Have you ever thought about how many friends you meet in a lifetime? You probably have a list of names that pop into your mind automatically. These are the friends who are closest to your heart. There is no formula to predict who will become a lasting friend or who will just pass through your life briefly. If you look at your list, you may see that your closest friends all have different views on life that define their personality. I can categorize my friends into three groups: optimistic, pessimistic, and realistic.

First, optimistic friends have a very positive outlook on life. They believe that all situations will have a happy ending. Surgeries will go as planned, trips will be full of adventure, and speeches will be clear and memorable. Recently, I had to give a speech at my best friend’s wedding, and my friend Michelle calmed me down by helping me imagine how successful I would be. Optimistic friends are also very good at seeing the best in people. While others are gossiping about someone behind their back, my friend Annie always tries to name one great characteristic that person has. Optimistic friends remind us to look for the good in life.

Pessimistic friends are the exact opposite. They constantly worry about the worst case scenario for every situation. My friend Scott is always stressed out because of his pessimistic outlook. He believes no one will come to his parties, he will fail his exams, and he will never find a job that makes him happy. Pessimistic people are also more likely to be suspicious of new people. For instance, they may immediately assume that a stranger is dishonest, unfriendly, or out to cheat them somehow. Pessimistic people have a negative attitude that can affect their success and relationships.

Finally, there are realistic friends who are somewhere in the middle. These friends look at each situation logically to determine if it will be successful or unsuccessful. If they are studying for an exam, they will predict their success based on how much they were able to study. Realistic friends also view friendships very logically. They first talk with and observe friends before making a judgment about them. For example, my friend Joni loves to play the game “Twenty Questions” with new people so she can learn about them. Realistic friends are very good at seeing situations and people as they are.

Everyone lives their life according to their views. The friends you surround yourself can be classified according to their view as an optimist, pessimist, or realist. What category do your friends fall under? What kind of friend are you?