

Fight with the Friend Group

A discussion guide for processing social conflict without catastrophizing

FOR STUDENTS, ADVISORS, AND SCHOOL COUNSELORS

PURPOSE

Social conflict is one of the most disruptive forces in adolescent wellbeing, yet it is also one of the most normal. This guide helps young people process interpersonal friction thoughtfully rather than spiraling or withdrawing.

OPENING PROMPT

“When things go sideways with friends, what do you usually do first?”

KEY THEMES

Social belonging and fear of exclusion. For many adolescents, being on the outside of a friend group feels existential. Help students name that feeling without letting it drive impulsive decisions.

Venting vs. solving. There is real value in being heard. But some students get stuck in the loop. Help them notice when venting has run its course.

When to give it time vs. when to address it directly. Not every conflict needs a conversation. Help students develop judgment about which situations call for patience and which call for directness.

CLOSING PROMPT

“What would you want a good friend to do if you were the one on the outside?”
