

# Get to know and trust yourself

It's really lovely having friends but sometimes it's also easy to get swept up with other people's ideas. This might mean you find yourself doing things you don't really want to or feel comfortable with. Or there may be places you'd rather not go to.

If you sometimes find yourself feeling like this, have a think:

Make a list of the things which are important to you – this might include spending time with your family or doing your hobbies. Being able to trust people and being reliable may mean a lot to you too. Have a list like this as a reminder for yourself of the things which matter.

Do you like to spend time on your own sometimes? Or feel you need space to do things your way? This isn't being anti-social and lots of people need this.

Are there times when you would like to try different things from other people? You might need to think about stepping back from some activities to try different things.

**Listening to yourself and knowing what you want can help you be your own best friend.**