# How Someone Can Be Your Friend By Not Contacting You



Friendship is a beautiful bond that can bring joy, support, and fulfillment to our lives. We often associate friendship with constant communication and regular interaction. However, there are instances where someone can be your friend by not contacting you regularly, and yet their friendship remains strong and meaningful.

## **Understanding the Essence of True Friendship**

True friendship goes beyond continuous communication. It is a connection that transcends time, distance, and silence. While checking up on each other and spending quality time together are important aspects of friendship, it's essential to

recognize that true friends can sometimes go extended periods without actively reaching out.



## How Someone Can Be Your Friend by Not Contacting You: Stories 7 - An unusual lesson on friendship and kindness (Zen Michael Stories)

by Scott David Plumlee(Kindle Edition)

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A true friend understands that life can get busy, and priorities might shift. They respect your personal space and the space within themselves. They don't need to constantly be in contact to feel connected to you. Instead, they trust the bond you share is strong enough to withstand the occasional silence.

### The Power of Mutual Understanding

One key element that allows someone to be your friend without consistent contact is mutual understanding. True friends understand that life's responsibilities and commitments can sometimes take precedence over maintaining constant communication. They don't take it personally if you haven't spoken for a while, knowing that life's journey is filled with ups and downs.

With mutual understanding, both friends allow each other the necessary space to grow and evolve individually. They recognize that even without being in constant touch, their friendship remains intact as long as the fundamental bond is still cherished.

#### The Strength of Shared Values

A friendship built on shared values has a solid foundation that can endure periods of minimal contact. When you and your friend align on core principles, beliefs, or goals, the connection you share becomes more profound. You understand each other on a deeper level, and that understanding strengthens the friendship.

Even if your friend doesn't contact you as frequently as others might, you know that their commitment to the bond you share is unwavering. Their actions and support during crucial moments in your life speak volumes about their friendship. Shared values bridge the gap created by physical distance or infrequent contact.

### The Importance of Quality Over Quantity

In friendships, quality often triumphs over quantity. It's not about the number of times you talk or meet up, but the depth of connection you have with each other. A true friend values the quality of the time you spend together, whether it's a heart-to-heart conversation or an adventure-filled outing.

By focusing on the quality of your friendship rather than the frequency of contact, you build a strong emotional foundation that can withstand the tests of time and circumstances. Your friend might not always be available to chat or hang out, but when you do connect, it's meaningful, heartfelt, and impactful.

### The Role of Trust in Distant Friendships

Trust is a crucial component of any friendship, especially in those where consistent contact might be lacking. Trusting that your friend still cares about you and values your bond, even when they're not contacting you regularly, is vital in maintaining a strong friendship.

Without trust, doubts and insecurities can creep in, potentially damaging the friendship. However, when both friends have established a foundation of trust, the occasional silence or lack of contact doesn't affect the depth of their connection.

### **Appreciating the Unspoken Support**

In friendships where contact is infrequent, the unspoken support and understanding become significant. Even without verbal communication, true friends can sense when the other person needs space or time to process their thoughts and emotions.

They provide support through their understanding silence, allowing you to grow individually and meeting you with open arms when you're ready to reconnect. This unspoken support shows the strength of your friendship and the level of emotional connection you share, surpassing the need for constant contact.

#### The Value of Reunions and Shared Experiences

While consistent contact might not be essential for a friendship to thrive, reunions and shared experiences have their own special significance. Meeting in person, going on trips together, or celebrating important milestones strengthens the bond between friends, creating cherished memories and deepening the connection.

These reunions become even more special in friendships where contact is sparse. The anticipation and excitement of seeing each other after a long time make the moments together even more precious. It revitalizes the friendship,

fostering a deeper appreciation for the value of the unique connection you both share.

Friendship can flourish even when consistent contact is not a constant presence. True friends recognize the importance of mutual understanding, shared values, trust, and the quality of their time together. They appreciate the unspoken support, while also cherishing the moments they get to reunite and create new memories.

So, don't fret if your friend doesn't contact you regularly. Instead, cherish the bond you share, knowing that true friendship is resilient enough to withstand periods of silence.





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We think our best friends are the ones who call us more regularly.

Sometimes we even measure the degree or value of a friendship by the number of interactions we have with the person involved.

My friend Peter taught me something very different. He has proven to me that, in some situations, being a good friend requires keeping a distance.

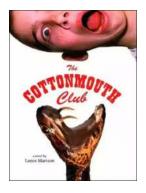
Remember you can always find peace and joy — just look inside yourself.

Zen Michael



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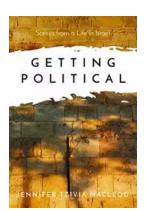
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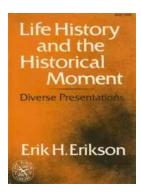
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