

think it's too late to change because God wouldn't want to associate with someone like you. If that's the case, remember this: *we're all sinners saved by God's grace.* He loves you just as much as the saints who walked this earth. And if there's a breath left in you, God can use you for His kingdom (Ephesians 4:11–13). He can renew your heart, mind, and spirit.

Whether your life's been terrific or challenging, the truth makes it better. What no eye has seen, what no ear has heard, and what no human mind has conceived, God has prepared for those who love him (1 Corinthians 2:9). *The purpose of life is to know, love, and serve the Lord.* And when you invite Jesus into your heart, He amplifies your joy, eases your pain, and helps you see the good work God is already doing in your life so you can share the good news with others.

Whatever you're dreaming for yourself, God's vision is bigger. Just thinking about the blessings still ahead for you floods my heart with happiness. The best is yet to come, my friend. Set your eyes on Jesus and the truth, and He'll lead you to the ultimate reward.

Your sister in Christ,
Kari

Truth #10: KINDNESS is more important than POPULARITY

In many ways Sadie liked having a strong, bold friend like Abbie because it made her strong and bold too. It also protected Sadie. At their school there was a lot of bullying, but no one messed with The Queens—their group of friends—because messing with a Queen was messing with Abbie, and anyone who knew anything knew that was a mistake.

During lunch one day, Abbie announced a game she wanted to try.

"I have a great idea," she said, her face glowing. "Every week, we're going to leave out a different Queen. I decide who, and you can't talk to anyone in the group, sit with us, or make eye contact. You can't talk to anyone else either, because the point is to look like a loser so we can laugh at you. It's all a joke, so no getting mad."

Abbie locked eyes with every Queen at the cafeteria table. Apparently, being in her circle wasn't so safe after all. "Okay?" Abbie asked. "Everyone in?"

Sadie thought this was the dumbest idea ever. It really made no sense. But like the other five girls, she nodded, because when Abbie spoke, a nod was always an appropriate answer.

"Fantastic." Abbie grinned. "Let's start. Who will be the lucky girl this week?" She glanced around and stopped at Sadie. "You. Get up."

"Me?" Sadie was shocked.

"Yes, you." Abbie pointed at an empty table nearby. "Sit over there."

"But why?" Sadie felt a little sick. She and Abbie had been friends since birth. Their moms were college roommates. They'd taken dance together for three years. What was the point of this? For some reason she couldn't explain, Sadie's eyes began to water. Abbie was quick to notice.

"Are you crying?" Abbie laughed and looked at the other Queens to see who else thought this was funny. "I swear you're such a baby sometimes. It's just a game. Toughen up."

Sadie wiped her eyes. She forbade herself to cry any more

"I don't want to sit by myself," she replied, holding her chin up.

"Too bad"—Abbie leaned in and narrowed her eyes on Sadie—"you don't make the rules. Now get going and do what I say. I'm going to take your lonely picture and post it all over the Internet. I bet I'll get two hundred likes!"

Sadie hated when Abbie got bossy. Why did *she* always call the shots? Why did no one ever challenge her? Sadie hoped that another Queen might stick up for her, but no one did. They were probably too relieved that Abbie hadn't chosen them.

Seeing no other option, Sadie walked to the empty table. There were ten seats on each side, and she sat in the middle. Sadie heard the Queens giggle, and when she looked up, they snapped her picture with their cell phones. Not only was Sadie embarrassed, she was mad—mad at them and mad at herself for going along with this.

Why did she let Abbie rule her life? Why did she give her that power?

Deep down, Sadie knew why. To be a Queen and enjoy popularity, you *had* to follow Abbie. There was no way around it. Plus, Abbie could be really fun sometimes. She organized great parties and made a big fuss over everyone's birthday. When she wasn't making life miserable for someone, Abbie could be sweet.

"You mind if I sit here?" a voice said. Sadie looked up and saw Krissie Pratt, the school's star tennis player, standing across from her with a lunch tray. Sadie had never talked to

Krissie, and all she really knew about her was that she'd raised \$50,000 for Children's Hospital last year through a tennis tournament fund-raiser.

The Queens weren't supposed to associate with outsiders. But since Sadie was in a defiant mood, she did the unthinkable. She let Krissie sit down.

Her intention was to spite Abbie, but as Krissie began talking, Sadie realized how much she *liked* her. Krissie was real and funny. Not rude-funny like Abbie, who made jokes at people's expense, but funny in her perspective. When Krissie described how her brother's iguana escaped from his cage the night before and snuck into her bed, Sadie nearly choked on her turkey sandwich. She hadn't laughed that hard in a long time.

On the table, Sadie's cell phone buzzed. Abbie had sent three texts.

Text 1: *You're laughing???*

Text 2: *You broke a rule.*

Text 3: *We'll now ignore you for TWO WEEKS!*

When Sadie looked up, Abbie smiled smugly. It gave Abbie tremendous pleasure to get in the last word. In that moment, Sadie made a choice. It was a big one too. She was *done* with Abbie, *done* with The Queens, *done* with the kissing up. It was an exhausting way to live, and for what? What did those girls give her besides constant insecurity?

From now on, Sadie wanted friends like Krissie. She wanted to spend time with people who made her laugh until her stomach

hurt and would never force her to sit by herself so they could post her lonely picture all over the Internet.

"WHAT, THEN, SHALL WE SAY IN RESPONSE TO THESE THINGS? If GOD IS FOR US, WHO CAN BE AGAINST US?"

(ROMANS 8:31)



WHY ARE MEAN GIRLS POPULAR?

Chances are, you've met some Abbies in your life.

Or maybe you *are* an Abbie, the ringleader everyone worships.

Either way, I'd like to share some thoughts about the social scene you're currently in and how it *will* evolve over time.

Generally speaking, girls want to be popular. Popularity is the Holy Grail, what the vast majority of girls compete for. With only a few coveted spots at the top, it can get ugly. Oftentimes, girls will turn on each other and use each other to gain popularity. They'll trade in their values and virtues for pride and selfish ambition.

In some classes, the most popular girls are kind. They may be the cheerleaders with a tight-knit circle, but they're

nice. They set a bar of kindness at the top that trickles down and sets the tone for everyone. If you're in a class where kindness is the norm, consider yourself lucky. Not everyone is so fortunate.

Because far too often, the most popular girls are mean. They run the show like Abbie, and since everyone is scared of them, they rarely get challenged. When you see a class that tolerates a lot of cruelty, look at the top of the social food chain. Chances are, the bullies call the shots.

What you should know is this: *The mean girls are a minority that feels like a majority. They're a small core of the population that seems big due to its power and influence.*

Who gives mean girls their power? Their followers—the girls (and guys) who tag along and tell them how great they are, sacrificing their own voices and losing their identities to be in the cool circle. Without a posse, mean girls are powerless. They have no hedge to protect them, no one to cover up the big truth lurking behind the scenes; they're just as insecure and ordinary as anyone else.

Why would anyone follow a mean girl? Typically it's not because they like her. The most likely reasons are listed below:

- They want to be popular—and popularity by association works fine
- They crave security (not knowing it's false security they get)
- They want to stay on her good side

- They're unaware that better friends exist
- They're using the mean girl for personal motives
- They're scared to leave

You know in *The Wizard of Oz* when the curtain gets pulled back, and the Great and Powerful Oz is revealed as an ordinary man,¹ not the image in front of the curtain? *Mean girls live in fear of moments like that.* They know they're frauds, less powerful than people think, and to be exposed would be their ultimate humiliation.

It takes time, but girls who act mean inevitably get what they have coming. Eventually they fall from grace as their peers wise up, get a spine, and stop bowing down to them. If you're in a mean girl's circle, you'll go down too. Don't expect your friendships to resurrect themselves either, because they were a house of cards to begin with, too fragile to last.

You want to put the mean girls out of business? Then band together as much kindness as you possibly can. Show the power of *real friendships and good intentions.* Stand up for anyone being taunted or bullied. Love is a universal language, and when you base an alliance on that, it attracts people. You gain strength and a solid foundation to build friendships upon.

Mean girls lose power when their followers jump ship. And since their followers are often like Sadie—blindly obeying—they may have to get burned before pulling back and considering alternatives. Some girls never learn, but many do. They meet someone like Krissie and realize what they're missing. Once

they recognize true friendship, they don't want to settle for a phony substitute.

We all have some *mean girl* in us, and certainly mean moments, but most people want to do the right thing. Most people want friendships where you celebrate each other instead of tear each other down. Being mean may give you a place in the popular crowd, but it won't endear you to anyone. And since popularity is a moving target, always subject to change, there's less security than you think.

The happiest, healthiest friendships are based on love—not love for yourself, but love for your friend.

"BY THIS EVERYONE WILL KNOW THAT YOU ARE MY DISCIPLES, IF YOU LOVE ONE ANOTHER."

(JOHN 13:35)

WHY DO FRIENDS HURT FRIENDS?

I hear so many stories of girls being mean, and they all break my heart.

But the worst stories are those where friends turn on friends. It's one thing when an acquaintance attacks you—but quite another when a friend does.

The people you're closest to have the most potential to hurt you. Yes, they know your private life details, but more importantly, you trust them. You value their opinions and care what they think. So when they betray you, or you betray them, it's a dagger to the heart.

Imagine scrolling through your social media news feed and seeing that your "best friends" have posted an unflattering picture of you captioned *Loser*. They're mad because you left them for three weeks to attend summer camp. On top of that, you made new friends. The nerve! They all agreed you deserve payback, and now it's you against twelve of them.

If your friends act like this, I have two words for you: *distract yourself*. Don't waste time trying to please them and earn their favor. Whatever spin they put on the meaning of "true friendship" is wrong, because girls like this have it backward. They care more about how *they* feel than how *you* feel.

A true friend doesn't intentionally hurt your feelings. When you're sad, she's sad, and if she needs to apologize, she will. When two girls respect each other this way, valuing what the other one thinks and feels, the best possible friendship results.

If only girls could see what happens at home, in the privacy of their friends' and classmates' bedrooms, I guarantee a lot of cruelty would stop. Consider this behind-the-scenes glimpse of a girl who has been mistreated:

She comes home from school, and immediately her mom asks what's wrong. She can tell something isn't right by her

daughter's lifeless face. The daughter says, "Nothing" and goes to her room. The mother debates whether to leave her alone or check in. Fifteen minutes later, she goes to her. She knocks on her daughter's door and asks to come in. The daughter replies, "No," but when the mom hears her sobbing, she enters the bedroom anyway. She finds her daughter curled up in a fetal position on her bed. She is choking back tears, her cheeks are red, and her hair is sticking to her wet face. The mom starts crying too. What happened to her baby?

The mom scoops her daughter into her arms and rocks her. Her strong, big girl is now a limp, vulnerable mess. She hugs her child, kisses her, and tells her she loves her. "Whatever it is," the mom says, "we'll get through it together." The girl is embarrassed to face her mom, so she keeps her head down as she talks. It turns out her old friends ganged up on her today. Again. She tried ignoring them, but they followed her around. They posted a video about her eyebrows on Twitter and called her Thunder Thighs while dressing for PE. They were sneaky, as always, so the teachers didn't see. With swollen eyes, the girl looks up at her mom and begs to stay home from school. "I can't go back. I can't face them." The mother is sad and furious. She wants to call the principal and the mothers of these girls, but the daughter begs her not to. "You'll make it worse," she says. "Please don't."

I want you to reflect on this scenario a minute, and then ask yourself, "Do I ever want to make someone feel that way? Is that the legacy I hope to leave? Do I want girls sobbing uncontrollably

as they tell their mothers about me or smiling because I turned their day around? Do my words and behavior build others up or break their spirit?"

I love girls, and I see so much good in our gender. But lurking inside all of us is a competitive monster that, left unchecked, can create a nightmare. *When girls get jealous or insecure, we start tearing each other down to build ourselves up. We let personal motives take over. Our competitive monster doesn't go away, and whether we're fifteen years old or fifty, we need to control it.*

The easiest way to make yourself look good is to make someone else look bad. It takes no effort, right? So when your insecurities get triggered—maybe because your best friend just announced she's going to Costa Rica for spring break, or your neighbor received a new car for her sixteenth birthday—be aware that your jealous monster will itch to come out. That is the reason you may make flippant comments like, "I heard a family got kidnapped in Costa Rica last year," or "My mother thinks sixteen-year-olds who get new cars are spoiled and entitled."

Love wants what is best for a person, but when you're jealous, you don't desire the best. You may want what is *good*, but the *best*? Well, that means you hope your friend gets a hundred on her history exam when you get an eighty-six. Can you handle that? Will you be okay when she falls in love first . . . wins the election for class president . . . earns a full college scholarship . . . and gets recognized as Most Outstanding Senior? Time and again, your jealous nature will be tested as good things happen to your friends. Jealousy is natural and nothing

to be ashamed of, but you should recognize when your monster gets stirred. Otherwise, it will ruin your relationships.

Love is patient, love is kind, love does not envy or boast (1 Corinthians 13:4). Love is hard to practice in a broken world, but that's no excuse. Your greatest call in life is to love God. Your second greatest call is to love your neighbor as you love yourself (Matthew 22:36–40). Are you doing this already, or is there room to improve? Have you figured out yet that when your self-love is pure and genuine, your love for others falls in place?

All this meanness and friends hurting friends has to stop. Maybe if we quit taking our insecurities out on each other, we can love each other properly.

“**THEREFORE ENCOURAGE ONE ANOTHER AND BUILD EACH OTHER UP, JUST AS IN FACT YOU ARE DOING.”**

(1 Thessalonians 5:11)



Is It True? Is It Good? Is It Useful?

Imagine squeezing an entire tube of toothpaste into the sink. Now imagine putting that glop of toothpaste *back in the tube*.

REAL FRIENDS AND 50/50 FRIENDS

When I was your age, I had great friends. But one mistake I sometimes made was expecting my friends to be perfect.

It was an unfair expectation, because only Jesus is the perfect

You can't do it, can you? Once the toothpaste is out, it's out.

The words you speak are like toothpaste. Once you say them, you can't unsay them. You can't reinsert them in your mouth. Even if you apologize, the mess remains. You've put a stain on someone's heart that is hard to remove.

Before you speak, text, or post on social media, use the Triple Filter Test attributed to Socrates²: *Is it true? Is it good? Is it useful?* Imagine how your grandmother might react. Would she be proud of you or mortified? Be smart upfront with what you say or write. Take thirty seconds to think about the weight your words carry before sharing them.

By filtering your words, you avoid messy pile-ups. You help ensure that whatever comes out of your mouth is good and beneficial.



friend. The rest of us are human. We have bad moods; we make mistakes; we say and do things we regret. Leave some allowance for this in your relationships, and understand how *no one friend* can meet all your needs. Everyone has different strengths, and when you love your friends based on their unique strengths, not weaknesses, you'll be happier and more satisfied.

Having a lot of friends takes the pressure off of any one person. Your network can look like this:

- Sally, who shares your passion for basketball
- Lizzie, who makes you bust a gut laughing
- Kate, who gives great advice and listens well
- Ann, whose courage inspires you to be brave
- Leah, whose gentle spirit touches your soul and draws you closer to God

Add these friends up, and you get a sum greater than the parts. You can appreciate each girl for who she is—not who you want her to be. This makes you a better friend. It makes you the kind of person others gravitate toward because you're pleasant and not impossible to please.

Just as you shouldn't set the bar too *high* for friends, you also don't want to set it too *low*. In every relationship, you deserve a certain level of trust and respect—and nothing less. Toxic friendships can wreak havoc on your life, your psyche, and your heart, so avoid them. *Don't fall into the trap of putting up with more than you should and paying the price in emotional distress.*

Choosing good friends begins with knowing their heart. Is their heart in the right place? Do they love you even when you're at odds? Are you a better person from knowing them? If you're sick and can't go to school, do they miss you? Do they volunteer to pick up your missed assignments? Is your absence felt when you're not with the group?

Awhile back I heard of a girl who divides her friends into two categories: Real friends and 50/50 friends. Her real friends are the keepers she knows she can count on. Her 50/50 friends are those she's nice to, but she doesn't place her trust in them.

She learned the hard way that all friends aren't equal. Her 50/50 friends were her best friends until they wrote her off one summer and ganged up against her. Although she was heartbroken, this event helped her see the light and find a new tribe.

Years later, when the 50/50 friends wanted her back, she stayed with her real friends. While she harbors no hard feelings about what happened, she knows better than to get tangled up in their drama.

Want to know the difference between real friends and 50/50 friends? Here are some hints.

Ten Signs of a 50/50 Friend

1. *She's hot and cold.* She loves you one day, hates you the next. You're never sure where you stand. The inconsistency drives you nuts.
2. *She cuts you down.* This is often done underhandedly. She

may hug you tight while making a jab like, "Your butt looks big in those jeans—you know I'm joking, right?"

3. She's available on her terms. Whether it's a small issue or an emergency, you can't always rely on her.

4. She messes with your mind. She promises to pick you up for a party—then never shows. She leaves you out on purpose. She gives you the cold shoulder and makes everything your fault.

5. She's competitive. Your problems secretly delight her; your success secretly bothers her.

6. You have fun together, but something about her company brings you down. She doesn't really "get" you or appreciate your true self. She rarely asks about your life because she's too busy talking about her own.

7. She constantly switches best friends. Will it be you, Madison, or Caroline this week?

8. Her attitude is "my way or the highway." One strike and you're out.

9. The friendship is one-sided. You're always the giver, and she's always the taker.

10. She's complicated and exhausting. Does it really have to be this hard? Must she give you all these headaches?

Ten Signs of a Real Friend

- 1. She's loyal and steady.** Even when you argue, you aren't worried about losing her friendship.

- 2. She builds you up.** And should anyone else insult you, she sets the record straight.
- 3. She's always there for you.** And if there is an emergency, she appears on your doorstep.
- 4. She's honest and upfront.** There are no mind games being played.
- 5. She's a fan of yours.** When you're playing in a soccer tournament, she screams in the stands and waves the signs she made for you.
- 6. You have fun together; after leaving her company, you're uplifted.** You like yourself better when you're with her.
- 7. She has other friends and lets you have other friends too.** However, there's a special place in her heart for you that no one can replace, and she lets you know this. She is reassuring.
- 8. She respects your perspective and listens when you share it.** She may not always agree with you, but she values your opinions and beliefs.
- 9. Your relationship enjoys a healthy balance.** Sometimes you give more, sometimes she gives more, but it all evens out.
- 10. What you see is what you get.** She's a breath of fresh air compared to many girls because she doesn't change like a chameleon to blend in with every environment.

You can't force others to be kind, but you can hold yourself to that standard. You can be polite to everyone and ask God to help you see the people who annoy you most (like your pesky brother!) through His loving eyes.

Some mean girls will change. They'll grow up and realize how awful they once were. They may even go back and ask their victims to forgive them. I know this offers little comfort now, but it's good to keep in mind.

Ask God to soften the hearts of mean girls you know, and pray for a breakthrough. It may be five, ten, even twenty years down the road, but girls remember how they acted "back then," and many will regret their behavior. Should they ask you for forgiveness, give it to them. Keep your heart free of grudges and resentment because ultimately, these feelings hurt you more than the events that caused them.

Some mean girls will never change. They'll get married, raise mean daughters and sons, and become one big mean, terrorizing family. It's sad when this cycle repeats itself, but it happens. That is part of the broken world we live in.

All you can control is *you*. By living as God intends, and praying for the grace to be kind, you can enjoy a deep level of happiness, the kind of happiness you've always wanted.

SIMPLE WAYS TO PRACTICE KINDNESS DAILY

- *Call people by name.* Remembering someone's name is a huge compliment. It takes two seconds, yet it builds the person up and makes them feel important.

When I was at cheer camp in eighth grade, a varsity cheerleader I admired, Angela Burton, passed me in the hall and said, "Hey, Kari!" Well, I thought I was big-time because *Angela Burton* knew my name! When Angela and I later became friends, we laughed about this, but it goes to show what a little extra attention can mean.

- *Look out for those who are left out.* That girl who always sits alone at lunch—have you ever wondered what she feels like inside? Don't you think it would make her day if you invited her to sit with you and your friends?

Then there's that girl who made a terrible mistake by texting a boy inappropriate photos. The whole school is talking about her and avoiding contact. Why not be the one who sits beside her in class or talks to her during break? Your encouraging words may be the only thing that helps her through the day.

How you treat people in the margins—those excluded, ridiculed, shunned, and teased—speaks volumes. A true Christian doesn't delight in anyone's pain or gang up on them. You aren't called to be best friends with everyone, but you are called to be kind. That is how you become Christlike.

"DEAR FRIENDS, LET US LOVE ONE ANOTHER, FOR LOVE COMES FROM GOD. EVERYONE WHO LOVES HAS BEEN BORN OF GOD AND KNOWS GOD. WHOEVER DOES NOT LOVE DOES NOT KNOW GOD, BECAUSE GOD IS LOVE."

(1 JOHN 4:7-8)

- *Give people the benefit of the doubt.* When you see Instagram photos of friends eating pizza without you, do you assume they left you out on purpose? Are you *certain* they're plotting against you? If so, chill. We can all be a little suspicious and skeptical sometimes, but when you jump to quick conclusions, you tend to assume the worst.
- Do you really want to be the girl who yells at a friend because you weren't invited to her Valentine's party—only to find the Evite two days later, lost in your spam folder? I don't think so. Making rash accusations never ends well. It isn't good for a friendship either.
- Lets small injustices roll off your shoulders. Assume the best until someone gives you a reason not to. Most of all, show grace. As you forgive others, God forgives you (Matthew 6:14).

Tame your tongue. Nothing can get you in trouble as fast as your mouth. Before you speak, remember the Triple Filter Test of Socrates (*Is it true? Is it good? Is it useful?*) and add a fourth question, *Is it NECESSARY?* While it may be *true* that Janie said Francis bombed in the talent show, is it really *necessary* to tell Francis? Can any good come from it? While some hard truths should be shared, like telling your friend that her boyfriend is cheating, other truths should be left unsaid. If we all paid attention to the words we blurt out, we could avoid a lot of hurt feelings (Psalm 19:14).

- *Quit judging.* Your friend's family is blowing money, and it

bothers you. They spend excessively on houses, horses, and designer clothes. *Have they no shame?* you wonder. *How can they live this way when there are starving kids in Africa?*

While it's normal to have judgmental thoughts, it's wrong to dwell on them. We are called to love, not judge, and it's hard to love someone when you're bashing them in your head. Instead of seeing the negative, focus on the positive. Remember how that same mom who overspends took your mother to chemotherapy last week. Remember how the dad who is a workaholic walked three miles in a snow storm to pick up your baby sister from school. Leave the judgment to God, and make it your goal to love.

• *Build bridges, not walls.* Did God give you a voice to criticize your friend or lift her up? Do you have eyes to judge appearances or see who may be sad? Are your arms meant to push people away or offer a warm embrace?

God created you to be COMPASSIONATE, not COMPETITIVE. He wants you to make friends, not enemies. The only real enemy in this world is Satan, who seeks to corrupt God's creation. The rest of us are God's children, designed to help each other get to heaven.

Treat others as allies, not enemies, and build bridges that lead to meaningful connections, strong friendships, and abundant joy.

**“THE KING WILL REPLY, ‘TRULY I TELL YOU,
WHATEVER YOU DID FOR ONE OF THE LEAST OF
THESE BROTHERS AND SISTERS OF MINE, YOU
DID FOR ME.’”**

(MATTHEW 25:40)

THE KINDNESS CHALLENGE (EPHESIANS 4:32)

Every morning when you wake up, you have a choice.

You can use your day to spread kindness or chase popularity. You can either ask, “How can others help me?” or “How can I help others?”

Because here is the deal: *You can't choose both. It really is one or the other.* If your motive is popularity, you'll only have eyes for the cool crowd. Only their circle will do. If you're rejected, it will devastate you because there is no Plan B.

But if your motive is kindness, your options open up. You have eyes for everyone and will go wherever you're needed. Some people think you can't get ahead by being kind, that the only way to achieve your dreams is to connect with movers and shakers, but that's wrong. When you are kind, people try extra-hard to help you. They want you to succeed, and somehow, they'll lead you to the connections and opportunities you need.

In the end, love reigns. The most popular girls now may be *mean* and brave, but ultimately, it's the *kind* and brave girls who rise to the top and make a real difference in this world. Make it your goal to love everyone, then surround yourself with those who do the same.

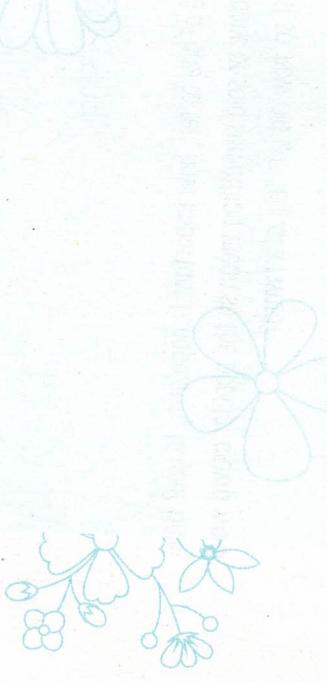
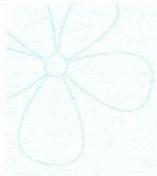
DISCUSSION QUESTIONS

1. On a scale of one to ten, how important is popularity to you? Have you ever done or said something mean so the popular crowd would like you? If so, how did you feel afterward?

2. Are mean girls loyal? If something bad or embarrassing happened to you, would a mean girl stand by you?

3. How do you treat people who are different: the students with special needs, the social outcasts, the misfits? Do you speak to them or ignore them? Do you laugh when others tell jokes about them?

5. Why isn't kindness more common in schools today? What are three easy ways you can practice kindness?



4. Do you lift your friends up or tear them apart? Have you ever hurt a friend's feelings out of jealousy or anger? If so, how can you control your emotions so it doesn't happen again?

