

## Toxic Friends

1. **The User** - This person only wants you as a friend by what you can do for them.  
(example: rides, money, homework help)
2. **The Betrayer** -This person tells other people secrets you told them not to tell.
3. **The Controller** - This person is very bossy and will not take no for an answer.
4. **The Judger** - This person is critical and hurts your feelings.
5. **The Promise Breaker** - This person rarely does what he or she said they would do.  
They are someone who cannot be depended upon.
6. **The Gossiper** – (different from betrayer) This person is always talking about other people’s business – whether it is true or not.
7. **The Self-Centered** -This person is one who only thinks about him/herself and is too busy for other people.
8. **The Competitor** -This person likes to “one up” others (say what he did better) and wants to compete all the time.
9. **The Leaner** - This person is a very needy friend who clings and is always asking for help. He/she usually wants all of your time and jealousy often enters the picture in this friendship. Every day they have a new problem, or new drama. This friendship can be exhausting.
10. **The Manipulator** -This person knows how to get you to do what you ordinarily would not do. They are more subtle than the controller. They may use words like, “If you were really my friend you would...” Or “If you really cared about me...”