Losing a Friend Is a Real Loss

Understanding **Friendship Loss**

Friendship endings or distance can be deeply painful. These relationships often hold years of shared experience and support.

Common **Emotional Responses**	**Why** It Can Be Hard
• Sadness or loneliness • Anger or disappointment • Confusion or self-doubt • Loss of routine and connection	• Little recognition or validation from others • No clear closure • Lack of social rituals around the loss

Coping With The Loss

- Acknowledge your feelings
- Talk with someone you trust
- Reflect on what the friendship meant
- Avoid self-blame
- Give yourself time

Growth and **Moving Forward**

Loss can help clarify values, needs, and boundaries for future relationships.
Key takeaway: Friendship loss is real grief — your feelings are valid.

If you're experiencing the loss or change of a friendship, your EAP can provide a safe space to process emotions and adjust. You don't have to navigate this alone.