



Journal:

Friendship

14

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Developing Friendships and Nurturing Relationships (The Pursuit of Relatedness)

Friendship 1 (video: 23 minutes)

Introduction

Loneliness vs. Aloneness

Reasons for Loneliness

Discussion/Reflection:

How lonely are you currently feeling?

How comfortable are you with your aloneness?

What is the impact of aloneness on your life?

What is the quality of your relationships?

Why do you think you are lonely?

AAA Model for Developing Friendships:

- 1.
- 2.
- 3.

What is your immediate attitude or belief about friendships?

What are some of the quotes or messages that have formed your attitudes about relationships?

What early experiences with friends (good or bad) have impacted your current attitudes about friendships?

Attitudes that Inhibit/Prevent Friendship Development (Burns):

Low self-esteem
Romantic perfectionism
Partner perfectionism
Personal perfectionism
Shyness and social anxiety
Hopelessness
Alienation and isolation
Rejection sensitivity
Fear of being alone
Desperation
Disclosure phobia
Unassertiveness
Resentment and bitterness
Defensiveness and fear of criticism
Relational depression
“Trapped factor”

Discussion/Reflection:

Which attitudes are problematic for you?

How can you dispute these inhibiting attitudes?

What is at least one positive and affirming attitude about friendships or relationships?

Healthy relationship-nurturing attitudes:

1. Your life is not on the line
2. You don't have to be clever or perfect interpersonally
3. Congratulate yourself for trying
4. Appearance and physical attractiveness is not of paramount importance in friendships
5. Rejection does not make you worthless. Your worth resides in yourself.
6. Enjoy the process; don't worry about the outcome.
7. Practice, practice, practice the skill of friendship
8. Experiment, enjoy, smile and have fun

Reflect on our discussion of friendship thus far. What do you think is preventing you from enjoying healthy relationships?

Friendship 2

(video: 28 minutes)

What is involved in Achieving Autonomous Adulthood?

What do you think about the idea that to care for others, you must first care about yourself? Why do you agree or disagree?

How well do you care for yourself?

Rate yourself from 1=poor to 5=excellent on each of the following autonomous functional self-care skills:

- Cooking/providing meals
- Housekeeping
- Providing your own transportation
- Money management
- Laundry and wardrobe management
- Childcare
- Solitude
- Maintaining a satisfying career/job
- Pursing interests and hobbies

Rate yourself 1-5 on the following autonomous social and relationship skills:

- Making and keeping same sex friends
- Developing other sex friendships
- Deepening relationships beyond superficial ones
- Communicating with others
- Prioritizing others/making time for friendships
- Initiating activities
- Entertaining/ hosting activities
- Finding new ways to meet friends

Which functional or social skills are rated three or below?

What might you do to develop or improve skills in these areas?

What is one new skill acquisition activity you will commit to?

By what date will you initiate this?

Fundamentals for taking action:

- 1.
- 2.
- 3.

What are the characteristics of a good friend?

What are your strengths or limitations as a friend?

Listening

Safety

Helpfulness

Empathy

Balancing giving and receiving

Persevering

Boundary-setting

How can you increase social opportunities?

What is at least one thing you are willing to do to change your social scenery?

Complete the following exercise for finding friends with similar interests:

Make an interest list:

Brainstorm all the places that people might pursue each interest:

Prioritize your interests.

What is one interest that you will commit to pursuing in an effort to meet someone new?

What are the strategies for initiating conversations?

1.
 - a.
 - b.
 - c.
2.
 - a.
 - b.

What are some strategies for getting a conversation going?

Discussion/Reflection:

What is most difficult for you in initiating and maintaining conversations?

What is one thing that you will commit to attempting regarding conversations?

What might you do if you are shy?

What are your thoughts about the idea that friendships take time, patience, effort, intention, and forgiveness?

What are your thoughts/reactions to the AAA model for developing friendships and nurturing relationships?

How can you apply these ideas to your circumstances?

What have we forgotten or left unsaid?