

## Group dynamics.

A friendship group's dynamics consist of roles that people play in that group. People act differently in the group.

Leader, Joker, Scapegoat, Laid-Back Follower, Outsider. Think of your friendship groups & which category those in the group fall into.

### Who is who in your group?

Some people replace other people's roles or change from one to another. It changes through time as friendships go through rough periods, with people falling out over various things. Another reason could be the friendship has run the course so no longer need the support that the group brought.

## Friendship troubles.

Now let us look at some of the other reasons friendships break up. Dealing with conflict, expressing feelings, trust & responsibility.

### Dealing with conflict.

Friends often disagree, and that coping with conflict can mean the difference between a friendship growing in strength or breaking down.

#### ***Positive ways to deal with conflict could be:***

- Stay calm, count to ten.
- Listen to what the person is saying.
- State what you think clearly.
- Say how you feel.

#### ***Negative ways to deal with conflict could be:***

- Ignoring the conflict & walking off.
- Getting angry & aggressive.
- Insulting the person.
- Going along with it for an easy life.

Think of a time when you had conflict in your circle of friends, are you still friends with the perpetrator?

Did you deal with the conflict in a positive or negative way? How did you deal with it, is it resolved?

List the issue that caused conflict:

How did you deal with it?

How did they respond to this?

Could you have dealt with it better (if so how):