

Panhellenic Exams 2022 - Sample essay

The value of true friendship

As we move through life, we realise that there are many things out of our control, like our genetics or parents. However, we can control who our friends are, and this decision can alter our lives to a great extent due to the fact that friendship is an invaluable relationship that enriches our lives.

Having solid friendships is important for two main reasons. Firstly, healthy friendships actually contribute to good physical health. Having strong social ties can decrease feelings of loneliness and social isolation, which have been linked to serious health issues, such as heart disease and depression. As a result, companionship is conducive to our welfare. Secondly, our friends provide us with emotional support or practical help. When we go through difficult times, friends can make the transition easier by offering useful advice, encouraging us to tackle adversity and giving a helping hand. Because they are capable of distancing themselves from the problem we face, they can remain objective and suggest alternative solutions that prove to be more effective.

My best friend has assisted me several times, but we have shared an unforgettable experience. It was right after the tragic loss of my beloved mother when I needed to be supported and consoled the most. My closest friend repeatedly reached out to me while I was experiencing grief, willing to share my unbearable pain and offer a shoulder for me to cry on. Indeed, this kind of support contributed to relieving and strengthening me.

All in all, good friends are like stars. You do not always see them, but you know that they are always there. Their presence makes a huge difference in leading a more fulfilling life.