

FRIENDS AND HOW TO MAKE 'EM!

*If you're ever in a jam, here I am... If you're ever in a mess, S-O-S...
It's friendship, friendship, just a perfect blendship... Judy Garland*

WHAT TO KNOW!

- ❖ Friendship can be defined as a relationship between two people who hold respect, trust, and mutual affection for each other
- ❖ Friendships include empathy, sympathy, honesty, understanding, compassion, reciprocity, and the desire to do what is best for the other
- ❖ Friendship allows for a person to be oneself, to express one's thoughts and feelings, and to make mistakes without fear of rejection or judgment
- ❖ High quality friendships leads to increased self-esteem, self-confidence, happiness, and contentment with who one is
- ❖ A strong friendships may be **THE KEY** to happiness as it allows for: never feeling alone and unwanted, the ability to confide in others, and a way to give and get support
- ❖ Loneliness and lack of social support lead to higher mortality rates and an increased risk of heart disease, viral infections, and cancer
- ❖ Friendships are common among humans and dogs and cats and can also be cross-species such as a dog with a cat
- ❖ Research has shown that 25% of Americans have no close friends and that the average total number of friends per person has dropped from four to two since 1985
- ❖ Research has also shown that adolescents were less likely to get in trouble when their friends did well in school, participated in activities, and avoided drinking
- ❖ Technology has contributed to decreasing amounts of true friendships as email and longer work hours detract from personal communications and emotional connections
- ❖ Social networking sites have also diluted the true meaning of a friend as friend requests from strangers or distantly known people are accepted
- ❖ Frequent users of Facebook when unfriended are more likely to experience rumination, rejection, depression and other negative emotions

WHAT TO DO/HOW TO MAKE FRIENDS!

- ❖ Smile, act confident, be interested in others and allow them to feel important
- ❖ Make the effort and just show up at every place you can to meet people
- ❖ Set a goal of how many people you want to talk to at an event
- ❖ Join a group of people with common interests and attend regularly
- ❖ Talk nicely about other people and be respectful
- ❖ Work out or take a class regularly and become familiar with others
- ❖ Accept invitations to social gatherings and return the favor
- ❖ Volunteer your time at a hospital, museum, etc. to meet people with mutual interests.
- ❖ Attend community events and consider joining a religious congregation
- ❖ Make friends with friends of people who are already your friend
- ❖ Nurture budding friendships by continuing to hang out with them
- ❖ Remain positive and realize that you may not make friends with everyone you meet but you will make some friends
- ❖ Be persistent and do not get discouraged easily
- ❖ Seek professional help if you have difficulty making and keeping friends

WE CAN HELP!

Call us at **954 755-2885** or email us at [**DrKimmel@KimmelPsychology.com**](mailto:DrKimmel@KimmelPsychology.com)

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