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Friendship

We're better together

We help you connect to other people, learn about yourself and develop honest and mutually fulfilling relationships.



visionworks

Step towards friendship

You will need:

- | a piece of paper

The purpose of this activity is to see that we can improve friendships through the choices we make every day.

Getting on with people is not always easy. Every day we are faced with choices that will move us towards people or further away from them.

Do you want to make friends? Do you want to keep your friends? If so, you need to make choices which take you in that direction.

Action:

Imagine your choices are like a crossroads. Which direction do you want to take? Write down the steps you could take today along the path you want to be on. They might be steps towards a specific person or steps towards making friends with different people you know.

Towards friendship

- | Make a cup of tea for someone else
- | Smile at someone
- | Pay a compliment



Away from friendship

- | Think about what you need and get it no matter what
- | Keep your head down and ignore people
- | Say nothing to others until they speak first

Illustrate and label your own crossroads, using whatever steps you've identified for yourself.