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Elizabeth

This passage is about the author's experience of avoiding meeting her friend who has nothing to do, but a lot of spare time to kill. Generally

speaking, it is not so polite to ask someone to share his or her time while

*she* *person* *her/his* *□ =*  
others has more important things to do in ~~their~~ life and work. On the other

hand, if you do not have time, you should tell your friends directly and

*am*  
schedule a meeting on ~~the~~ other day. Of course, you can give them some

hints that you are busy if your friends ~~are~~ *is* too sensitive to your declination. *decline refusal*

*had* *they*  
In addition, it is a good idea to suggest ~~them~~ *they* to join some positive

activities, which can truly help ~~them~~ *is* to use ~~their~~ *is* energy in an upward

*is* *or*  
direction. For example, to cultivate hobbies such as fishing, ~~painting~~ *or* can

benefit people's own physical and mental health. Also, some volunteer

*would be*  
work ~~is~~ *would be* good for them to make self-achievements, and this ~~can~~ *could* also

contribute *she* *a little bit* to communities at same time.

*Give them  
a sense of  
achievement*