One of the definitions of ‘friend’ by Dictionary.com is “a person who is on good terms with another; a person who is not hostile” (Dictionary). This is a reasonable definition given how the word ‘friend’ is generally used. However, this definition does not capture the true essence of the word as I understand it and as many of my friends understand it. I believe a friend is one who you can trust, who is sincere to you, and who does not judge you.

I define a friend as a person who you can trust. One measure of a trust is your willingness to share personal issues and secrets with him/her because you know he/she will not share them with anyone unless you permit. You trust such a friend so much that you may even tell him/her things you would not tell your parents.

A friend is also one who is sincere to you. They want the best for you. This may explain why they are not afraid to disagree with you or to discourage you from certain actions because they have your best interests in mind. A sincere friend may discourage you from joining the company of bad people or to stay away from harmful life choices such as drinking and smoking.

A friend does not judge you but tries to understand you. This is one reason why you are always willing to talk with a friend because you know he/she will try to understand you rather than blame you or make you feel guilty. A friend will not judge you even if they tried to stop you from certain actions because they try to see things from your point-of-view. If a person judges you, you are hesitant to talk to them about your problems.

The practical definition of a friend is that it is any person who is on friendly terms with us. However, friends are one of our most treasured relationships so I believe there should be stricter criteria for people to qualify as friends. I define friends as those who you can trust, who are sincere to you, and who do not judge you.