**Do you agree or disagree with the following statement?**

**Competition between friends always has a negative effect.**

Throughout history, Friendship has been an indispensable part of human life. People can communicate with their friends and exchange their ideas with them. Friends can interact with each other and compete for achieving the goal. Although some people might believe that competition between friends has a negative effect while others hold the view that competition among friends can have benefits. I personally contend that competition among friends not only has a positive efficacy but also can lead to the success and advancement of persons. In other words, its advantages carry more weight. In the following paragraphs, I will expand on my viewpoint through two noticeable reasons.

The first reason which I would like to address is that the foremost advantage of competition between friends is that it encourages and motivates them to work harder. According to research by experts, people work more seriously when they are in a group of friends because everyone loves success in the challenge, and competition causes them to perform best. Especially if someone is elite in the group, that person can be an inspiration to other friends, and other people can try to act like him. As a result, they can be more successful in carrying out the duty. For example, when I was studying at school, I preferred to study with students who knew the lesson very well, and competing with them gave me the energy to try to be like them. Because of this competition and interaction, I learned that if I want to achieve my ambitions, I have to come up against fierce competitions.

The second point which is needed to be made is that competition in the right way can lead to progress. It must be noted that healthy competition is different from Jealous. Competition with jealous may has a negative effect on one's attitude and behavior. While healthy competition pushes us to do our task better and not be complacent. For instance, most of the Football experts and ordinary people believe that Cristiano Ronaldo and Lionel Messi are the best soccer players in history. In my opinion, maybe if they were not in the same period of time, they would not achieve such honors. In other words, their healthy competition one of the important and crucial causes of their progress. They showed that competition can have a huge impact on their professional lives, and more intense the competition, the more effort must be made to succeed. Thus, if individuals do not competition, they never significant progress in their life.

All in all, I draw the conclusion that, competition between friends does not always has a negative effect, and have some valuable benefits. I firmly believe that competition can strengthen motivation and increase effort, which can lead to people's progress.

**Word Count: 459**

**Time: 70 minutes**