



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



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The Unspoken Rules of Female Friendship

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Dedicated to my daughter Gabrielle who inspired me to reflect on my female friendships and to all my dearest 'girl friends', whether passed away or living who continue to teach me about love, loyalty, respect and faith.

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**Understandable Rules
For Immediate Use**

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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.

1. Everything a female friend does is not about you and your relationship. It is often her just taking care of things going on in her own life.
2. Good relationships are based on reciprocity. When connecting socially, virtually or by telephone, a reasonable time is every two weeks unless clearly reciprocal in terms of her initiating. Some 'girl' friends enjoy talking every day, every week, month or some other combination. Good times to reach out are birthdays and around the New Year.
3. Respect the space all relationships need. In between contact, try not to resort to sending more than one gift, cute texts, forwarding emails...
4. Rely on your friends but not too much. Your friends are not your therapist. If you have problems or boy drama, consider other options first. If you decide to share your emotional stuff, pick and choose who, how often and how much. Friends with too much baggage are draining.
5. Friends support friends but only to a point. If they don't like something you are doing, they will tire of listening to you talk about it and may lose respect for you. Best to listen to what they have already said, perhaps even writing it down so when you have the urge to call, you read again.

6. If you don't pay attention to friends when they set boundaries, or choose not to honor them (even with a 'legitimate' problem/situation), you will inevitably push their boundaries to push you away. Sometimes you can get away with 'big news'.
7. Stand by your values and beliefs and morals lest you become a perpetual people pleaser, doing anything to keep the friendship.
8. It is so easy to feel rejected when friends aren't available, can't get together and don't respond to attempts to connect. Try not to fall into that trap since often it isn't about you! And if it is about you, go do something you enjoy and consider this process of boundary setting as an essential evolving, and maturing aspect of all relationships.
9. On any level, wanting more from your female friends than they can give, leaves everyone feeling empty and not enough.
10. The best way to keep female friendships is by giving them space and taking care of yourself by staying busy in your life. You make it easier on the relationship when you have your own interests, do your own things, further your own skills, make new friends, work, volunteer and live your life fully.

Note: It is easier when you and your female friend both know these rules and use them. If not, loving help her with what you have learned or offer this booklet to let her in on the secret 'unspoken rules of female friendships.

Exceptions to Female Friendship Rules:

- if you are worried about a friend's safety either by her own hand or an abusive person in her life.
- if you are contemplating self-harm, hurting her or anyone else.

In these cases, please get professional help, 24 hours a day <https://suicidepreventionlifeline.org>, online chat, English/Spanish, Deaf/Hard of Hearing, Referrals. 1-800-273-8255.

About The Author

Nancy Reuben Greenfield retired from teaching "Intro to Communications" at vocational and community colleges, including Dallas at El Centro.

She also was Director of Marketing and Communications of [MyEmploymentOptions](#), a company providing free job placement help for qualified jobseekers, 18-64, currently receiving disability benefits (SSDI/SSI).



Nancy is a published free-lance writer, columnist, author and content provider for a variety of print and online publishers on a diverse range of topics.