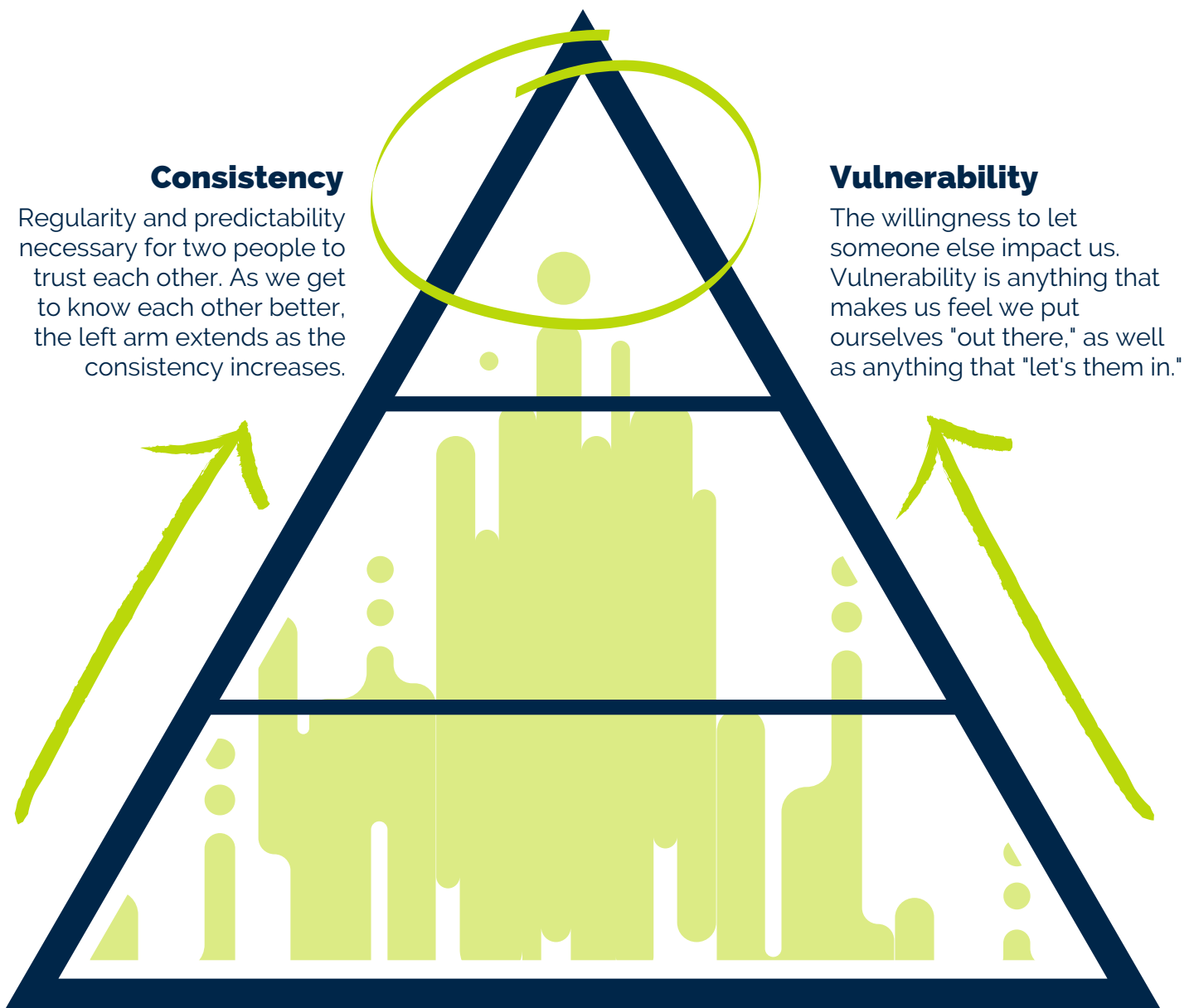


HOW TO MAKE FRIENDS

Shasta Nelson's "Frientimacy"

Frientimacy is any relationship where two people feel really seen in a way that feels satisfying and safe for both of them.



Consistency

Regularity and predictability necessary for two people to trust each other. As we get to know each other better, the left arm extends as the consistency increases.

Vulnerability

The willingness to let someone else impact us. Vulnerability is anything that makes us feel we put ourselves "out there," as well as anything that "let's them in."

Positivity

Positivity is at the base of the triangle because a relationship cannot start or grow without it. Pathways to positivity: amusement, awe, gratitude, hope, inspiration, interest, joy, love, pride, and security.

HOW TO MAKE FRIENDS

Shasta Nelson's "Frientimacy"

We all tend to find that some circles of friends come to us more naturally, but we all need people in every circle.

Contact

Common

Confirmed

Community

Committed

CONTACT: Linked because we have something in common.

COMMON: Intentionally spend time together, but friendship is based on one commonality.

CONFIRMED: Shared history, but no a regular connection anymore.

COMMUNITY: Spend regular time together, deeper relationship.

COMMITTED: Intimately and consistently share lives with each other.

HOW TO MAKE FRIENDS

Shasta Nelson's "Frientimacy"

REFLECTION:

Which circle do you wish was fuller, stronger, or more meaningful?

REFLECTION:

What surprised you?

REFLECTION:

Which circle is the hardest for you to develop? Why?

REFLECTION:

Which circle do you want to celebrate?

REFLECTION:

Which circle expresses your greatest loneliness right now?

HOW TO MAKE FRIENDS

Shasta Nelson's "Frientimacy"

All friendships start on the left side no matter how much we're attracted to each other. It's less about simply discovering the right friend, and more about developing the right friendship.



Put a star on the circle that represents your greatest loneliness right now. Now look to the left. Which circle(s) contains the best "pool" of friends to develop?

How can you develop those friendships?

Name	Possible Activities	Deadline for Initiating

EIGHT WAYS TO EASE THE PAIN OF LONELINESS

Emma Seppala

"We thrive in community, in connection, in giving and receiving love."

Embrace Loneliness



Give the emotion full expression.



Go into silence.



Engage in mindful meditation.

Cultivate Connection



Take care of your body.



Connect with nature.



Serve others.



Practice loving-kindness meditation.



Fall in love with yourself.

LOVING KINDNESS MEDITATION

“The difference between
misery and happiness
depends on what we do with
our attention.”
-- Sharon Salzberg

May you be happy.

May you be healthy.

May you be peaceful.

May you be safe.

1. Sit comfortably, close your eyes if it feels right to you.
2. Focus on these loving kindness messages.
3. Imagine receiving these messages from those who love you.
4. Imagine sending these messages to people you love.
5. Imagine sending these messages to people who are neutral.
6. Imagine sending these messages to all living beings.

MEANINGFUL QUESTIONS

For Developing Friendships

Daring greatly means the courage to be vulnerable. It means to show up and be seen. To ask for what you need. To talk about how you're feeling. To have the hard conversations.

-- Brene Brown

1. Given the choice of anyone in the world, whom would you want as a dinner guest? Why?
2. Would you like to be famous? What would you like to be famous for?
3. What would constitute a perfect day for you?
4. If you could change anything about the way you were raised, what would it be?
5. If you could wake up tomorrow having gained one quality or ability, what would it be?
6. If a crystal ball could tell you the truth about yourself, your life, the future or anything else, what would you want to know?
7. Is there something that you've dreamt of doing for a long time? What is it?
8. What's a cherished memory you hold from your childhood?
9. How would you describe your family to someone who's never met them? How are they similar or different from other families you've met?
10. What is your favorite thing to spend money on? Has it always been that way?
11. If you could retire tomorrow, what would you do?
12. What is a book you've read recently or movie you've watched that inspired or moved you? What did you like about it?
13. What are five things that cheer you up?
14. What's one of the best compliments you've received?
15. What role do you play in your family? Is that the same role you played as a kid?
16. How do you think your family views your life? Is it similar or different to how you think they thought it would be?
17. How has your life been different than what you'd imagined?
18. Was there a teacher or teachers who had a particularly strong influence on your life? Tell me about them.
19. What did you think you were going to be when you grew up? What was it about that job that interested you then?
20. What traditions have been passed down in your family?
21. How is the pandemic impacting your life?
22. What's the scariest part of the pandemic for you?
23. Tell me more about what your days look like now.
24. How are your kids, family, or partner doing? How has this impacted your work?
25. Create your own: _____

RESOURCES

Shasta
Nelson

- [Frientimacy](#)
- [Friendships Don't Just Happen](#)
- [Frientimacy Workbook](#)
- [Making Friendships Happen Workbook](#)

Additional
Resources

- [In 'Together,' Former Surgeon General Writes About Importance of Human Connection](#)
- [How Loneliness Hurts Us and What to Do About It](#)
- [Eight Ways to Ease the Pain of Loneliness](#)
- [Loving Kindness Meditation](#)
- [How to Find Your Self-Care Squad](#)
- [The Key Ingredient That Might Be Missing from Your Well-Being](#)