulthood. Friendships have been suggested as a way to ensure that individuals are able to be directed onto a positive path. Parents of children are encouraged to introduce social and emotional skills to their children at the earliest age as possible. This will not only help children learn how to interact with others, but also prepare them for the obstacles they may face in the future. Abandonment of a friendship could happen in the blink of an eye. This literature has shown the importance and need for friendships and early communication. One thing not shown in this literature is the importance of awareness. There is a gap of information in showing support systems in regards to guiding people in the right direction and onto a happy and healthy life. Organizations need to concentrate on changing the public's behavior, acts, and beliefs in a more unique way. In my study, I hope to add and contribute to the conversation by adopting a more strategic approach to public interest communications. My goal is to provide a content analysis in the hopes of protecting individuals from future pain. In a more visual approach, a strategic message plan should help to effectively support people to listen and draw attention to those in need of emotional support and guidance.

Content Analysis

The purpose of this content analysis is to elaborate on the statistics and causes of abandoned friendships. The content provided will dig deeper into the importance of social interaction amongst children, provide preventive measures of behaviors, discuss the social classification system of teenagers, and stress on the importance and effectiveness of pure loss.

Childhood

Erwin's discovery of child dependency (Erwin, 2013) and Michelson's theory of carrying social and emotional skills into adulthood (Michaelson et al., 2013) comes into play as individuals wonder why people feel so alone. Some of the most common feelings young generations may face today when it comes to friendships. Without our guardians allowing us to maintain such connections with our peers at early ages, our social life will result in a period of isolation, loneliness, and boredom. When children become close to one another they form a bond that may stick with them forever. As I reflect back to simpler times, i think about all the great times I had with three of my best friends and those memories still stick with me to this day. I have my parents to thank for allowing me to even develop such great memories with the friends I made. As my teenage years have come to an end, my memories haunt me, wishing that I go back to those times and hold on to those friendships. I blame myself for not holding onto these great friendships that once meant so much to me. Whether it was playing with BRATZ ® Dolls, or having sleepovers every Friday or Saturday night, those times meant so much to me. Moral of the story is that as children, we are not mature enough to know what the right direction is. As

guardians of children, we must encourage children to nurture, appreciate, and respect all of the people we meet so that we have a constant support of motivation and love in future obstacles.

According to U.S Douglas Nemecek, Chief Medical Officer for Behavioral Health, Cigna found a study revealed that:

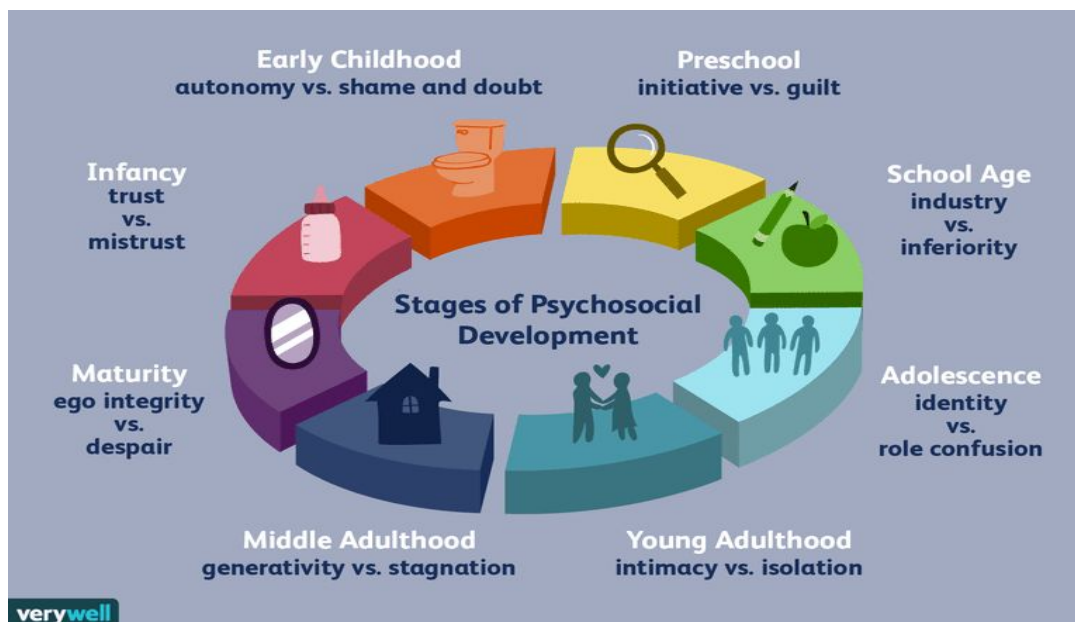
- Generation Z (adults ages 18-22) and Millennials (adults ages 23-37) are lonelier and claim to be in worse health than older generations. (Nemecek, 2018)
- Students have higher loneliness scores than retiree There was no major difference between men and women and no major difference between races when it came to average loneliness scores. (Nemecek, 2018)

As a result, childhood friendships rely heavily on physical or geographical considerations rather than the choices we make ourselves. The focus on childhood friendship is extremely important for guardians to prevent the horrific emotions of loneliness in future obstacles. Children who lack friendships or relationships may suffer from emotional and mental distress later on in life . All individuals, regardless of certain living situations, should have their own personal friendships to grow and develop with. According to observation, children tend to have better attitudes when they are involved in many friend groups.

Childhood to Highschool

During childhood, children live as if they don't have a care in the world. What worries and struggles do children have their mind? Perhaps the worst aspect of being a child is finding out that Santa or the Tooth Fairy isn't real. Remember running out to the music of Mr. Softies'

ice cream truck? Whenever it would pass by memories strike as children ask their parents for a more money so their best friend could get something too. Children often sit for hours and hours playing games like Life or Wii, pretending like they live the ultimate life. However, I didn't have to pretend much at all, because being with my best friend took reality away from me. It is baffling to think about how individuals could have years worth of memories with a person and then somehow that person leaves with the solemn memories completely. Mcleod, (2018) suggests a unique finding in regards to the corruption of childhood friendships. These crises are of a psychosocial nature because they involve psychological needs of the individual conflicting with the needs of society (Mcleod 2018). As children begin to grow older, they will begin to face many of the toxic and horrific aspects of life, caused by the cultural norm of today's society. Educational consultant, Kendra Cherry, has found that psychologist Erik Erikson has developed one of the most popular and influential theories of development. Presented below, Cherry, (2019), explains Erikson's theory described the impact of social experience across the whole lifespan. Cherry, (2019) also explains how Erikson was interested in how social interaction and relationships played a role in the development and growth of human beings.



If people can go through these conflicts and understand how to deal with them beforehand, then they will maintain strengths that will guide them to paths of health and happiness. If they fail to deal effectively with these conflicts, they may not develop the essential skills needed for a strong sense of self (Cherry, 2019).

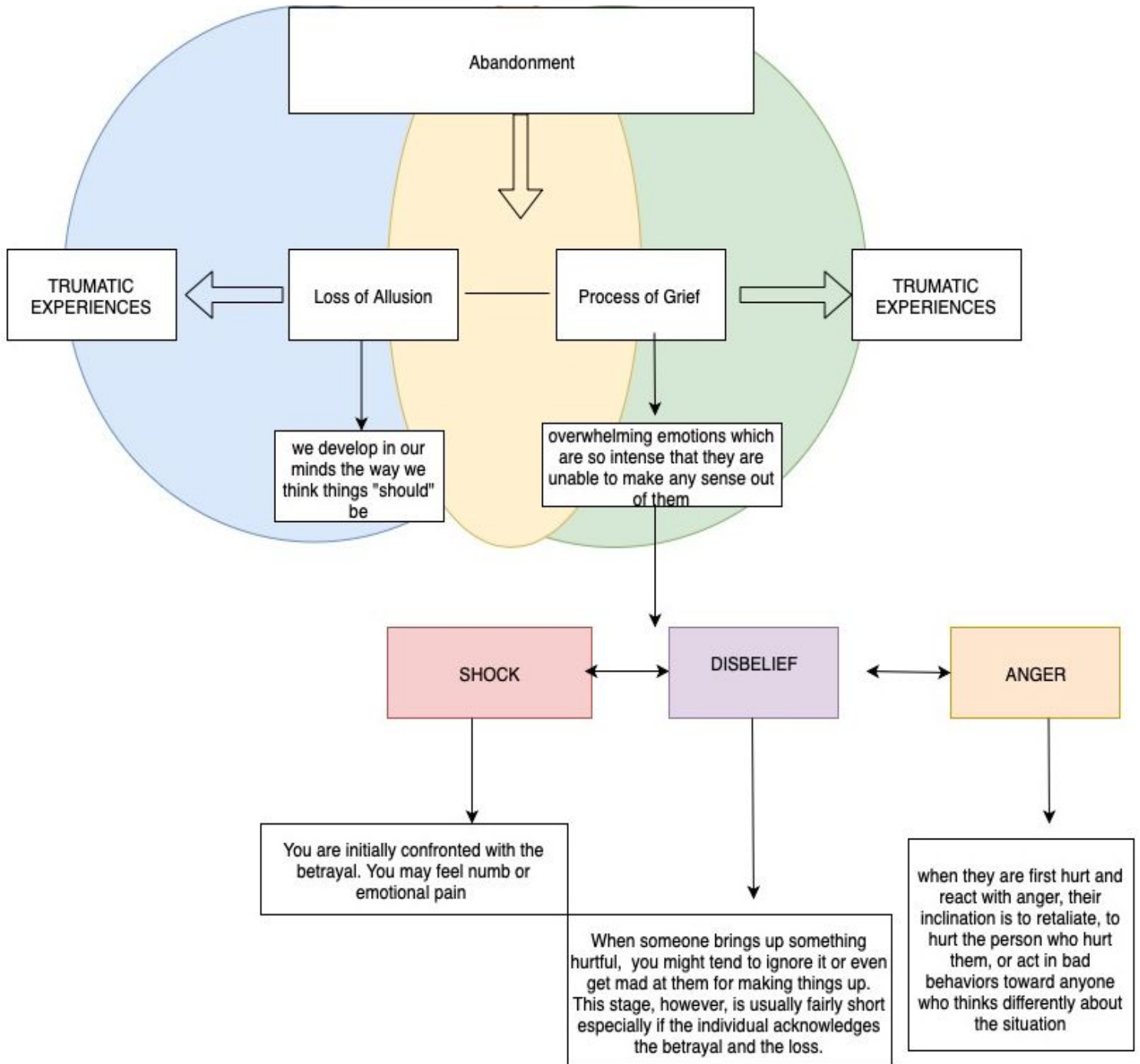
On the contrary, it is evident that every society has an expectation about how its members should and should not behave, it defines and places people into certain groups of society. When you enter middle school or high school, you will find your friends based off of what you look like, how you act, and social class. Even as they try to fit into a social group, teens are struggling to find their individual identity. As people grow up, they may leave a friend unintentionally to fit into a group that satisfies their own insecurities. It is evident that every society has an expectation about how its members should and should not behave, it defines and places people into certain groups of society. When you enter middle school or high school, you will find your friends based off of what you look like, how you act, and social class. Even as they try to fit into a social group, teens are struggling to find their individual identity. As people grow up, they may leave a friend unintentionally to fit into a group that satisfies their own insecurities. Provided through the research presented in the hierarchy on the next page, an effective approach of awareness is seen as social groups and cliques distort friendships as teenagers are classified by various stereotypes found from research constructed by social media expert John Kelly:

Stereotype/Identification	Analyzation
<p>Mean/Popular girls</p> <ul style="list-style-type: none"> · Insecure · Wealthy · Cheerleaders · Bullies · Head captain of sports · Parental connections with community · Hangs out with girls they frequently talk about · Weak background/suffered childhood 	<ul style="list-style-type: none"> · Girls that belong in this clique typically have to meet the standards of certain looks, attitudes, and backgrounds. · Typically, if you do not meet the standards of this clique you are often bullied or put into another stereotype group
<p>Jocks</p> <ul style="list-style-type: none"> · Wealthy · Athletic · Leaders amongst their peers · Typical bullies · Head captain of sports · Parental connections with community · Usually a jock can be seen as a class president would gain the popular vote · Anger persona 	<ul style="list-style-type: none"> · Jocks set the cultural norm of a school environment · Jocks find ways to use and manipulate friendships · Jocks also enable peer pressure in their local communities · Jocks cause trouble and blame other cliques for their actions · *** the reason why all groups are distorted is because jocks do not like other groups disrupting their cultural norm of “coolness”. This denies acceptance and any sense of friendship.
<p>Preps</p> <ul style="list-style-type: none"> · Those who have a reputation for looking a certain way · Raised by parents who have extreme OCD 	<ul style="list-style-type: none"> · Preps have to dress, eat, act, and speak a certain way. · There life has been restricted to freedom. · Due to their traditional

	representation, personal issues may arise and it becomes hard to make any friends
<p>Hipsters</p> <ul style="list-style-type: none"> · Independent individuals · Dresses unique 	<ul style="list-style-type: none"> · Society isolates them from the crowd and they care free.
<p>Nerds/Geeks</p> <p>Smart</p> <p>Dresses old-school like</p>	<p>Usually have a hard time fitting into society because they are only good for their brains.</p> <p>Usually they becoming annoying with their “know-it-all” attitude and society rejects them because of their nerd- like interests that strikes against the cultural norm of popularity.</p>
<p>Emo</p> <p>Emo individuals usually hide their identity through dark clothes and makeup and are all about depression.</p>	<p>These teens are usually misunderstood and rejected from society.</p>
<p>Outsiders</p> <ul style="list-style-type: none"> · Those who are completely rejected from society · No one really knows who they are 	<ul style="list-style-type: none"> · Outsiders typically are the ones who suffer from loneliness and isolation. · These outsiders have a rough time trying to fit into a clique because they do not satisfy any of the previous cliques listed above.

Aftermath of Losing a Friend

Typically, when you enter high school, everything starts to change. It is very rare that you will find a friendship that lasted for more than ten years, in today's generation. When we lose a loved one we spent the majority of our time with, we may become full of feelings of emptiness and despair. Levine's theory of loss and how it seems inexplicable, ripping at your self-confidence, guilt, and shame hangs over you (Levine, 2009) may suggest that adapting to change is hard and restarting another friendship is even harder. It takes a while to get over losing somebody so important in your life. Sometimes, the memories will never stop haunting you. The feeling of wanting to tell your friend something, and their not by your side anymore to talk to. The feelings of walking passed a place you spent every weekend together at. These are the gruesome feelings knowing that your friendships will never be the same absolutely hurts. The worst part of it all is that the person who leaves you, is out their living their best life. Stonsny (2013) says that. It won't take many repetitions of this cycle before your brain starts to think about the betrayal just so the anger will temporarily empower you against terrible feelings. To understand these feelings more drastically, presented below is a flow chart based off of psychologists Monica Frank's findings that undergoes the process, cause, and effects of abandonment (Rota, 2019).



The Road to Recovery

Abandonment primary physiological and the feelings of abandonment can all be healed by your self-worth, your self confidence, and how you treat yourself. Rosenbloom's theory of self respect finds that there is motivation to move yourself in a positive direction (Rosenbloom, et al., 2010) . This actually doesn't have anything to do with the people around you. If we can get rid of these emotional feelings, bring solutions into our life we can avoid a mental-health scale and move forward. This is comparable to Lang's discovery of emotional repair, finding that special attention needs to be given to our mind, body, and spirit (Lang, 2007). As individuals face abandoned friendships, they fight with their emotions mentally and privately. As stated, respecting oneself may not come naturally, but can become so with practice. It is not easy to adjust living without someone that was once so close to you. Most individuals will then feel rejected and will not look for emotional support. This is why it is important that people of today's society become more accepting to people in general. Previously mentioned, this society controls the way people think, act, and live. My only goal is to provide awareness to society, making attitudes more accepting toward people with mental health disorders.

Results of a Strategic Message Plan

As a society, we must stress that sharing personal stories is important in regards to supporting others. We need to make sure that everybody is a part of a community. We need to be loved, we need to have people around us, and we need to be a part of something. Phycologists have stressed enough that individuals who suffer from abandonment at young ages are more likely to face negative paths as they transition to adulthood. Awareness campaigns are the number one go-to source for people who want to support a cause. However, the question is it

ever enough for people to simply know more about something? Below presents a way for me to add to the conversation and contribute to an effective plan, or approach that will help enhance awareness and increase societal support for people with mental health disorders; and encourage people to change attitudes towards victims of loneliness, and create a society and community of awareness to enhance the way we communicate with others.

STRATEGIC PLAN #1

1. The topic of abandonment has rarely been touched upon in recent years. In order to understand how crucial losing a loved one is, it is first important to target parents of children around the ages of 5 +. It is important extremely important that all parents, teachers, and guardians stay on top of social engagement when it comes to children. As early childhood friendship allows children to grow in positive directions, the social interaction they receive will prepare them to seek for social support in future obstacles. Rather than developing an awareness campaign for parents, one effective approach to encourage schools and communities to raise awareness and provide more social events for children. Below is a strategic message plan to help parents provide children with the social skills they need:



An ideal situation would clearly demonstrate how guardians are the key to forming childhood friendships. If parents do not have friends that have children, there only hope of their child making friendships through school , community activities, or daycare programs.



Another ideal situation would be when adults pay large amounts of money for their children to go to school, so why not encourage schools to provide classes or activities that help enhance advanced social skills for children by helping them find activities that they like. Plenty of variety in children's mix of sports, games and activities will also keep them excited about moving. When your child tries out different activities, she can pick up new skills, stay interested and challenged. This will also increase children's interest in participating in events and activities provided by other programs not provided by their schools. Schools should be encouraged to prolong the time period of recess or physical education. If there is no time to do so, they can incorporate some engaging assignments or activities at the beginning or ending of class, rather than having individual assignments.

STRATEGIC PLAN #2

From experience, turning points in friendship may cause strain and feelings of emptiness within one person in the relationship. This is why it is so important to hold on to the friendships you currently have, and continue to make new friends each day. In order to prevent undergoing a traumatic experience of losing a loved one, is it imperative to target awareness at middle and junior high school students. many people do not realize that the end of a meaningful friendship can literally signify the loss of a piece of their own identity. As people grow up, they may leave a friend unintentionally to find a group that satisfies their insecurities.

Goal

Get children between the ages 9-15 to know the consequences of abusive and estranged relationships.

Problem: Based off of Kendra Cherry's presentation on Erik Erikson's Theory of development chart, Cherry suggests that if victims to deal effectively with these conflicts, they may not develop the essential skills needed for a strong sense of self (Cherry, 2019).

As the goal is to prevent children from having these feelings stick with them when they transition to adulthood. Rather than lecturing or creating an awareness campaign, there must be an effective approach that will leave an effective impact on children and how they treat their friends. The most effective ways can be found through:

1. Monthly movies
2. Monthly student plays
3. Guest speakers of abusive and abandoned friendships in classes (health class)
4. Requiring students to watch TED talks on abandonment topics and then completing a handwritten short-paragraph essay. Once the writing is finished they can exchange with their peers to add to the conversation. (via reading class, science behavior classes etc..)
5. Retreats
 - a. Class engagement and activities
 - b. Have students make a paper folder in which other students are required to write positive notes and drop them in that folder.
 - c. Have students sit in a circle and anonymously write how they feel in general and

the teacher will read the note out loud without knowing who wrote what. This is a great way to let your peers know how you really feel without saying who you are. (I have done this in previous experience and it really changed everyone's attitudes and perspective on others)

STRATEGIC PLAN #3

When you want to talk to a friend, but know you can't. When you catch yourself constantly thinking of them. Losing a friend is never ever easy. It doesn't matter the circumstance, whether it be by choice or by accident, everyone eventually loses a friend. The best thing you can do is allow yourself to grieve. There's nothing shameful in being upset over the loss of someone important to you. From observation, we usually start to lose friends around the age of 15. Usually around the age of 15-20 aren't mature yet and sometimes don't even know what respect is. Around these ages, individuals seem to only care about themselves. According to observation, when people are in their third year of college, they seem more mature when it comes to friendships and relationships. As time passes on, when you lose someone close to you, there seems to be nothing curable to fix the pain you endeavour.

As a result, I believe that there needs to be more productive support systems. Since there is no cure to fix a loss, the only thing you can do is support one another. There should be more advertisements and commercials to win the goal of an effective "word of mouth" strategy. In this approach, we would want to target at the people who want to help people recover from such depression. In order to gain an effective support systems through word of mouth, we can:

1. Prompt people to go and see effective life coaches.

2. Provide local meditation groups for FREE
3. Hypnosis

In order to make this effective to get people to support the mentally-stressed:

- facebook groups that promote locations and times methods of healing
- Viral videos of life coaches with inspirational quotes
- Recommendations by celebrities

Research Conclusion

After conducting an immense amount of research upon the topic of abandoned friendships, I believe that all individuals of any race, gender, or age, deserves to feel belonged and supported by not just one person but by a community and society as a whole. The last decade has taught me a lot about friendships. From childhood up until now, I have found a great opportunity to stress the importance upon abandoned friendships and what its like to lose somebody you have spent half of your life with. As children, they do not realize how important it is to have friends that care for them. In my experience, it wasn't up until eighth grade to figure out why friendship is so important. When children reach about fourteen years of age they start to face the pressure of society and the forceful idea of fitting in. As friend groups change, people change and people begin to become left out. This causes major effects on oneself and provides a negative path towards health and depression.

It may take a while for people to recover, but in the meantime, I would like to present a more effective approach towards those who suffer and those who want to help the people that suffer. In the future, I would hope to see a change towards attitudes in hopes that people will be

more accepting towards one another. Hopefully I will be able to start social media groups that are more effective to those who suffer from abandoned friendships, inspiring them promote various awareness campaigns in this field of study. First, I would want to make sure children are getting the proper social skills they need to start their “friendship journey” off. If we can prevent children from suffering at young ages, then we won't have to worry about their mental health in the future. Perhaps making sure that everybody in a school community is required to be apart of something- even if they chose not to be. Moreover, another idea would be to try to get schools to add a longer period to recess hours.

In about five to ten years not only would I like to see a change of attitudes towards people who aren't socially accepted, but I want to see the rise of friendships, a mix of various cliques together, and positive community vibes. If we can continue to promote positivity, then we can live in a community that revolves around nothing but love and support. In order to do this I will provide a blank form of my analysis for motivation. If individuals who want support these victims of friendship loss, the blank form below will guide them to an affect approach.

<p>1. Q: If it is the child, is he/she getting the proper social skills they need to interact with others?</p> <p>2. Q: Are their guardians accepting to the idea of allowing their child to interact?</p>	<p>A1. Question authorities of schools to make it required to be involved in activities.</p> <p>A2. Send letters, flyers, and emails promoting programs to encourage parents to enroll their children in activities.</p>
<p>3. Q: What is causing friendships to disperse?</p>	<p>A3. Promote awareness on high school stereotypes and changing attitudes and “breaking the status quo”</p>
<p>4. Q: How can we support those who suffer from abandonment in friendships?</p>	<p>A4. promote and create support groups, Provide retreats</p>

	Promote accepting and loving attitudes Assist camps, schools, and other programs which FREE life coaches.
How to keep children away from depression?	Talk to community authorities and makes sure there are events and programs available for children day and night. Nightlife for children can be important, we must keep them socially busy and every from the pressures of drugs and alcohol at young ages.

It is important to grow up having many friendships and connections. Friendships are the key to living a life of peace, happiness, and sense of prosperity. We need these friendships to guide us to the right path of success and happiness. From the moment we are born, we are surrounded by our parents who love us and want the best for us. When we are children we aren't mature enough to make our own decisions. This results in friendships of geographical locations, or children of your parent's friends (if they have any). If we have the proper communication skills at young ages, we can now make our own decisions and choose who we want to spend our time with. If our communication skills are solid, we may be able to move forward with friendships that we seek at early ages. If we don't, we might encounter patterns of "in-and-out friendships", which might cause habits of not knowing how to maintain friendships. Research also indicated that it is important to maintain these friendships we have at early ages because when we hit a certain age, in our teen years, society changes for the worst. People change, friends change, and we begin to restart the process of finding other friend groups to fit into. This becomes a problem as we start to see people becoming left out due to many conflict of interests. This stresses the importance and stimulation of an effective approach to encourage people to

change their attitudes and provide acceptance for people who have a hard time fitting in with society. It is sad that people have to go through the stress of losing friends because they are abandoned by the ones they love. Having this anger and depression really puts these individuals on the wrong path of life. By looking deeper into the horrific feelings, I only want to amend an effective plan where future generations will not even have to worry about being alone. There are so many people out there today that are embarrassed and drained from situations like abandonment. It is important for people to change attitudes and accept those who are also recovering from the process, because it will not be easy to recover from.

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