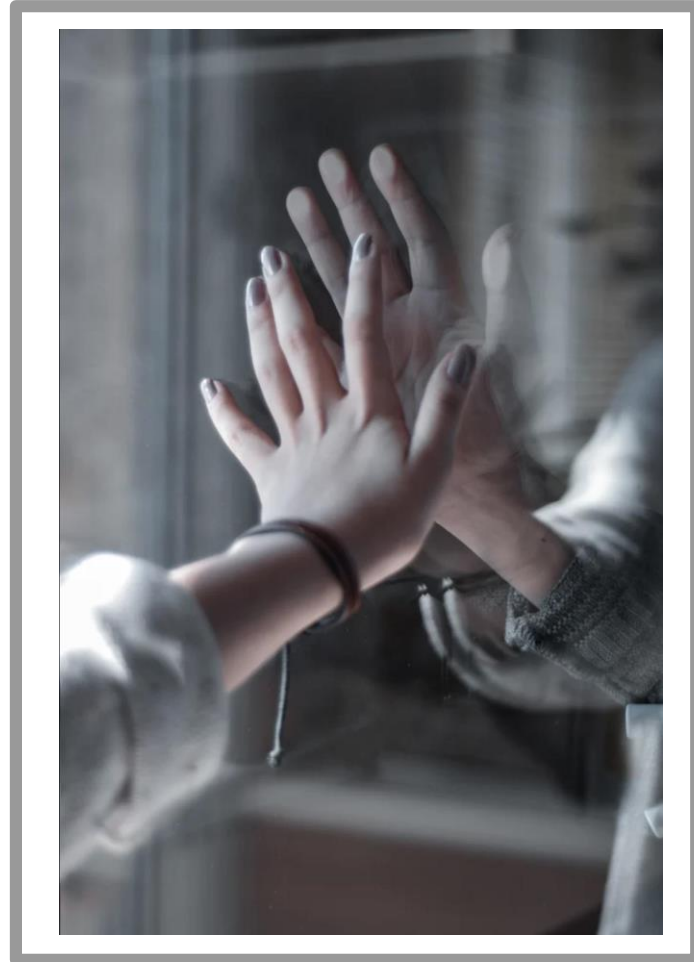




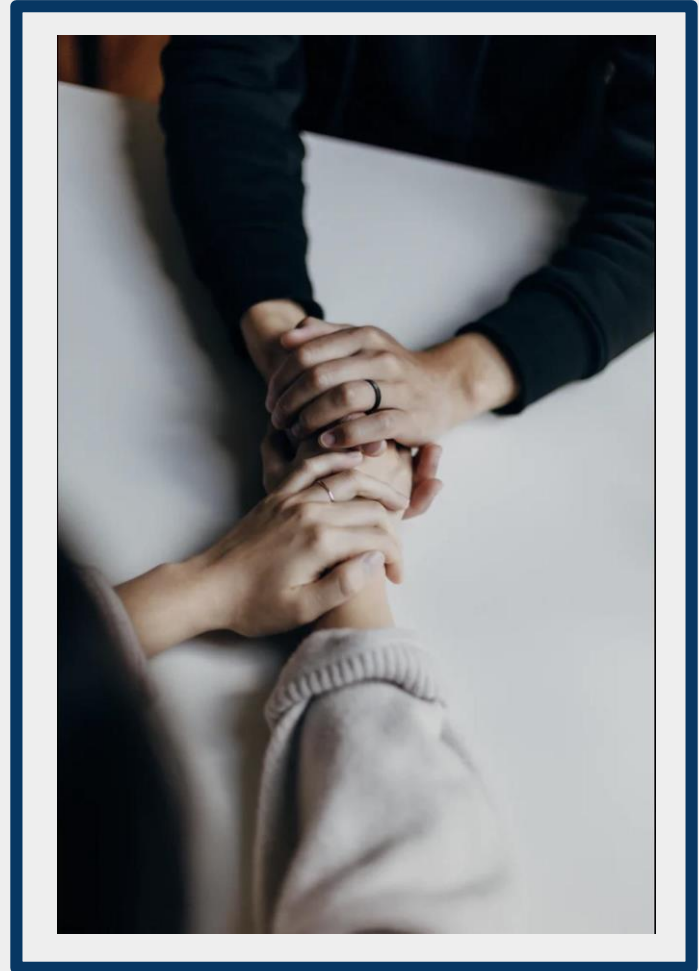
Building Your Own Community of Support

Alone

*Why we feel
disconnected*

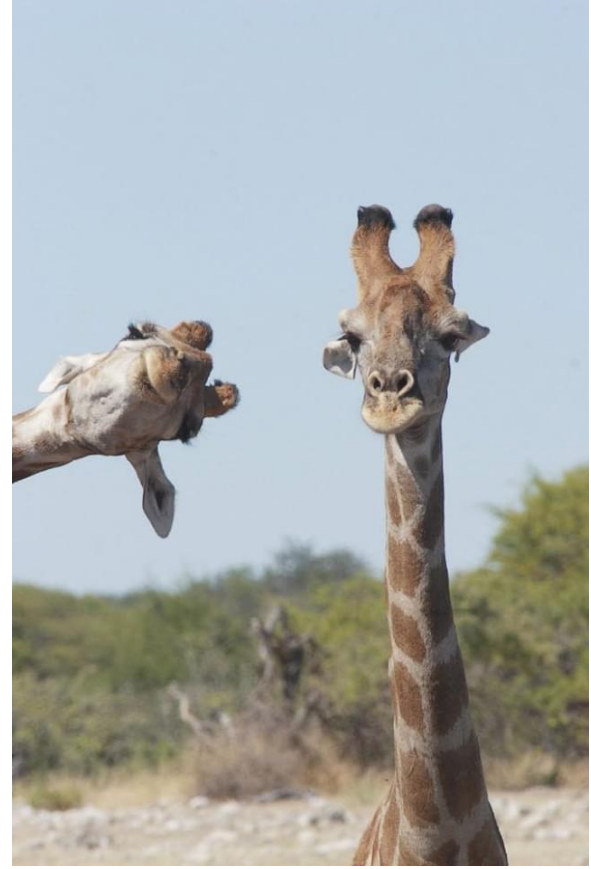


What prevents us from
creating and maintaining
healthy friendship
connections?

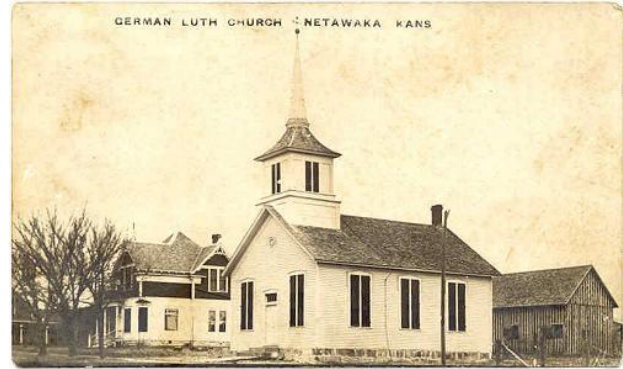


Busy-ness

If we are always pursuing a to-do list, trying to keep up with demands, responsibilities, and obligations (real or perceived), our focus on connection and our enjoyment of the friendships we already have can become lost



Lack of context:
What is my frame of reference?



Connecting anew
to healthy
foundations





Not knowing where to start ... Sometimes we are afraid that we won't know what to say or do, how to take the first steps, or how to be a good friend

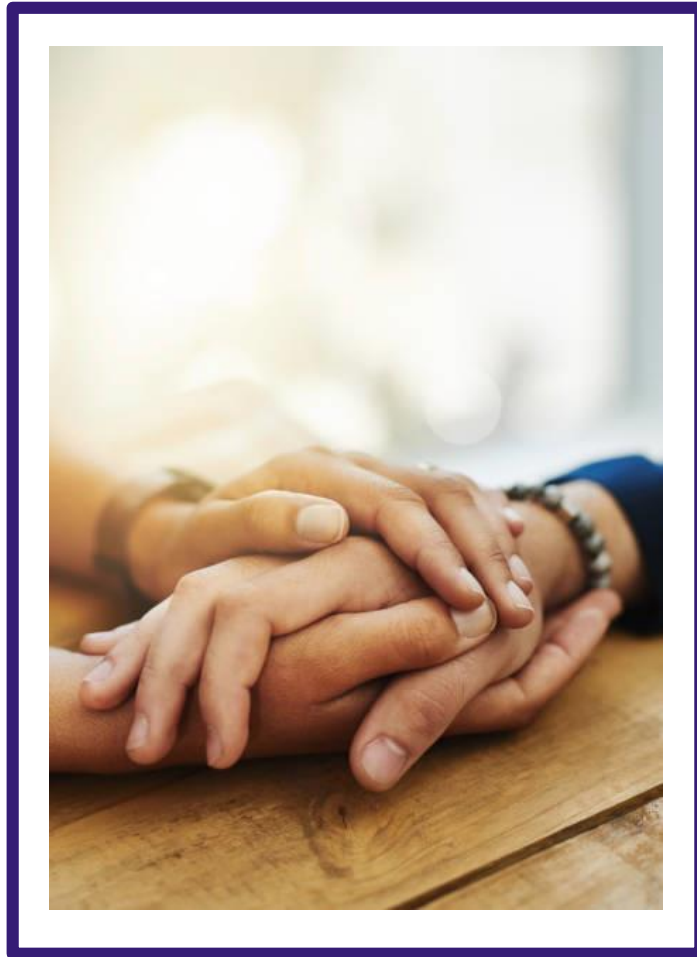
Sometimes we
become
stubbornly
accustomed to
self-sufficiency



Fear of rejection or holding onto painful memories of lost friendships from the past are common impediments



“It is in the
shelter of
each other
that people
live.”
Irish proverb



What are your barriers?

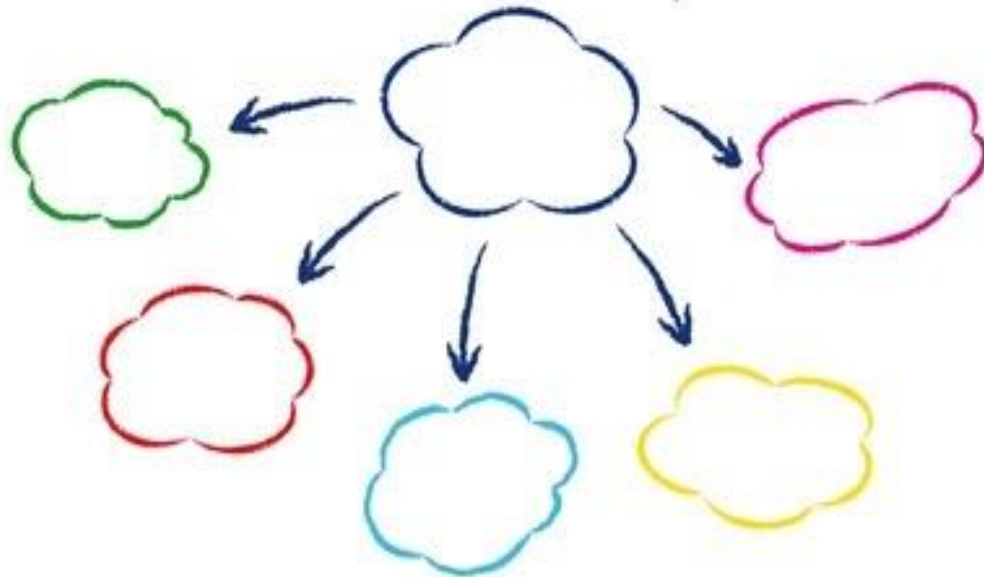


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It's easier to find and keep quality friendships when we have clearly identified our values and priorities in the context of connection



Mindmap



Where do we
begin to look?





How do I take my first steps toward making new friendships?

One of the easiest ways to connect is to share a slow and simple meal with others





Break goals down into manageable pieces



How do I determine my boundaries and expectations?

Taking time to be intentional and thoughtful about clearly communicating our expectations is critical to creating and maintaining healthy friendships



Honesty:

*Tell people
what you need*





One of the greatest gifts of friendship comes in connecting with those who are different from us

Contrary to what we are told by current cultural examples, conflict and disagreement are *normal components of healthy connection*



When we hit a bump



What do people really want in a friend?



What are the unique gifts, skills, and character traits that you bring to friendship connections?



The Man in the Arena

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. *The credit belongs to the man who is actually in the arena*, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

Theodore Roosevelt,
Paris, 1910



Thank you!

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