

Narrative Essay Example Formatted in MLA Style (9th Edition)

A Friend like No Other: How My Best Friend Changed My life

This narrative essay example, comprising 1056 words from an English subject, offers students a foundational guide to formatting papers in MLA style (9th edition).

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A Friend like No Other: How My Best Friend Changed My life

“To have a friend is to be one” (Emerson 63). This famous quotation speaks to the power and importance of friendship in our lives. As we see the ups and downs of life, having a true friend by our side can make all the difference. One of the most significant friends in my life is my best friend, Sarah. Sarah and I have been friends since we were in elementary school, and we have been through many ups and downs together over the years. Through it all, Sarah has been a constant source of support, laughter, and inspiration. I admire Sarah for her many qualities. From our first meeting to the challenges we have overcome together, Sarah has changed my life in many ways and helped me become the person I am today.

Sarah and I met in elementary school when we were assigned to the same class. It was during recess when we first talked, and I remember feeling nervous but excited to make a new friend. I noticed how she was always smiling and seemed approachable, which made it easier for me to start a conversation with her. We quickly discovered that we had common interests, including our love for reading and playing sports. We started to spend more time together during recess and lunch breaks, playing games and chatting about our favorite books. Our conversations sparked a friendship that has lasted over the years, and I am grateful for that fateful day when we first met. As Stephanie Rosenbloom writes, “Friendships are not only good medicine, but they contribute to our social and emotional well-being, which, in turn, enhances our health” (1).

Indeed, the act of making a new friend and establishing a connection can have a significant impact on our lives, and I feel lucky to have met Sarah that day.

Sarah and I have shared numerous experiences throughout our friendship, from childhood adventures to more recent milestones. One of the most significant events that stand out to me was when we participated in a charity walk for breast cancer awareness together. We had both lost family members to cancer and felt that it was important to support the cause. Walking side by side for miles, we talked about our loved ones and shared stories and memories. It was a difficult and emotional experience, but it brought us closer together and helped us understand each other on a deeper level. This shared experience was just one of many that have strengthened our bond over the years. As Dr. Suzanne Degges-White notes:

Shared experiences build and reinforce connections with others, providing opportunities to deepen friendships, learn new things about ourselves and each other, and create memories that we will treasure for years to come. (1)

Our shared experiences have helped us to grow together and support each other through life's challenges.

Sarah possesses many admirable qualities that have impacted my life positively. One of the qualities I admire most about her is her resilience. Sarah has faced many challenges throughout her life, from personal setbacks to family struggles, yet she always manages to bounce back stronger than ever. Her ability to stay positive and motivated during difficult times has inspired me to do the same. Another quality I admire is her kindness. Sarah is always willing to lend a helping hand to anyone in need, even if it means putting her own needs aside. Her kindness and generosity have taught me the importance of compassion and empathy towards others. Through my friendship with Sarah, I've come to appreciate the significance of resilience,

kindness, and empathy, qualities that have not only shaped my character but also enriched my life, echoing the sentiments expressed by Bukowski et al. that “friendships nurture self-esteem, well-being, and aid in developmental transitions, ultimately contributing to better adjustment” (471-484).

Throughout our friendship, Sarah and I have faced various challenges that have tested our bond. One of the most significant challenges we faced was when Sarah's family went through a tough financial situation, and they had to move to a new town. It was a difficult time for Sarah, as she had to leave behind everything she had known and start over in a new place. As her best friend, I wanted to be there for her in any way I could, even if it meant just listening to her vent about her frustrations. We would talk on the phone for hours, and I would visit her whenever I could, just to make sure she knew she wasn't alone. In return, Sarah was there for me when my parents went through a divorce. She offered me a shoulder to cry on and was always there to listen whenever I needed to talk. These shared experiences have brought us closer together and deepened our bond in ways that I never thought possible. As Dr. Irene S. Levine writes in her book *Best Friends Forever*, “It's during tough times when we see the true colors of our friends, and these challenging experiences can often bring us closer together” (57). Our friendship has grown stronger as we have supported each other through these challenges, and I know that I can count on Sarah no matter what life throws our way.

My best friend Sarah has been an essential part of my life for many years, and our friendship has weathered many challenges and experiences. From our initial meeting in elementary school to our shared experiences and challenges, our bond has only grown stronger over time. I admire Sarah's kind, selfless nature, and her unwavering support has impacted my life in immeasurable ways. As we navigate through the ups and downs of life, I know that I can

always count on her to be there for me, and I am grateful for her presence in my life. I encourage readers to reflect on their own friendships and relationships, to cherish those who support and uplift them and to work to strengthen those bonds. As Maya Angelou said, “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” Let us strive to make our loved ones feel cherished and valued, just as my best friend has done for me.

Works Cited

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