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# Are You Too Busy For Friends?

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If you currently feel that you don't have enough friends in your life, one reason may be that you have let yourself become too busy to make time for the relationships you already have.

Nurturing and maintaining friendships requires effort and commitment. Many of us let our lives become so busy with work and other commitments that we don't get around to scheduling time for pleasure and renewal with the friends, relatives and acquaintances we already have.

If you make an effort to call your friends more regularly, see them more often, and to accept more of the invitations you receive from others, can improve your social life in a hurry!

Are there any people you could call right now and be assured of a pleasant welcome? Are these people that you could count on to help you in a crisis? Can you have close talks with them? Do you have fun when you are together? Are you happy to have them in your life?

If you haven't seen much of your friends lately, is it because you have become too busy? Have you grown apart? Was there an argument?

If the main reason you haven't been getting together with the people you already know is because you have gotten too busy, take a good look at how you spend your time.

Think for a few moments about your real values and priorities in life. Is your hectic lifestyle really bringing you the quality of life that you want?

If you have become too busy for friends, why has this happened? Are you pursuing material toys in your life at the expense of relationships with other human beings?

Have you allowed your time to be over-committed because you never say "No" to anyone? Do you insist on doing things yourself that could be delegated to others? If so, why? Do you believe that everything depends on you?

Examine whether the way you are currently spending your time accurately reflects your deepest values and priorities. Make sure that you schedule adequate time for the things that are truly most important to you.

If you really want to keep friends in your life, make a space in your schedule, and a space in your heart for them.

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