


# 心灵鸡汤



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## Chicken Soup for the Teenage Soul The Real Deal: Friends

Jack Canfield  
Mark Victor Hansen  
Deborah Reber

友情岁月

成长系列

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THE REAL FRIENDS

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藏书章

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## INTRODUCTION

**FRIENDS.** How important are they to you? If you're like most teens, friends are at the top of your list, and when you consider how much time you spend with them—whether hanging out by the lockers before school or Instant Messaging long after your parents have said “lights out”—it's no wonder that they have a huge influence on the person you are today.

Maybe that influence is a good thing. Maybe your friends push you to be a better person or help you get through difficult times in your personal life. Or maybe their influence isn't so great. Maybe your friends are the kind of people your parents would rather you didn't hang out with at all. And even though it's exciting being friends with the biggest rebel in school, when you're being honest with yourself, you'd have to agree with your mom and dad.

Friends can be our trusted confidants...our soft place to land...our Saturday night companions. And while friendships are not without challenges, they're usually worth it. There's nothing quite like the comfort that comes from knowing that someone's got your back when you need it most.

Have you had friends who've come and gone, and others who've stuck with you through thick and thin? Have you had nasty breakups with friends, where even though you didn't want it to happen, things ended up getting pretty ugly? Have you watched a friend go through something really tough and felt completely helpless?



Have you been friends with someone of the opposite sex and then gotten confused when one of you started having feelings for the other?

Take comfort...you're not alone.

And that's why we decided to make this second book in the Real Deal series all about friends. Inside, you'll find real stories and poems from real teens—teens who write about their friendship highs and lows and everything in-between in the hope that their experiences might make a connection with you.

Once again, we received many, many more submissions than we could possibly include in this book, but we want to thank all of you who took the time to submit your poems and stories. Hats off to you! But even if we didn't include your story in this book, know that we did read each and every submission, and what you wrote let us know what issues were most important to you. We hope that you find your experiences reflected in this book.

Like the first book in the Real Deal series, this one is chock full of quizzes, side stories and tons of information on the kinds of things you want to know about: movies to see, books to read, fresh ways to look at tough situations, Web sites to check out and things to explore in your journal. Plus, this book also has my voice throughout. That's right...me. And while I'm not a teen anymore, I used to be one myself, and I continue working with teens today as a mentor and workshop leader. You'll get to know more about me in the introductions I've written to each story, especially since I lay it all on the line and tell it like it was and still is. Come to think of it, maybe I'm a bit too honest. In fact, my parents shouldn't read this book. Hmmm...I wonder if I'm too old to be grounded?

Oh, well...anyway, I hope you enjoy the book. And more than anything, I hope that it helps you to have more fulfilling relation-

## Introduction



ships with the friends in your life today as well as all the friends you'll be collecting along the way.

Deborah Reber



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## CHAPTER 1



**W**hat does friendship mean to you? When it comes to defining friendship, words like loyalty and trust come to mind. So do honesty, reliability and respect. Friends are the people who stick with us through thick and thin. The ones who see us at our very worst and don't think about us any differently. They know how to make us laugh and what to do when we cry. This chapter takes a look at what makes these special relationships so important in our lives.



WHEN I WAS ABOUT FOUR YEARS OLD,I got separated from my mom while grocery shopping.No doubt I wandered off to my favorite section—the Tasty Kakes aisle—and the next thing I knew,Mom was nowhere in sight.I became frantic.Eyes wide and heart racing,I starting rushing through the aisles in desperate search of my mom's capri pants, flowered blouse and signature horn-rimmed glasses.

The relief I felt when I finally spotted her was overwhelming.Life was good.Life would go on.Everything was as it should be.It's amazing how the very glimpse of someone familiar and loving can have such an incredible effect.

## The First Day

The long hallway stretches before my feet.Lockers of royal blue line the walls.Unfamiliar faces dart in and out of the open doors,ignoring me.I shift my bag on my shoulder and look straight ahead.

I think I see a familiar face at the far end of the long hall.Unfortunately,the image passes by,and I cannot see the face any longer.The clock on the side of the wall blares the first bell.I frantically look for some sign of help.None is there.

I tuck my blonde hair behind my ear and straighten my jacket, trying to gain some form of confidence.Shakily,I pull my class schedule from my pocket.Searching over the wrinkled paper,I find



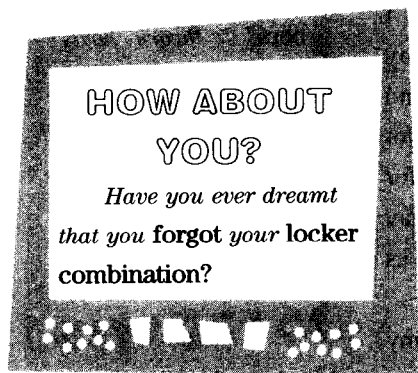
the locker number printed in big bold letters:131.Taking a deep breath,I shuffle into the hallway. The immediate rush of hot air mixed with cologne fills my nose, making it burn.

I look at the locker next to me:number 300.My locker will be at the other end of the hall.Sighing, I continue onward.A group of tall boys wearing honor jackets zooms by,their hair slicked back.As they

strut past me,I continue to saunter down the never-ending hallway, trying to ignore them.A pair of gangster wannabes hits me in the shoulder.The taller one turns toward me as they walk away.He be-

gins to chuckle to himself because he knows who I am. I'm the freshman.

Shaking it off,I stride past a group of senior girls. They are dabbing on the final touches of makeup and lip-gloss.I find myself laughing at their ways,wondering what drives them to be so...



*pink?*

I'm more confident now as I pass locker number 200.I've seen so many different cliques by now that I know a little more of what to expect.But as I walk toward my destination,I find that I am missing something that all these people seem to have in common.They





## Seen It?

*In the movie Broadcast News (1987), Albert Brooks and Holly Hunter are such **close friends** they don't even have to complete their sentences. He tells her to "meet me at the place near the thing where we went that time", and she knows **exactly** where he means.*

have somebody with them. And I am standing in the center of the high school hallway alone.

I dash past another group of students. My locker is now in sight. Shoving the bag inside locker 131, I search for someone I know. I see two kids from my classes last year. I wave, and they return the gesture, but without much enthusiasm, and continue to walk past me. Frantically, I search the passing faces, pleading for some sign of recognition.

I glance down the hall the same way I had come. There at the end I see them, all spread out and looking lost. I smile to myself as I see their worried faces. I notice my best friend is not with them and wonder where she could be. Not seeing her, I continue to wait for my lost friends to find their way to me. I begin to laugh out loud as a group of seniors strides by.

Someone lightly taps my shoulder, and I turn to see who it is. My best friend stands there looking at me with amusement. I smile, relieved to see someone familiar. She laughs as I point to our lost friends, but she's not laughing at our friends; she's laughing at me. I ask her what's so funny, and she says simply, "I guarantee it, pal, you look much worse than they do."

## CONSIDER THIS...

The "safety in numbers" theory holds true. Think about it. A lion is more likely to go after a hyena if the hyena is all alone. In a pack, hyenas are too ferocious to take on, even for a lion.