

## What are restorative friendships?

Excerpted from Safe People, Henry Cloud and John Townsend.

Friends give us what we need in the areas of acceptance, support, discipline, modeling, and a host of other relational ingredients that produce change. But in picking good friendships that produce growth, several qualities are important:

1. acceptance and grace
2. mutual struggles, although they do not have to be the same ones
3. loving confrontation
4. both parties need other support systems as well to avoid the same kind of toxic dependency on each other that led to the problems
5. familiarity with the growth process where both parties have “entered in” and have some knowledge of the process so as to avoid the blind leading the blind
6. mutual interest and chemistry, a genuine liking
7. an absence of “one-up and one-down” dynamics
8. both parties in a relationship with God
9. honest and reality instead of “over-spiritualizing”
10. an absence of controlling behavior.

Friendships of this kind are an absolute must for our spiritual growth.