

AMY WEATHERLY & JESS JOHNSTON

I'LL BE THERE

(AND LET'S
MAKE
FRIENDSHIP
BRACELETS)



A Girl's Guide

to Making and
Keeping Real-Life
Friendships

A PDF COMPANION TO THE AUDIOBOOK

I'll Be There (And Let's Make Friendship Bracelets)

© 2022 Amy Weatherly and Jessica Johnston

Tommy Nelson, PO Box 141000, Nashville, TN 37214

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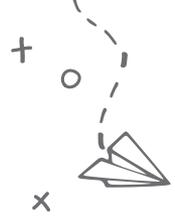
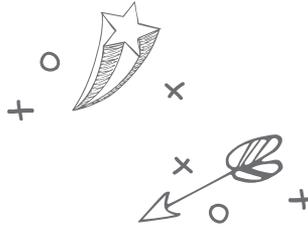
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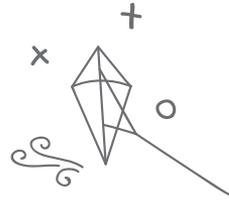


1
When you
Really
Need a Friend
Yeah, us Too

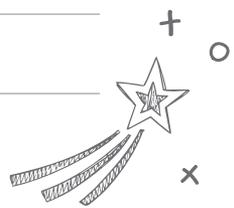
THIS IS YOUR SPACE TO
BE CREATIVE! COLOR,
JOURNAL, AND DOODLE
ALL YOUR THOUGHTS.



WRITE IT DOWN!



When you think about trying to make new friends,
how do you feel? Excited? Anxious? Nervous? Why do
you feel that way?





What kind of friendship are you looking for?



THE GOOD NEWS IS, YOU CAN TOTALLY HAVE A FRIEND LIKE THAT! IN THIS BOOK, WE'LL TELL YOU HOW.





A good Friend Is ...

Find and circle all the words hidden in the grid below.
Remember to look in every direction!

KIND

THOUGHTFUL

POSITIVE

HONEST

UNDERSTANDING

CARING

FUN

TRUSTWORTHY

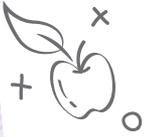
APPROACHABLE



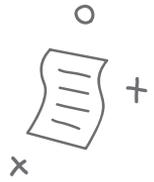
Y	C	A	R	I	N	G	Z	A	R	H	C	E	F	V
T	R	U	S	T	W	O	R	T	H	Y	J	G	K	V
H	W	R	I	Y	N	L	Q	N	F	Z	V	B	R	I
L	G	U	N	D	E	R	S	T	A	N	D	I	N	G
V	I	A	B	H	V	Y	S	A	P	Z	I	A	T	O
P	P	S	U	T	A	X	S	L	P	V	F	H	Z	F
F	Q	H	U	H	N	M	C	S	R	V	H	C	L	S
D	P	I	Y	O	R	K	B	B	O	E	O	L	Y	D
J	O	C	E	U	F	U	B	A	A	W	N	V	D	V
J	S	N	G	G	Z	U	U	S	C	Q	E	T	K	U
D	I	Z	T	H	W	J	N	M	H	Z	S	V	A	X
S	T	C	Y	T	K	V	K	Q	A	L	T	E	N	O
H	I	R	H	F	Q	I	B	K	B	L	B	S	G	D
L	V	M	P	U	B	J	N	W	L	P	J	A	Q	E
Q	E	R	F	L	H	V	T	D	E	G	A	C	T	L

2
* when you're
Lonely *

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BE HONEST

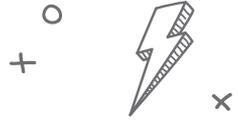


When was the last time you felt lonely?

How long did the loneliness last?



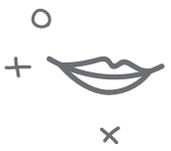




Did you do anything about it? Why or why not?



I'M SO SORRY YOU FELT THAT WAY. I'VE BEEN THERE TOO. BUT I WANT YOU TO KNOW THIS: YOU DON'T HAVE TO BE LONELY. NEXT TIME, YOU CAN CHANGE THINGS SO YOU WON'T BE ALONE. KEEP READING TO LEARN HOW!



3
When It Takes Time
to Level up your
Friendships

What's your Friendship Level?

Think of one friend and answer the following questions.

How do you usually greet each other?

- a) I smile and wave but don't say hi.
- b) I say hello and talk about something that happened at school.
- c) I skip saying hi and jump straight to "Girl, you'll never believe what just happened!"

What emotions do you usually feel when you're around her?

- a) I feel happy to see her but a little awkward.
- b) I'm just glad she's around.
- c) I feel like my day just got a whole lot better!

How much time do you spend together each week?

- a) An hour or less—usually not one-on-one.
- b) We hang out every week or so.
- c) We hang out every weekend—and at school, too, if we can!

What do you like to do together?

- a) We usually do whatever our group of friends is doing.



- b) We're into the same shows or games and enjoy those together.
- c) We do everything together—it's hard to pick one thing!

How do you stay in touch?

- a) We just talk whenever we're together.
- b) We talk at school and send messages on the weekends.
- c) Whether in person or online, we're always in touch somehow.

Have you told her any secrets?

- a) Not yet, but maybe someday I will.
- b) One or two—and she has shared some too.
- c) I've told her every secret—there aren't any left to tell!

Would you tell her if you were having a bad day?

- a) Maybe, but I wouldn't share any details.
- b) Yeah, but then I'd want to change the subject.
- c) Yup—and she would hear *all* about it.

Do you wish you were closer with your friend?

- a) Yes—I'd like to level up.
- b) Yes, but we're already kind of close.
- c) I think we're about as close as it gets!





IF YOU GOT MOSTLY A'S:

Then you're casual friends. That's a great place to start—and there's plenty of room for leveling up. If you want to work toward becoming true friends, try reaching out to your friend once a week on the same day just to say hi outside of school. The more opportunities you have to connect, the better you'll get to know each other.

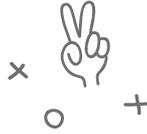
IF YOU GOT MOSTLY B'S:

Then you're true friends. You might be happy staying at the true-friend level. After all, we can only have a small number of best friends. But if you want to level up a true friend into a best friend, try doing something special for her once a week (like bringing an extra cookie to share with her at lunch). Thoughtful, repeated acts of kindness are a great way to let your friend know you care.

IF YOU GOT MOSTLY C'S:

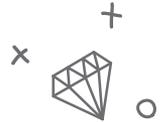
Then you're best friends. You're as close as it gets! There's nowhere to level up from here. But it's important that you still spend time investing in your friendship so it stays strong and healthy. To do this, try making a regular hangout plan to be sure nothing gets in the way of your friendship. For example, you could have a sleepover on the first Saturday of every month.

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ALL YOUR THOUGHTS.



MAKE A PLAN!

Name one girl you want to try to get
closer to this week.



Write one idea for how you might try to grow your
friendship with her.



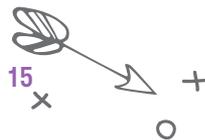




How does your new plan make you feel? Excited?
Hopeful? Scared? Explain why you feel that way.



REMEMBER, BABY STEPS ARE THE RIGHT SPEED FOR
SUCCESS. EVERY TIME YOU TAKE A SMALL STEP,
YOU'RE CLOSER TO HAVING THE FRIENDSHIP YOU'VE
ALWAYS WANTED. IT'S SO WORTH THE EFFORT.





* 4 *
When you
+ • *
+ • Don't Feel • +
+ • *
Confident • +

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BOOST YOUR CONFIDENCE!



Write a letter to yourself about why you're great. Memorize it. Repeat it before you walk into school in the morning. Say it anytime you need a boost. Here's an example:

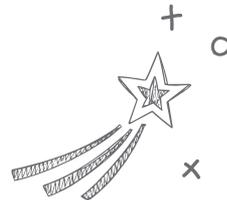
Dear Amy,

There is nothing wrong with you.

You are special and unique. You're a good friend who makes other people laugh. You know how to have a fun time. You can be confident today because you are a friend worth having.

Keep being yourself. Keep being good to others. And good friendships will come.

Love, Amy





* 5
When you're +
• + Pretty Sure
• + you've Been *
* Tricked • +

A good Friend makes you Feel...

Find and circle all the words hidden in the grid below.
Remember to look in every direction!

HAPPY

SAFE

CHEERFUL

CONFIDENT

EXCITED

HOPEFUL

ADVENTUROUS

CALM

V	X	U	P	K	H	O	P	E	F	U	L	E	N	F
E	O	D	F	I	I	Z	S	B	N	V	K	K	P	I
C	O	N	F	I	D	E	N	T	V	I	B	R	W	C
T	G	F	O	D	M	P	S	C	X	B	V	N	P	W
E	N	R	Q	E	X	R	D	H	K	U	M	U	V	G
O	X	I	S	N	C	Q	S	V	M	L	K	H	S	M
T	E	C	H	E	E	R	F	U	L	Z	E	A	P	R
F	B	Z	I	I	B	F	Z	C	Q	O	Q	P	S	L
D	G	R	Q	T	D	B	E	E	P	N	M	P	D	D
C	U	J	R	L	E	R	C	M	K	G	D	Y	K	M
A	H	J	S	R	Z	D	M	N	G	O	J	M	M	Z
T	Y	Z	A	N	O	Z	W	Z	C	A	L	M	V	J
G	P	P	F	A	E	C	P	V	V	X	Y	D	C	A
A	D	V	E	N	T	U	R	O	U	S	H	V	B	S
H	R	H	D	R	Y	Z	V	H	B	H	R	F	W	R



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ALL YOUR THOUGHTS.



+ × ○ DITCH THE LIES!

Jot down some lies you've believed about friendship (maybe they're in this chapter, maybe they're not). Circle the one that has stuck with you and bothered you the most. Then write a letter to yourself with the truth. Here's the letter I would write to myself:

Dear Jess,

I know you often feel like you're not enough. I know you often believe the lie that you aren't lovable as you are. But you are enough. You are beautiful. You are loved. You are worthy. As. You. Are. The end.

I'm going to say something to you that you really need to hear: stop trying so hard. Stop trying to change yourself. Instead, go out there and find someone who needs a friend like you. Love someone else as they are—someone who will love you as you are.

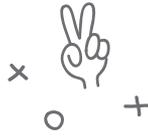
You've got this. You really do.

Love, Jess

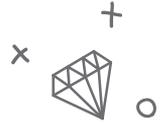


When  6
Someone
Doesn't
Like You

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WHAT IS YOUR “THING”?



Are you a people pleaser? A perfectionist? A worst-case-scenario thinker? An overly competitive person? Or something else?

What are the bad parts about it?



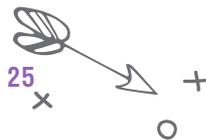




What are the good parts about it?



What is one good part you can focus on this week to help you be a better friend?





What's Your Friendship Flavor?

How many best friends do you have?

- a) None yet, but I've got lots of true friends
- b) Just one—and she's the best
- c) Two or three—and they don't know each other
- d) Three to five
- e) Too many to count!

The perfect sleepover would include . . .

- a) Just me and a great book
- b) A movie marathon with my best friend
- c) A clothing-swap party followed by a dance party
- d) Something everyone will enjoy: pizza, games, and a ton of candy
- e) Anything—as long as all of my friends are there

Which emoji best represents you?

- a) Book/reading emoji
- b) Red-heart emoji
- c) Thumbs-up emoji
- d) Face-with-tears-of-joy emoji
- e) Party-popper emoji





When you grow up, you want to be . . .

- a) A writer
- b) A therapist
- c) A traveling photographer
- d) A nurse
- e) A social media influencer

What's one word your friends use to describe you?

- a) Thoughtful
- b) Caring
- c) Outgoing
- d) Reliable
- e) Excitable

IF YOU GOT MOSTLY A'S:

Your friendship flavor is ketchup! You're a classic gal who can get along with anyone but isn't afraid to do her own thing. Your friends love that you're so independent—and that you always have the best book recommendations.



IF YOU GOT MOSTLY B'S:

Your friendship flavor is honey mustard! You're sweet and straightforward, and you'd choose hanging out one-on-one with your bestie over a





big group thing any day. Your friends love that you're a great listener who knows them so well.

IF YOU GOT MOSTLY C'S:

Your friendship flavor is barbecue! You're a tangy mix of flavors that work together to create something amazing. Your friends love that you're always trying new styles and recommending unique activities and games. They love that you have so many different interests—it keeps them on their toes!



IF YOU GOT MOSTLY D'S:

Your friendship flavor is ranch dressing! You're the kind of girl who blends well with lots of different flavors, and your friends know they can always count on you. You help people feel welcome, and you know just what to do to make someone's day better. Your friend group simply wouldn't be the same without you.



IF YOU GOT MOSTLY E'S:

Your friendship flavor is hot sauce! You're bold and spicy and always looking for a good time. Your friends love that you're not afraid to be yourself and that you're always ready to hang out—even if they might need some convincing first.



* 7
When
+° Everyone
Seems
* * Fake +°

HOW TO MAKE FRIENDSHIP BRACELETS

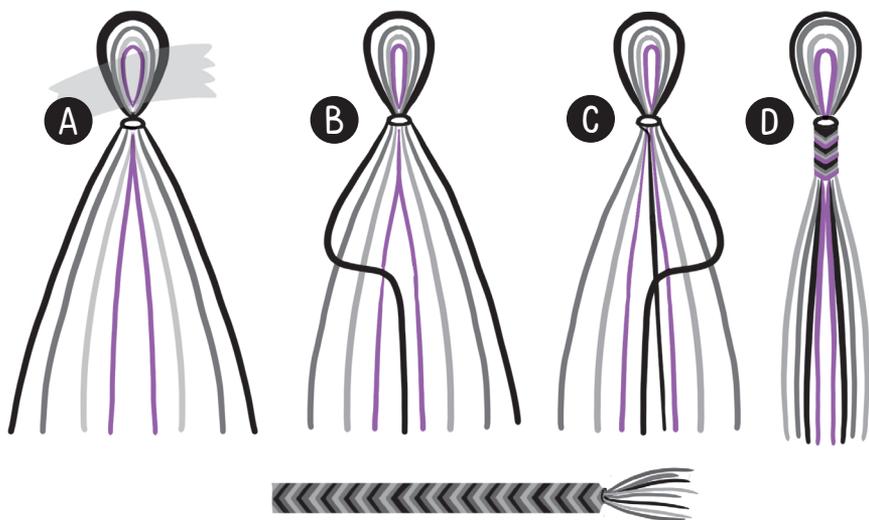
What you need:

- RULER
- STRING (4 DIFFERENT COLORS)
- SCISSORS
- TAPE
- BEADS (OPTIONAL)



Directions:

1. Grab the ruler and measure each string to 40 inches.
2. Use the scissors to cut each string to that length.
3. Collect all the strings together, then pull the threads in half and make a knot with a loop in the middle.
4. Tape the loop to a table, book, or any other surface so the threads stay in place.
5. Separate the threads into two sets: one of each color on each side. There should be four strings on the left and four on the right.
6. Arrange the threads in a mirror image of each other, so the same color threads are on the outside and the same color threads are on the inside. See image A.
7. Now take the outside string on the left set and bring it to the inside of the right set. See image B.



8. Then do the same thing on the other side: take the outside string on the right set and bring it to the inside of the left set. See image C.
9. Keep doing this until every color has crossed over. This creates a “fishtail” knot.
10. Tighten the knot by pulling on the strings. See image D.

Optional: As you braid, you can add in beads. Loop the strings through the beads to secure them. Try adding 1 bead every $\frac{1}{2}$ inch on the bracelet.

11. Continue until you make it to the end of the string.
12. Finish the braid by tying a knot at the end.

**THEN ASK YOUR FRIEND
TO TIE THE BRACELET
ONTO YOUR WRIST!**



Real Friendships Are ...

Find and circle all the words hidden in the grid below.
Remember to look in every direction!

NONJUDGMENTAL

SUPPORTIVE

SISTERLY

INVITING

OPEN

SWEET

ENCOURAGING

EXCITING

V	E	A	L	V	V	B	Z	C	A	Z	E	D	F	K
V	S	X	K	F	C	G	E	N	S	M	N	P	Z	B
L	U	Z	C	P	U	T	R	O	U	Q	C	J	O	W
K	P	P	Q	I	F	Z	Y	N	A	J	O	H	U	A
L	P	I	M	Y	T	M	I	J	W	P	U	T	B	P
Y	O	N	B	S	Z	I	O	U	C	V	R	I	Y	G
M	R	V	V	O	I	L	N	D	H	B	A	G	K	R
D	T	I	P	G	Q	S	V	G	B	T	G	T	J	R
H	I	T	D	A	N	E	T	M	E	N	I	T	A	S
Q	V	I	P	S	G	Y	Y	E	U	F	N	E	O	M
P	E	N	E	V	T	Z	W	N	R	V	G	A	P	J
E	B	G	N	S	X	S	L	T	J	L	X	A	E	P
G	T	G	M	C	Z	U	Z	A	B	R	Y	D	N	C
M	I	U	B	M	C	V	U	L	R	N	D	X	B	V
B	F	N	A	L	Y	V	H	D	G	X	T	V	X	S

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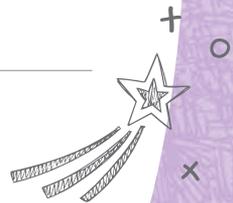


MAKE YOUR OWN LIST!



Think of a friend you have who is different from you. How are you different? Make a side-by-side list of some of the ways you're not the same.

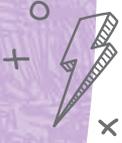






How do you feel about those differences? Do they bother you? Or do they make your friendship better? Explain why.

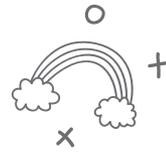






8
When you're
Feeling
Left out

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DROP SOME KNOWLEDGE!



Have you ever tried to be friends with a group
of girls but felt you were never really part of the
group? If yes, why did you feel that way?

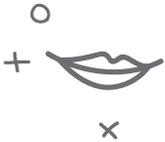




What did that teach you?



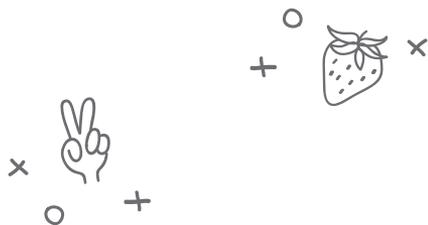
What is one thing you can do to make sure your group of friends doesn't become a clique?





9
When you're
Tired of
Competing

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SLAY THE GREEN-EYED MONSTER!

Do you have a friend you often feel jealous of or feel like you need to compete with? Don't beat yourself up about this. It happens! But you can stop it from happening again. Make a list of at least three things you can start doing today to support your friend instead of trying to one-up her.

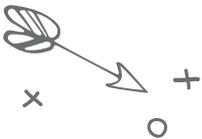
1. _____





2. _____

3. _____



10
When
you're a
Bad
Friend

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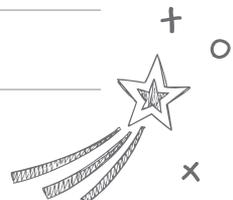
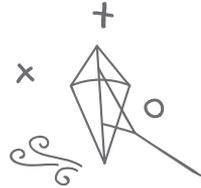
GIRL, ADMIT IT!



We all act like jerkwads sometimes! Pobody's perfect, am I right? So be honest and write about the last time you acted like a bad friend.

What happened?

Why did it happen?





How did you repair the friendship?

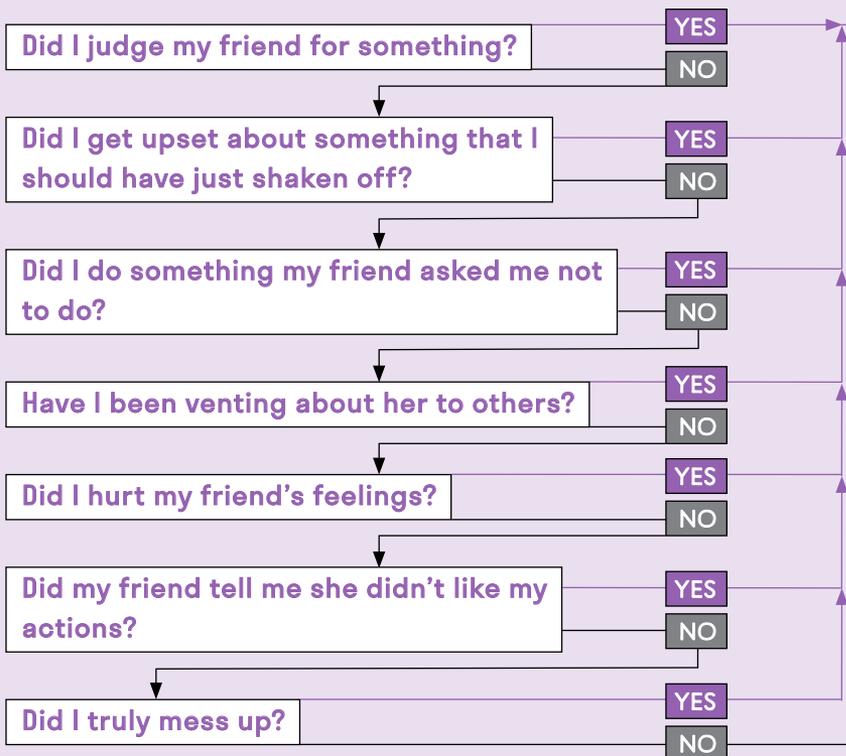


How can you be a better friend in the future?



Do you Owe Her an Apology?

Answer the questions below and follow the arrows to find out whether you owe your friend an apology. (Be sure to answer honestly!)



If you do owe her an apology . . .

YES

Tell her you're sorry. Don't make excuses, and don't expect her to forgive you right away. Apologize because it's the right thing to do. Don't do it with the hope that it will suddenly fix everything. But after you say what you need to say, let it go. Don't beat yourself up about it. Just spend some time thinking about how you can do better in the future. What mistakes did you make? What have you learned? Again, this isn't about criticizing yourself or feeling guilty. This is about making sure you become the great friend you want to be.

If you don't owe her an apology . . .

NO

If you decide an apology is not in order, this also might mean the friendship has reached a breaking point. If that's the case, that's okay. Remind yourself that friendship breakups happen (more on that in the next chapter!). They are a part of life. Remember the relationship for what it was, and remind yourself of all the future friendships waiting for you. I genuinely believe that every broken friendship gets us one piece closer to the right friendship.

PERFECTLY YOU

NOBODY IS PERFECT—AND THAT'S OKAY! WHEN WE CHOOSE TO LOVE OURSELVES AND OUR FRIENDS EVEN THOUGH WE MAKE MISTAKES, WE BECOME MORE OF THE FOLLOWING:



THESE ARE MUCH BETTER QUALITIES TO AIM FOR THAN

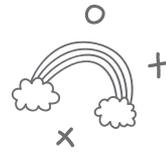
"PERFECT."

IN THE SPACE BELOW, WRITE A SHORT LETTER TO YOURSELF ABOUT WHY YOU LOVE AND ACCEPT YOURSELF JUST THE WAY YOU ARE.

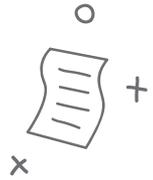


11
When you've
Had a Friend
Breakup

THIS IS YOUR SPACE TO
BE CREATIVE! COLOR,
JOURNAL, AND DOODLE
ALL YOUR THOUGHTS.



GET SOME CLOSURE!



Part of what makes a friend breakup so difficult to move past is that it's sometimes hard to know why things ended. We're left hurt, confused, and scratching our heads. But even though it takes two people to build a friendship, you can get closure all on your own. Here are two ways:

1. **Journal.** Write about the good times and the things you learned through the breakup.

The things I loved about my friend:





The things I did well in this friendship:



The things she did well in this friendship:



How some things could have been better:



Why I am proud of myself:



Some things I will be looking for in my next friendship:





1. If you're ready, write a letter of forgiveness to your former friend. This is for your eyes only (it isn't something you're ever going to send). Make it as honest and real as you need. The point is to give you a chance to think about your feelings and then let them go. Sometimes it helps to put the truth down on paper rather than just think it in our heads. I'll go first.

Dear _____,

What you did wasn't okay, and forgiving you doesn't say that it was. You really hurt my feelings. But I forgive you.

I know I didn't do everything perfectly either. I made mistakes. But I forgive me too.

I'm not going to carry this around anymore. I'm letting it go.

Amy

Now it's your turn! On a separate piece of paper, write a letter to your former friend.

Once you've written your letter, give yourself a minute to reflect on what you wrote, then trash it. Cut it into itty-bitty pieces. Make it into a wad and





shoot a two-pointer into the wastebasket. That friendship is in your past, and throwing away your letter shows that you're ready to forgive and move past it. Now the only thing in front of you is a future full of hope.



12
when your
Words
matter

What's your Communication Style?

When I'm chatting with my friends, I like to . . .

- a) Think before I speak—and listen a lot
- b) Tell jokes—the more laughs I can get, the better!
- c) Lead the conversation by asking lots of questions
- d) Only talk about things everyone understands so no one feels left out

My favorite form of communicating is . . .

- a) Sending texts or chat messages
- b) Sending GIFs or emojis
- c) Emailing or writing notes
- d) Talking in person

When I'm talking to others, I usually feel . . .

- a) A little nervous—I don't want to say the wrong thing
- b) Energized and bubbly—I love talking
- c) Cool and confident—I know it will be a good conversation
- d) Calm and attentive—I don't want to miss anything



When I'm talking to someone, it bugs me when they ...

- a) Don't take a moment to let me respond to their questions
- b) Don't laugh at anything I say—are they made of stone?
- c) Have a conversation with only one person instead of paying attention to everyone
- d) Talk over me and other people



When I meet someone new, I usually ...

- a) Talk about school or something else basic—we don't know each other well yet
- b) Tell a joke—or three—to break the ice
- c) Share everything about me—I'm an open book
- d) Ask lots of questions to get to know them better



IF YOU GOT MOSTLY A'S:

You're a thinker. You often let others do the talking. But that doesn't mean you don't have a lot to say! You just like to think on it first so you don't say something you'll

- regret later.



IF YOU GOT MOSTLY B'S:

You're a socializer. You like to be the center of attention. And you're happy to tell jokes and stories to get the party going! You're good at brushing things off with a laugh.



IF YOU GOT MOSTLY C'S:

You're a commander. You're organized and like to keep conversations on track. You're probably the one to suggest a game of truth or dare—and make sure everyone plays by the rules!

IF YOU GOT MOSTLY D'S:

You're a connector. You're super thoughtful and great at making other people feel comfortable. No one will be left out on your watch!



THIS IS YOUR SPACE TO
BE CREATIVE! COLOR,
JOURNAL, AND DOODLE
ALL YOUR THOUGHTS.



USE YOUR WORDS FOR GOOD!

Let's start practicing healthy communication. We
can ask questions:

- "What did you mean when you said that?"
- "Hey, are we good?"
- "Why did you react like that?"
- "Did I hurt your feelings?"



We can tell each other how we feel:

- "Hey, when you did that, it hurt my feelings."
- "Can we talk about the other day? I felt like things got weird between us."
- "I've been struggling with _____. Can we talk about it?"
- "When you do _____, I feel _____."





We can listen well and apologize sincerely:

- “I was really grumpy today, and I took it out on you. I’m so sorry.”
- “Hey, after I said that, I realized it was really insensitive. Will you forgive me?”
- “I’m sorry I’m being kind of weird today. I’m not feeling good.”
- “You’re right. I’m so sorry I did that.”

Communication is a powerful tool. When we ask questions, share how we feel, listen well, and apologize, it takes our friendships to a whole new level.

Now it’s time for you to practice! Think about the last time you wanted to share something hard with a friend, but you didn’t. Maybe it’s too late to go back and say it now, but it’s not too late to learn from that experience and practice how you’ll respond in the future. Write down what you would say about it today. Reread the lists above for inspiration.





Use your Words To ...



Find and circle all the words hidden in the grid below.
Remember to look in every direction!

WOW

ENCOURAGE

ASK

BOOST

DREAM

SHARE

CHEER

EXCITE



V	Q	G	A	F	E	N	N	S	C	L	D	C	K	U
A	A	B	G	T	V	K	T	F	K	V	L	Q	O	C
T	S	S	L	T	G	Z	O	W	W	G	V	G	Z	Z
D	Q	Q	K	S	P	T	D	S	N	A	U	S	Y	G
M	G	A	J	H	M	G	Q	H	N	U	B	F	U	U
R	A	E	N	C	O	U	R	A	G	E	O	B	J	I
E	R	X	P	S	U	X	T	R	A	F	O	I	C	M
T	G	H	F	S	F	H	E	E	L	K	S	E	G	B
V	Z	W	C	Z	X	F	G	A	P	D	T	M	H	N
D	U	P	Q	O	D	O	H	Y	Q	I	V	P	C	W
S	K	S	H	P	Y	C	T	J	C	P	Z	R	L	V
V	I	G	J	U	C	H	O	X	S	D	Z	H	W	N
U	G	H	R	V	M	E	E	R	R	E	W	O	W	C
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V	O	F	L	R	Q	R	F	Y	J	Z	W	F	O	Q

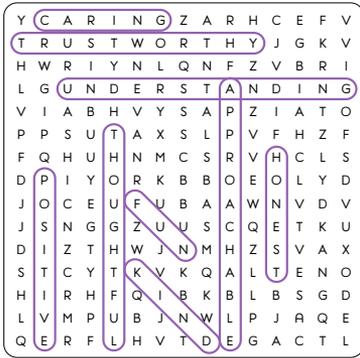


Answers

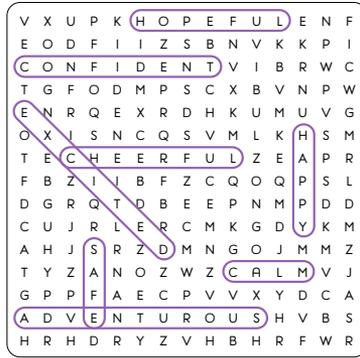
WORD SEARCHES

A GOOD FRIEND MAKES

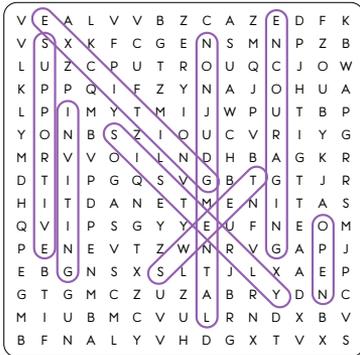
A GOOD FRIEND IS ...



YOU FEEL ...



REAL FRIENDSHIPS ARE ...



USE YOUR WORDS TO ...

