

Friend Forward

DESIRED FRIENDSHIP DYNAMICS

How to use this chart: The purpose of this activity is to help you identify the dynamics you desire in your friendships. This practice helps us to resist looking for the “perfect” friend while also calling attention to the ways in which we contribute to our relational experiences.

This chart will help you highlight the mutual responsibilities of both parties to show up in a way that results in desired outcomes. Think about the overall qualities you'd like in your friendship. Then for each, think about what would be required of you in order to bring that to life. Next, consider what would be necessary of your friend in order to realize the traits and qualities you desire.

Take a look at the example below to get you started:

QUALITY	REQUIRED OF ME	REQUIRED OF FRIEND
ACCOUNTABILITY	I need to accept tough feedback without being defensive. I have to be brave enough to speak up when I she asks me my true opinions about her decisions...	She can't be a “yes man”-- I need someone who can lovingly challenge me when I'm wrong or when she's concerned about me...
PLAYFULNESS	I could be better at spotting moments to be lighthearted to soften moments of tensions (where appropriate).	She can laugh at herself. She can be silly.

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