

Loaf of Friendship

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Friendship is bread. There are many types of friendship, as there are many types of bread; it takes experience, patience, and the right ingredients to form a delicious loaf and an immaculate friendship.

Bakers do not create the perfect loaf on the first try. Maybe they try a different type of bread and fail at that. Perhaps they attempt an adventurous focaccia or a basic sourdough. Similarly, people try to be bakers of their friendships; there are many different people. Every person someone attempts to connect with will become a unique type of bread. It is intelligent to try to form relationships with various people to see what qualities someone prefers: it helps them understand what qualities one prefers in a person. Maybe they have to try more than once to make a sustainable friendship. This experience improves knowledge of the self, an essential part of being human.

Next, it takes immense amounts of patience to create the perfect bread. Once the baker has chosen what bread they would like to make, they must have the patience to neither under-rise the bread nor undercook it. The bakers also need patience to knead out the dough. The more patience they have, the more layered the flavor of the bread will be, and the better the bread will taste. Some breads need more patience compared to others, and the baker must adjust their waiting time accordingly. This essential patience can translate into friendship as getting to know each other better. Growing together, participating in activities, and staying close to one another are all things that can happen during this period. Patience is necessary when arguments occur; it is only human to have some tension. Just like bakers must be patient while kneading bread - some breads need longer kneading than others - human friendships must go through the same ordeal. Kneading helps to form gluten, giving structure to the bread. When relationships go through periods of tension, the bond grows stronger. Friends do not always have to agree on everything; having some fights is healthy in every type of relationship, and tension characterizes stable relationships.

Finally, the baker must include the correct ingredients to make a perfect bread. Some breads are more adventurous than others. Some breads are sweet, others are sour, and others still are bland. Similarly, people have different qualities; some are empathetic, some are stoic, and others are downright silly. Maybe each person brings different ingredients to a friendship that collectively work to create the perfect bread. Possibly, they both carry all the required ingredients but just different amounts. This theory elucidates why opposites attract and why similar people attract as well. What matters is that, in the end, the qualities, such as generosity, truthfulness, and dependability, are compatible to make a viable friendship. Unfortunately, bread can also mold or contain poison. That friendship - that bread - must cease to exist. If a friendship is no longer beneficial to its constituents, or if someone is damaged by the friendship,

it must come to an end. It is imperative for the people involved in the friendship to move on and realize that there will always be at least one bread that stays fresh: one's own bread.

People fail to understand that while baking bread with another person may be fun, one can do the same thing on their own. A single person can bake their bread, just like one person can be their own friend. The best thing about being friends with oneself is that one can determine what attributes the bread will have. Someone cannot control how another person will behave, but when that other person is oneself, it is possible to force oneself to get rid of moldy or toxic traits. Once people realize their potential, they may feel that there is always someone to have fun with; it will feel like there is always at least one person to be friends with.

One thing that bread is necessary for is maintaining homeostasis. Bread is a staple food of many cultures. If you bake bread, there is no way to go hungry. If the right amount of experience, patience, and various qualities converge in a friendship, an essential part of being human is fulfilled. Humans are naturally social creatures, so healthy socialization is an important aspect of self-discovery and happiness. Just as bread is essential to life, friendships are crucial to life.