



## The value of friendships in difficult times

How do friendships develop? If you think about it, you will realize that friendships are neither forced nor can they exist from one minute to the next. A friendship grows with mutual trust and interest in each other, with the acceptance of the other as an individual and the resulting tolerance, with the natural willingness to contribute to alleviating the suffering of the other, but also to share happy moments together and to rejoice in the success of the other.

When it comes to the vaccination against Covid-19, be aware of this. It is now known that even vaccinated people can spread viruses and that vaccination does not protect against Covid-19 (1). It is known that there are effective treatments (2). Those who have had Covid-19 are far better protected than anyone who has been vaccinated (3). Vaccinated people are far more likely to be infected than unvaccinated people (4). It is up to you to decide. You don't have to justify yourself if you decide for or against a vaccination. And no one needs to have a guilty conscience towards others, because neither vaccinated nor unvaccinated people contribute to the spread of viruses. Everyone forms their own opinion based on their personal and professional experience and also on the respective media from which they obtain their information. With respect for the other person, the decision of the other can be accepted.

As a therapist, I have an ethical duty to protect my patients, clients and, of course, my friends from harm by making all my information and experiential knowledge available to them. Not imposing, but not withholding either. In this case, however, it is not like parents who tell their child what to do or not to do in order to spare him or her a bad experience. Because if someone chooses to vaccinate, she or he can potentially die or get seriously ill in the process. And this knowledge that a person you love can be threatened with such consequences makes me express my opinion more vehemently than usual. Not only to patients, but also to my friends. In his article "In Sorge um Dich", Dr. Harald Wiesendanger describes exactly this situation (5).

If a friend is dealing with the negative consequences of a vaccination and he/she could not understand your position against vaccination before, he/she needs you especially now. Science knows that when a person in a difficult situation receives support, their body reacts. Stress hormones and related symptoms decrease, thinking becomes clearer and self-healing powers increase (6). If you are the one who is now suffering from the consequences of the vaccination and your friend has remained your friend, even though you previously rejected the other person's

arguments and may even have reacted aggressively, this situation may even strengthen your bond of friendship, which you previously almost cut through your behavior. Humans tend to be aggressive when someone makes us aware that we are suppressing things that should be important (7).

Just as it is your personal business what you do with your body, social/political control should not have power over your private life. If your friendship has been damaged by your behavior, it is necessary for the restoration of harmony that you, as the perpetrator, name how you behaved and why. If you want your friend to forgive you, it is not enough to simply say "I'm sorry, forgive me." It must be clear that you regret your behavior and want to make amends. What you say in words must be followed by visible action. Give back to your friend what everyone wants from a friend:

Personal appreciation, open, honest and fearless communication, being able to listen and see it as an inspiration when another opinion broadens your own horizon. Good friends are precious gifts, don't let anyone take them away from you.

#### **Sources:**

- (1) <https://reitschuster.de/post/rki-daten-zahl-der-impfdurchbrueche-steigt-stark-an/>
- (2) <https://covid19criticalcare.com/>
- (3) <https://www.medrxiv.org/content/10.1101/2021.08.19.21262111v1>
- (4) <https://www.israelnationalnews.com/News/News.aspx/309762>
- (5) <https://laufpass.com/gesellschaft/in-sorge-um-dich-eine-covidiotin-traegt-einer-geimpften-10-argumente-vor/>
- (6) Chr. Krause, N Lehmann, R.-F. Lorenz, Th.D.Petzold: Verbunden gesunden, Verlag Gesunde Entwicklung, 2007
- (7) <https://reitschuster.de/post/bloss-keine-kritik-wie-die-impfung-zur-heiligen-kuh-geworden-ist/>

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