

5 REMINDERS FOR MAKING

FRIENDS AS AN ADULT

01

BE DELIBERATE

WE ASSUME FRIENDSHIPS HAPPEN ORGANICALLY IN ADULTHOOD, BUT THEY DON'T. TO MAKE FRIENDS, YOU HAVE TO TRY. SAY *"IT'S BEEN GREAT TO CONNECT. WOULD YOU BE OPEN TO EXCHANGING CONTACT INFORMATION?"*

02

ASSUME PEOPLE LIKE YOU

WHEN YOU ASSUME PEOPLE LIKE YOU, YOU'LL BE WARMER AND FRIENDLIER. WHEN YOU ASSUME YOU'LL BE REJECTED, YOU'LL BE COLD AND WITHDRAWN.

03

ENGAGE

WHEN YOU ARE AT SOCIAL GATHERINGS, DON'T WAIT FOR PEOPLE TO APPROACH YOU. INTRODUCE YOURSELF. RESIST THE URGE TO BE ON YOUR PHONE.

04

KEEP GOING BACK

THE MORE FAMILIAR YOU SEEM, THE MORE PEOPLE WILL LIKE YOU. USE THIS TO YOUR ADVANTAGE BY GOING TO EVENTS THAT REPEAT OVER TIME LIKE CLASSES OR SOCIAL CLUBS.

05

GET VULNERABLE

THE LINE BETWEEN ACQUAINTANCE AND FRIEND IS DETERMINED BY VULNERABILITY. SHARE MORE ABOUT YOURSELF AND MAKE SURE YOU'RE ASKING THE OTHER PERSON QUESTIONS THAT ALLOW THEM TO SHARE ABOUT THEMSELVES AS WELL.



QUESTIONS FOR REFLECTION

WHAT?

Based on what you have learned, **identify one change you'd like to implement to improve your ability to connect with others.** It may be helpful to use one of your strengths or weaknesses from your pre-work. Examples include: making more friends, being more vulnerable, and being more compassionate with myself. This should be something specific. Instead of saying "strengthen friendships", for example, say "show more affection to friends."

HOW?

Identify the specific way you would employ this change. For example, if you'd like to affirm friends more, you could commit to writing out birthday cards for friends.



QUESTIONS FOR REFLECTION

QUANTIFY

Rate how **easy** it will be to make this change from 1 (not at all) to 5 (very)

1 **2** **3** **4** **5**

Rate how **valuable** it will be to make this change from 1 (not at all) to 5 (very)

1 **2** **3** **4** **5**

Rate how **committed** you are to making this change from 1 (not at all) to 5 (very)

1 **2** **3** **4** **5**

SCHEDULE

Indicate the date and time when you will make this change. Put a reminder on your calendar. If this change requires ongoing action, indicate a regular time (every Monday, for example).



QUESTIONS FOR REFLECTION

CONTINGENCY PLAN

Indicate any **barriers you imagine you might face in addressing this issue.**
Share how you will overcome them.

REFLECT

Summarize why you struggle with this particular issue and how working to improve it might better your life.

