

SHARING WELL

For Developing Friendships

Sharing parts of ourselves with others is an act of bravery and vulnerability. It is a necessary part of building friendships, however. Here are a few ways to be vulnerable.

5 Expressions of Vulnerability

“ Brene Brown defines vulnerability as "uncertainty, risk, and emotional exposure." ”

1 New Ways of Interacting

Extend an invitation to meet for coffee, text a greeting without an excuse, or introduce your families.

2 New Topics of Conversation

Expand conversations by introducing new topics, new emotions, or life experiences. Follow up in later conversations.

3 Share Your Shine

Share accomplishments, joys, and proud moments. Ask about your friend's "shiny" moments and celebrate them.

4 Areas of Insecurity

Share areas of insecurity, moments of regret, or worries that are troubling you.

5 Asking for What You Need

Practice mindful awareness of your own needs and preferences, and find ways to ask for those things in your relationship