

# 10 Signs You're In Need of New Friends



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*"New friends are new worlds waiting to be discovered."*

*Luminita D. Saviuc*

Meeting new people and making new friends may seem like a scary thing to do, but you know what's even scarier? Hanging out with the wrong friends.

In today's post, I will share with you a list of 9 things that are meant to help you identify whether the people in your life make you better, or bitter and whether it's time for you to meet new people and make some new friends, or not.

# 10 Signs You're In Need of New Friends

## 1. You need new friends if there's a lack of joy and peace in your life

There are people who are a joy to be around, and people who are a joy to be away from. If the interactions with the people in your life feel forced – lacking joy, goodness, ease, and flow, and if you being away from them makes you feel way better than being in their company, that is a clear sign you are in need of new friends.

## 2. You don't feel safe and supported

If [being yourself](#), [following your dreams](#) and being a lot more successful than the people in your life is perceived as a form of abandonment and betrayal, and if [guilt and shame are used as a way to punish you](#) for wanting to move beyond the pale and be “better” than your friends and family, then you are most definitely in need of some new friends.

*“Walk with the wise and become wise, for a companion of fools suffers harm.”*

*Proverbs 13:20*

## 3. You feel tired around Them

If the interactions you have with the people in your life leave you [feeling extremely tired](#), nauseous, [fearful](#), anxious, exhausted and even [depressed](#), that is a clear sign you are

wasting your time and energy on the wrong people and that you're in need of new friends.

As a wise friend once said to me, when Light and Light come together, there is always more Light. But when Light is missing, the presence of dark and low-frequency emotions – fear, apathy, anger, lust, pride, envy, etc., will deplete you of life force and vitality, leaving you feeling extremely tired and confused.

## **4. You need new friends if your interactions feel meaningless and empty**

If your conversations are filled with [empty and meaningless words](#) that leave you feeling like much was talked about but nothing was actually said, this is yet another sign that you need to meet new people and make some new friends.

## **5. You feel like you don't matter**

If the people in your life make you feel as though you're invisible – not Seen, not Heard, [not Important](#) – even though you're right in front of them, and if talking on their phone and updating their [social media](#) account is always more important than you yourself are, you are in need of new friends.

## **6. You need new friends if you feel like you 'owe' them something**

If your current friends and the people in your life make you feel like you owe them something – your time, your money, your [energy](#), your knowledge, etc., and if they act as though they are [entitled](#) to everything you have, then that is a clear

sign you are [hanging out with the wrong crowd](#) and that you're in need of new friends.

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