Do you agree or disagree with the following statement? It is more important to choose friends that can have fun with you than to choose friends that will help you when you need them.

It is no secret that, one of the most significant factors of every individual’s lifecycle is friendship and its influence on our general mood. In this way, some people might believe that choosing friends among whose you have more fun time with, is more effective than hanging out with those friends can help you in severe situations. I personally, contend that selecting friends with the same interests for having fun has completely more beneficial for humans. The following paragraph will elucidate my reasons with two major points.

The first remarkable point to be mentioned is that having fun with friends can make you become both physical and mental healthier. It is very clear that in today modern world, there are numerous volumes of anxiety and stress on people who working from dawn to dusk, so it should be taken into account that humans need missing hormones like Endorphin and Serotonin to repair their damaged health. For this reason, human’s body needs some activities to produce these hormones that will be made by having fun with friends. The evidence demonstrate that when people have good times with their friends, mental diseases like depression and physical illnesses like being numb, can be wiped out with activities like hanging out, talking, playing games, dancing an all those things you can do with your those friends who you chose them for having fun.

On the other hand, from my vantage point of view, spending time to have fun with friends led to this fact that it can tighten your friendship with your friends. For clarifying this point, you can have fun times with whose friends that you are in common with, so when you and your friend have same interests to do with together and spend more times in a week rather than the others which are boring for you, gradually you find yourself creating a bond with him or her. Take a personal experience as an example; there was a time I had to work so many hours in a week in an architecture office, and I have a lot of colleague which were not only nice but humorous. Despite of this, my mind wasn’t there all the time and I always thought about the choral orchestra I want to join after the work time. There, I could find some friends that because of being in the same interests way which tend me to spend more my free and enjoyable time with, became my best friends in my whole life and they are my treasure in my life so I can’t leave them never and ever.

In conclusion, I prefer to have fun with my friends right now rather than keep some helpful of them for future days.

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Time: 1 hour