



# **THE UNSPOKEN RULES OF FEMALE FRIENDSHIPS**

**For Those Seeking To Create  
and Keep Cherished Female  
Relationships**

**A Delightfully Different Printable Booklette**

**By Nancy Reuben Greenfield**

# INTRODUCTION

There is nothing quite so special for women as having female friends. These non-family, sorta like sisters, often closer than sisters, but not exactly, 'girl' friends connect in uniquely passionate and cherished ways. And when there is conflict, drama or the relationship "feels off", it can cause major emotional and mental distraction and, for lack of a better term, love chaos.

This booklet offers a way to ease this heartache and ideally prevent it. It is a realistic positive approach based primarily on years of teaching patterns and best practices of communication and relationships.

Every female friendship is special and unique and has its own rhythm and rules. I have been blessed with many girl friends, many 40+ years

Nonetheless, I learned the hard way about stretching female relationships too thin, too often, and with too much good intent. This booklet reflects this 'been there done that'. It is meant to remind you that relationship issues are common, even between 'soul' sisters. Use these as a guideline to avoid misperceptions and to preserve and nurture the friendship.

Often you can feel the ice in a female friendship before it starts melting. When the 'vibe' turns, the tone changes, less contact... use these rules as a checklist to tackle worry and rumination. Whether it is reliving the past, processing what to do next, or fantasizing about the future, it is the present reality that needs your full attention and action.

So turn to these rules anytime you are trying to figure out 'what happened'. Try it as a 'reflective pause' for prevention before you 'do something' impulsive. Use it if you need clarity to answer 'will doing more make it worse', or 'doing too little' let the friendship slip away.

These rules are for immediate use with current female relationships, to rekindle a 'lost' friendship and to set healthy, realistic expectations with new friends. If you intentionally use them, you are likely to experience less 'love chaos' and more authenticity and complete connections.

May this booklet build on your love, loyalty and respect for your female friends. May it enhance them with new maturities and provide a positive practical approach to creating and keeping cherished female friendships.