

FRENEMY CHECK: WHO'S ON YOUR TEAM?



Friends are the ones who believe in us when we can't believe in ourselves. They back us up in a jam, stand with us as we face challenges and push us to take brave new leaps. Success is one part talent, one part desire, and one part the company you keep.

As you build your career, your relationships at work will help you land a coveted project, new job or promotion. That cuts both ways: hang out with people who gossip or goof off, and you might get a reputation for the same. That's why it's important to get smart about who you want on your team. Below are some tips to get you started.

SHE'S HAPPY FOR YOU.

Some people almost seem to like it when you're down. That's when they perk up and want to be there for you. A good friend or colleague celebrates your victories, even when she's having a bad day, or month,

or year. She doesn't see your win as her loss, and she doesn't say little things or make mean jokes that take the wind out of your sails. She's there for you, no matter the weather. If you find yourself hesitant to share your good news, that's a red flag --- and it may be time to sit down and talk it out.

SHE RESPECTS YOUR FEELINGS.

A true friend respects your feelings, even when she doesn't agree with them. Let's say you're freaking out about a new job you want or a test you're getting back. Your friend might think you're overreacting a little, yeah, but she'll still comfort you and tell you everything's going to be okay. If she tells you that you take things too personally, calls you "too sensitive" or a "drama queen," or tells you to chill out, that's not cool. Your feelings change all the time, sure, but they're also a big part of what makes you who you are. When your friends disrespect your feelings, they disrespect you.

If you have a friend who makes mean jokes and blows you off when you challenge her, she's disrespecting your feelings. You have the right in any relationship to set



a boundary and tell someone to stop. It's the job of a true friend to understand that you both might find different things funny.

SHE CAN DEAL WITH REAL CONVERSATIONS.

The best relationships are the bravest: they can resolve conflict directly by sharing feelings in an open, respectful way. But many girls are afraid of getting real with their friends. They worry their friends will judge them, get angry, stop talking to them, or get other people involved.

A true friend is someone you can talk to about what's bothering you without being afraid you'll lose the relationship. If you feel too scared to talk, it's time to evaluate whether that person is right for your life.

HERE'S SOMETHING YOU DON'T LEARN IN SCHOOL: WHO YOU KNOW MATTERS, AT WORK AND IN YOUR FRIENDSHIPS

