

Are you a friend “in need” or a friend “indeed”?

By: Tracey Porpora

They say good friends are hard to find. These friends are the people who are there for you when you need them. They drop what they're doing to help you. You trust them, you have fun with them, you share your tears and happiness with them. They can be brutally honest about your mistakes but they are also your die-hard supporters. While you may have some really close friends who will go the extra mile for you, are you a good friend in return? Take our quiz to find out what your friendship quotient is!



1. Your friend loses his/her job:

- A. You show up with a picnic basket, a listening ear and some good advice.
- B. You try to listen, and tell him/her to try an online job site to look for a new job.
- C. You can't stand hearing him/her whine so you pretend to have a bad cell phone connection, and hang up.

2. It's Saturday night, your friend just broke up with a long-time mate and is distraught:

- A. You drop any plans you may have had, and show up on his/her doorstep with a quart of ice-cream.
- B. You don't drop your plans, but delay them a bit to spend time on the phone with him/her to find out the details, and offer some "moving on" advice.
- C. You tell him/her that he/she is welcome to join you on your night out on the town with the man/woman of your dreams, and if he/she shows up, you make her/him feel like a third wheel.

3. Your friend is sick in bed with the flu:

- A. Offer to do whatever it is she/he needs (e.g., watch his/her kids, go food shopping, or clean his/her house).
- B. Say you don't want to get sick by showing up there, but you'll call and check on him/her periodically.
- C. Do nothing, but send a get well card after a few days of not hear-

ing from him/her.

4. Your friend calls you at midnight because his/her car broke down on a highway:

- A. You get up out of bed, despite an early morning meeting, to wait with him/her for a tow truck.
- B. You call a tow truck for him/her, and stay on the phone while he/she waits there by themselves.
- C. You see the phone ring, let it go into voicemail, get up and listen to his/her message, and then afterwards you go back to sleep without calling.

4. Your friend's relative dies suddenly, right before you were about to leave for a vacation together:

- A. You decide to cancel the vacation despite any money you would lose, and spend your time off from work with him/her at the memorial/funeral services.
- B. You agree to attend the funeral, but find another friend to take the trip with you, and get there one day later.
- C. You tell her/him you can't afford to lose the money for the trip, so you go with another friend, and hardly acknowledge his/her loss.

5. You're in a restaurant with your friend, and you see an attractive member of the opposite sex that she/he expresses interest in:

- A. You send drinks over to the person from him/her to get the flirtation started for the two of them.
- B. Smile and wave to try to get his/her attention—but not necessarily for your friend's benefit.
- C. Walk up to the person on your way to the bathroom, and give him/her your phone number.

6. Your friend gets evicted from his/her apartment:

- A. Tell him/her to come stay at your place free of charge for as long as he/she needs.
- B. Tell him/her to crash on your couch for a few days - but only a few days - because you like your privacy.
- C. Tell your friend, he/she can stay with you, but you'll need him/her to kick in for part of your rent and utilities.

7. Your friend asks you to be his/her best man or maid of honor for his/her wedding, for which you'll have to travel out of town on your birthday:

- A. Accept, and say you would be honored.
- B. Say you'll do it, grudgingly, and chastise him/her a bit for tying the knot on your birthday.
- C. Admit you are mad that not only is the wedding out of town, but also on your birthday! Start an argument with him/her over the fact they he/she forgot your "big day."

Give yourself five points for every "A," three points for each "B," and one point for every "C."

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Are you a friend “GOOD” friend?

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Results

If your score is 30 or above you're a good friend: You are a good friend because you genuinely care for other people. You will go out of your way for a friend, and you are always there in your friends' time of need. "You are a good friend when you support people in their happiness, success, abundance, life purpose, love and overall authentic goals," says Dawn T. Clare, a life/relationship coach, and president of a company, SPISE BLISS that sells products and services, which expedite bliss, love, wealth and well-being.

If you've scored 20 to 29 you may be on your way to becoming a good friend- but you're not quite there yet. "You're what I call a 'mid-grade friend' when you expect your good deed to be repaid at some later date," explains says Joshua Estrin, a life coach, and author of *Shut Up! And Listen to Yourself* (Angel Mind Publishing, 2006). "This is when you think to yourself 'I'm here for you and I know I can count on you to be there for me,' A real friend is there for you simply because you need them. In addition, you can consider yourself a "sometimes" friend because you're only there when it's

convenient for you. "You may initially show concern when you are down, and need a friend, but shortly after he/she describes what's going on, you'll turn your support into a play for attention," says Annie Fox, author of several books, including *Real Friends vs. The Other Kind* (Free Spirit Publishing, Inc., 2009), an educator and online advisor (www.anniefox.com).

If your score is 19 or below you're not a good friend. "You're not a good friend when you put your needs ahead of your friends, often manipulating to make it appear as though you have your friend's best interest in mind," says Ian Coburn, author of *God is a Woman: Dating Disasters* (Firefly Glow Publishing, 2007). You're also not a good friend if you are critical, and judgmental of their efforts. "A person who isn't a good friend criticizes you, and what you do in public. This person betrays your trust by telling a secret you shared with them," says Dr. Terri Orbuch, aka The Love Doctor, psychologist, Oakland University professor, and research professor at the University of Michigan. If this sounds familiar, you may need to work harder on your friendship skills if you desire to retain the friends you have.



“Desi Style Dating”

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rather, it is revolutionizing cinema, television, music, and literature.

It is only through communication, knowledge, and understanding that the concept of dating can depart from its derogative social connotation (not to mention its dreamy connection with love) to a simple and realistic definition: finding companionship. There is no benefit to gain from hushing this forbidden subject. It is a practical reality of society today (whether we like it or not). Understanding what the single person wants is the question that is hard to answer and easier to avoid. Perhaps the most important aspect to it, however, is to avoid hoping for a cinematic world of love and measure your own values, morals, and aspirations to figure out the medium through which you want to find companionship and ultimately, love. Literature, cinema, and even editorials such as these can only give advice, insight, and example of what love and dating can be. It is each person's job to assess for themselves based on what you value (morals,

parental/elderly advice, religion, etc.): 1) what you want (love? companionship? friendship?) and, 2) how you want to get it (online dating? Meeting people and dating? Arranged marriage?)

Love changes its definition, person to person, book to book, movie to movie, yet one definition matters the most: your own. In finding love, South Asian society today is resorting to "dating". However, this change provokes exploration of the hardest questions in the Desi community including: What is dating? How do you reconcile it with traditional notions of arranged marriage? Distinguish it from mere friendship? ... Questions left unanswered because these are the answers sought from you, the reader.

All comments on this article are duly appreciated. Honest responses to the above article are appreciated and anonymity will be maintained for all responses. Please direct all dating questions via email to: datingguru@citymasala.com



Health 10 Golden Rules to Manage Weight and Stay Young Forever

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you fit for your entire life. Exercise and workout will not only keep you healthy, increase longevity but will also give you mental peace because "A healthy body has a healthy mind". Any anaerobic exercise like stationary cycling, walking, jogging, swimming, yoga etc. four times a week yields good results. If possible, go for a brisk walk of 10 to 15 minute at lunch or in the evening to boost your metabolism even more. Don't forget to tone your muscles with weight training three days per week.

8) Mediation and deep breathing- Meditation helps develop a stronger body and mind connection. This connection is vital for feeling younger and healthier. Breathing is one of the important and the oldest weapon to fight toxicity in the body. Breathing is an effective way to remove toxins as well as to cleanse and purify the body. When we exhale, we take out carbon dioxide and the toxins which

are deadly poisonous for the body. The body has a great tendency and capacity for oxygen. If our body lacks oxygen, we feel tired and have headaches. A few deep breaths not only relieves us from the anxiety and ease digestion but also helps with waking up and going to sleep.

9) Stop smoking and drinking alcohol- Smoking and alcohol consumption have negative effects on your body. Alcohol depresses your metabolism and stimulates your appetite and thus affects your eating habits.

10) Live with a positive attitude-

The way to a healthy life begins with a healthy mind. How we think determines everything in our life. We should choose the habits that make us feel younger and live longer with a healthy body and mind.

