



FREE PRACTICAL TOOL

A Friendship Check-In Guide

A caring way to reconnect, repair, or ask for support in a friendship.

Start here

- 1 Pause and decide what you need: connection, clarity, an apology, or a boundary.
- 2 Lead with care: "I value you and I want to talk honestly."
- 3 Share your experience without assuming their intention.
- 4 Make one clear request and leave room for a response that may take time.

IMPORTANT NOTICE AND LIABILITY DISCLAIMER

This resource is provided by A Contagious Smile for general educational and informational purposes only. It is not medical, mental-health, legal, financial, or emergency advice; it does not diagnose, treat, or prevent any condition; and it does not create a professional-client, therapist-client, doctor-patient, or other professional relationship.

By downloading or using this resource, you acknowledge that you are responsible for your own decisions and actions. To the fullest extent permitted by applicable law, you agree that A Contagious Smile and its owners, contributors, and affiliates are not liable for any direct, indirect, incidental, consequential, special, or other loss, injury, damage, or claim arising from your use of, reliance on, or inability to use this resource. Nothing in this notice excludes or limits liability where it cannot legally be excluded or limited.

If you are in immediate danger, at risk of harming yourself or someone else, or need urgent help, call local emergency services. In the United States, call or text 988 for the Suicide & Crisis Lifeline.