



July 15 – August 14

Friendship

One of the biggest challenges to friendship is that _____

Let's start out by asking what you look for in a friend:

Do any of those line up with your values that you listed in Month One? Do you have a friend who embodies all of this right now?

PART ONE: FRIENDSHIP MYTHS:

Myth #1: The Myth of _____

Rare as is true love, true friendship is rarer.
-Jean de La Fontaine

The advantages of having many friends instead of just one BFF:

Myth #2: A Friend for _____ Is a Friend for _____.

Myth #3: True Friends Are _____ and _____ Each Other.

Myth #4: The Best Friends Are _____.

Myth #5: True Friends Always _____: We Shouldn't _____.

Myth #6: Friends Never _____.

Myth #7: We Can Have _____.

PART TWO: TYPES OF FRIENDS:

How friends enter our lives:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

1. Friends by _____ are brought into your life by _____.

Challenges:

Benefits:

2. _____ friends:

Challenges:

Benefits:

3. _____ Buddies are friends you've _____ with.

Challenges:

Benefits:

4. _____ friends are also called _____.

Challenges:

Benefits:

5. _____ Friends are brought together by _____

Challenges:

Benefits:

Any of these entry points can become a deeper-level, inner-circle friend. It might be useful to write down the people you consider friends, and then assign a group as well as a level to them. Use the worksheet on the homework page to do this exercise.

Level 1: _____.

Level 2: _____.

Level 3: _____.

Level 4: _____.

PART THREE:

How to Have Friends.

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.
6. _____.

7. _____.
8. _____.
9. _____.
10. _____.

What are your non-negotiables:

- _____
- _____
- _____
- _____

At the same time, are your standards too high? PERSONALITY qualities might be negotiable, while character issues shouldn't be.

*Surround yourself with people you
aspire to be like.*

Resources

Great article on breaking up with friends:

<http://elitedaily.com/life/culture/breaking-up-friends-inevitable/1019210/>

Incredible essay about having tough conversations with friends:

<http://storylineblog.com/2015/06/02/no-friends/>

Friendship in the Age of Facebook: A TED Talk by Rory Varrato

Not the most dynamic speaker, but some good info on the history of friendship and how it's changed through the ages.

<https://www.youtube.com/watch?v=ZVRbSuY3h9w>



Can the Internet Buy You More Friends: Robin Dunbar TED Talk

Wonderful discussion of how many friends we can conceivably hold in our heads, and how to become closer

<https://youtu.be/07IpED729k8>



Homework

What are you looking for in a friend? What are your minimum requirements?

What are some assumptions or expectations have you had regarding friendship? Are some of these unreasonable?

Who are your oldest friends? Are you still close with them? In what way?

List the 10 people you spend the most time with. How did you meet them? What level friend are they?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What is one thing you are going to do this week to improve your friendships? (If that seems overwhelming, pick one friend and pick one habit you can work on.)