



BUDDHIST TIPS FOR  
FRIENDSHIPS

# HOW TO BE A GOOD FRIEND

**Practice loving kindness  
(Metta)** - Say nice things,  
do kind acts, listen and be  
helpful

Be loyal and stay true  
through difficult times

**Be generous (Dana)** - give  
freely of your time and  
possessions

**Be compassionate  
(karuṇā)** - think of how  
others are feeling