

FRIENTIMACY

Workbook

To accompany the book :

*Frientimacy: How to Deepen Friendships
for Lifelong Health and Happiness*

By Shasta Nelson

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Welcome!



Hello dearest GirlFriend!

From the first word I wrote of *Frientimacy: How to Deepen Friendships for Lifelong Health and Happiness*, my hope was that it would help deepen a lot of friendships and expand a lot of hearts.

The fact that you've downloaded this workbook with the intention of applying to your life what you're reading in the book makes my hope more realistic! It's one thing to read something and feel inspired, quite another to decide to practice different skills and responses. It says a lot about you that you value growth.

This workbook not only includes the worksheets highlighted in the book, but I've also written up reflection questions for each chapter and thrown in a few other resources to help you assess your relationships and challenge your growth. (Plus, the book has a ton more reflection and practice questions following specific sections in each chapter!) So you have all kinds of growth available to you!

My prayer is that each of you choose to do what you can to develop greater love in your life. It can feel scary as we try to things and go beyond our insecurities, but the pay-offs are so significant to our health and happiness. I want for you meaningful frientimacy.

To the developing of meaningful friends,

♡ Ghasta

CHAPTER 1

For Evaluation

How satisfied am I with my current level of frientimacy (friendship intimacy)? On a scale of 1–10, with ten representing the ideal level of frientimacy, what number would I give my current experience?

No Fulfillment					Ideal Fulfillment				
1	2	3	4	5	6	7	8	9	10

What one thing comes to mind that could increase that number for me?

For Reflection

How resistant do I feel to the idea of being lonely? Do I admit it with ease or deny it, even if it's sometimes true? Why is that?

Even if my loneliness goes largely unacknowledged by me, what might I list as evidence in my life that it's sometimes true? (e.g. my actions, my behaviors, my feelings, what I say to others)

What might be some of the reasons for my loneliness? (e.g. I don't know enough people, I don't prioritize time with friends, I pull away from friends whenever it feels awkward or disappointing, I know too many people and don't feel close to any of them)

What is one sentence/concept from Chapter 1 that I want to remember?

The Five Types of Friends

Covered extensively in a previous book (*Friendships Don't Just Happen!*) by Shasta Nelson, these five types of friends are included here as an extra resource for the readers of *Frientimacy*.

Summary

This continuum of friendship begins on the left with the most casual of friends and moves to the right as the bond and commitment deepens. While there are some parameters to each circle, how we categorize our friends is subjective, based on our own sense of the bond between us based primarily on intimacy and regularity.

Shasta's Circles of Connectedness



Contact Friends: We are friendly whenever we see them, but we don't see them much outside of our shared context. We are linked to them because we share something in common—we attend the same church, went to school together, both know the same mutual friend, or play together on a local sports team. Contact Friends are not the same as “all acquaintances,” though. While we may know the names of all twenty people in our association meeting or at church, these are the 2 or 3 that we gravitate to when we see them in that context.

Common Friends: We intentionally spend time with these friends, getting to know them more, but our friendship is still based primarily on one shared commonality. The bond can develop because we see each other in a weekly moms' group, are working on a shared project, sing in the same choir, or belong to the same club, or because we are frequently in the same social circle. But we are more than Contact Friends because we are initiating time together, having long conversations, and seeing each other on purpose.

Confirmed Friends is next on the continuum, and I'll return to this Circle in a minute: There are two things that begin to shift when we cross that center Circle: (1) **the regularity** with which we spend time together and (2) **the broadening** and deepening of what we share together.

Community Friends: With Community Friends we intentionally spend regular time together beyond the area we have in common. With Community Friends we have crossed the lines of our original relationship boundaries, and now it feels normal to invite them to a concert on short notice, check in with them about their weekend plans, or see if they are interested in starting a book club with us. This is where a "work friend" turns into a "friend outside of work," too. If one of us changed jobs, we'd still have other structures in place to support our friendship. We are likely meeting important people in their lives and revealing life stories beyond the original bonding subject.

Commitment Friends: We intimately and consistently share our lives with each other; our commitment extends beyond the things that hold us in common. This far-right Circle is reserved for those best friends whom we regularly share our feelings with and whose lives we're involved in in meaningful ways. We may have bonded as Common Friends because of our kids or shared work, but these are now the friends we are most committed to. They could switch jobs, get married, change interests, or move away, but we would still be in each other's lives. These are the women we will sacrifice for and love through any crisis.

Now, go back to the middle:

Confirmed Friends: We share a history with these friends that has bonded us, but our connection is not regular anymore. These are the friends that we used to live close to and love deeply, but we only talk to them occasionally now. This middle Circle is reserved for the friends we have a deep connection with. At one point we would have placed them on the right side of the continuum—but we no longer have the regular contacts with them that we do with our Commitment Friends. They are not engaged in our day-to-day lives and in the creation of new memories together. But these are the women we know we can pick up with where we left off, although our commonality is now more in the past than it is in the present.

We all tend to find that some circles of friends come to us more naturally, but we all need people in every circle. Some of us love socializing and have tons of Contact Friends, but have a harder time building enough consistency with a few to move into the real intimacy of being Commitment Friends; others of us have a few close friends but hate going out and meeting people.

What's important to realize is that for friends to become Community and Commitment Friends (on the far right side of the continuum) they must start as Contact Friends (on the left side). 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.

Evaluation tips

1. Start by writing the names of all your current friends along the continuum. Take the first name that comes into your head and ask yourself, "Where does this person sit on this continuum right now based on the relationship we currently share?"

Shasta's Circles of Connectedness



2. Then, open your journal and write down some observations. Don't judge them or talk yourself out of them—simply write down any thoughts that will give words to this visual picture.

- What surprised you as you wrote the names of your friends?
- Which Circle(s) do you want to celebrate for how meaningful/full/strong it is right now?
- Which Circle(s) do you wish were fuller/stronger/more meaningful?
- Which Circle is the hardest for you to develop? Why do you think that is?
- What other observations or insights do you have as you look at your continuum?

3. For each Circle, finish the sentence "In this Circle I most hunger for..." Whether it involves numbers, names, qualities, or anything else. Simply capture what you most hope for in that area. What do you think you need? What do you want for that category?

• Contact:

• Common:

• Confirmed:

• Community:

- Commitment:
-

4. Now put a star next to the Circle that expresses your greatest loneliness right now. On which one do you most need to focus?

Then, look to the left of your starred Circle to see which Circles contains the best pool of friends that you can develop into the Circle you have starred.

For example, if your desired Circle is Commitment Friends, do you have enough women in the Community Circle that, if a little more vulnerability and/or consistency were fostered, could eventually turn into Commitment Friends? If not, do you need to go into your Confirmed Circle to see if there is anyone you can talk to weekly to eventually feel like a Commitment Friend? Or, is there a Common Friend you can start asking to do more with you outside of your area in common in hopes that she can turn into a Community Friend? Or do you need to meet some new people and start with them as Contact Friends in order to eventually have the Commitment Friends you crave?

5. Write down the names of a couple of women on your continuum that you'd be willing to try to spend more time with. And try to jot down a few ideas for things you'd like to invite them to do with you. Choose a date by which you'll reach out to them.

Name	Possible Activities	My Deadline for Initiating
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>

6. Finally, place your hand on your continuum and end with this affirmation:
"I look forward to engaging in more meaningful relationships."

CHAPTER 2

For Evaluation

How easy is it for me to acknowledge my Intimacy Gaps?

I deny them completely	I own them completely
1 2 3 4 5 6 7 8 9 10	

For Reflection

What is my default tendency in stressful situations? Fight, Flight, or other? Why do I think that is?

What do I think it is that I am most scared of when I think about leaning in to allow myself to get closer to other women?

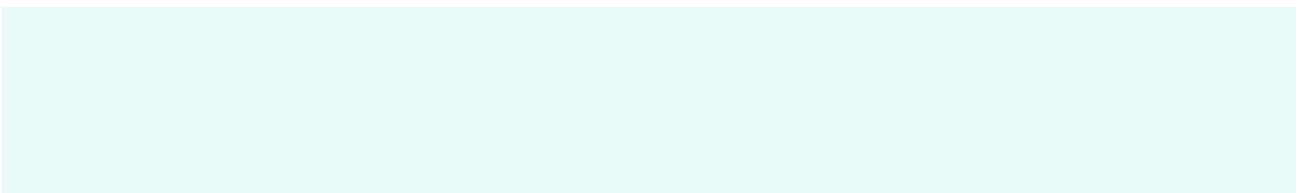
If I were willing to lean in... what might that look like? What would be different?



Like the examples on page 27, how do I often finish the sentence: "If they/she really were my friends then...."

If I wanted to reinterpret that behavior, how might I be willing to see it differently?

What is one sentence/concept from Chapter 2 that I want to remember?



Before we go to Chapter 3...

Let's make sure we're acknowledging our Intimacy Gaps and committing to closing them!

How would you describe the Intimacy Gap in your life?

What responsibilities are you willing to take to close that gap and move toward greater frientimacy? What can you own? What might "lean in" look like for you?

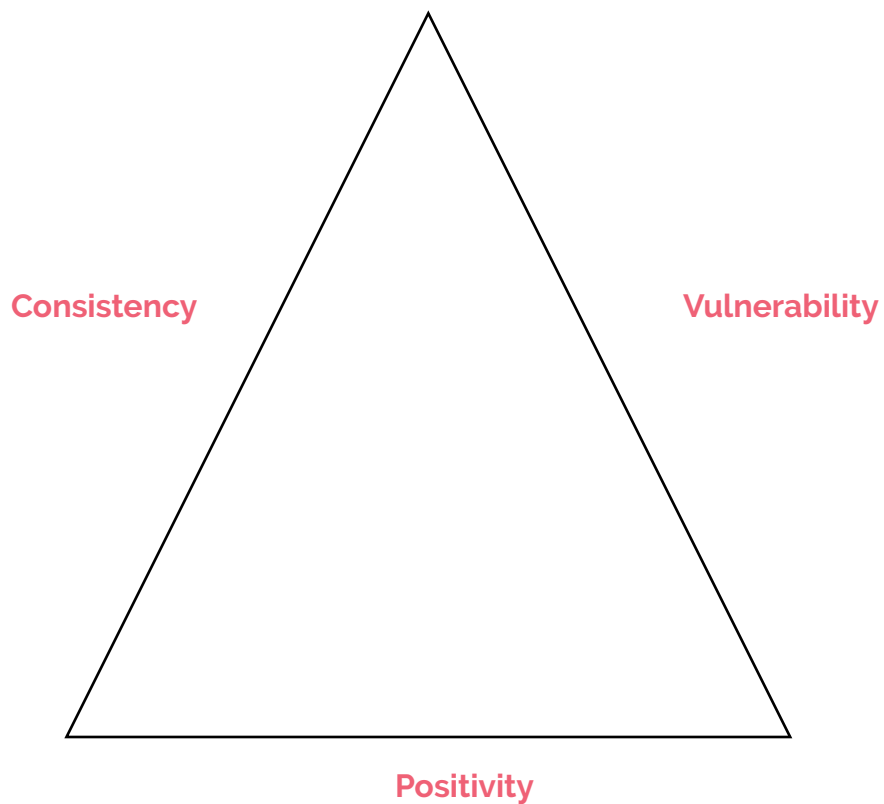
Yay!!! Good for you! By showing up with honesty, you've already done more than most people are willing to do! Now... to chapter 3!

CHAPTER 3

For Reminder

Write the definition of frientimacy (from page 32):

Next, below each of the three requirements for frientimacy—intimacy with friends—write a short definition, based on Shasta's teaching, for each of the words.



For Reflection

Requirement #1: Positivity

Of the ten feelings that are ideal pathways to positivity, which 2-3 feelings jump out at me as the ones that I'd most like to experience more of?

What are ideas that come to mind for each of those words that I could potentially do with friends to increase positivity?

Requirement #2: Consistency

In my relationships where we are consistent with each other (i.e. we see each other at work regularly, we get together frequently), what are some of the benefits that my friendships experience because of the frequency?

In my relationships where we are not consistent with each other, what do I find are the real obstacles to us spending more time together?

Requirement #3: Vulnerability

Do I often find that I am more or less willing to be vulnerable than others? Why is that?

A time I was hurt because I shared vulnerably and later regretted it was when...

And that story has impacted me in the following ways:

How the Frientimacy Triangle Works

What I find helpful about this triangle is...

If I felt convicted of anything or had a personal insight, it is this:

Overall, if I had to guess, the requirement that would most improve my friendships if I were to focus on it would be: (or take the Frientimacy Quiz at www.Frientimacy.com if you haven't yet!)

CHAPTER 4

For Reflection

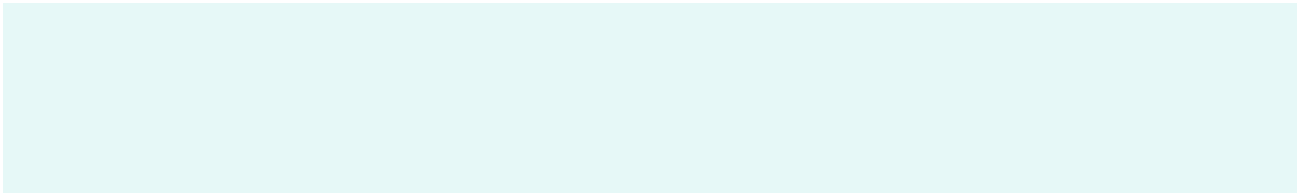
In a friendship where I feel the positivity is low—do I think there is something that needs to be addressed to decrease the negativity OR do I think we need to just balance it out by adding more positivity?

Of all the friendships I have in the Low Consistency/Low Vulnerability Gap—who are a few names of others who I want to intentionally try to develop more consistency and vulnerability with?

If there's a friendship where it feels lop-sided in the amount of vulnerability that is shared, what are actual things I can do or say that could help right that imbalance?

Who are a few examples of my friends who we have High Consistency/High Vulnerability and yet I still feel a bit of a gap? Based on the four options given at the top of page 55— which reason feels most true for each friend?

What is one sentence/concept from Chapter 4 that I want to remember?



Twenty Fun Sharing Questions to Help you Get to Know Your Friends

Take turns picking questions to ask each other over dinner one night, print and cut them up and have friends draw them to answer, or simply weave one into conversations.

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?

As promised on page 48 of *Frientimacy*

CHAPTER 5

For Evaluation

How do I rate myself on giving and taking in relationships?

Always Taking					50/50						Always Giving
1	2	3	4	5	6	7	8	9	10		

For Reflection

Of the *Five Obstacles to Our Giving* that are highlighted in this chapter which one(s) resonate with me as familiar to some of my friendships?

Of the *Five Practices for Enhancing Positivity* that are highlighted in this chapter which one(s) resonate with me as the one that will make the biggest difference to my friendships?

What is one sentence/concept from Chapter 5 that I want to remember?

CHAPTER 6

For Evaluation

How do I rate myself on initiating time for my relationships?

Never Making Time					Always Offering Time				
1	2	3	4	5	6	7	8	9	10

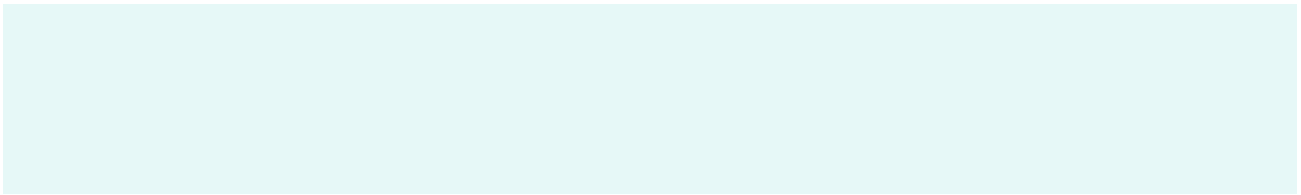
For Reflection

What are some life areas where I spend a lot of my time and energy that I might consider how to give/do less in those areas in order to make more time for my friendships?

If I could wave a magic wand and have less pressure and stress in my life and live in a world that valued community—how excited am I by the idea of having life revolve around my relationships? What experiences would I want more of? What would the perfect relational life look like to me?

Of the *Four Practices for Investing in Our Priority of Others* that are highlighted in this chapter which one(s) resonate with me as the one that will make the biggest difference to my friendships?

What is one sentence/concept from Chapter 6 that I want to remember?



CHAPTER 7

For Evaluation

How Do I Rate Myself on Vulnerability?

Rarely Share			Mutually Share				Over share		
1	2	3	4	5	6	7	8	9	10

For Reflection

Let's look at the Vulnerability Compass and reflect a bit where we can grow!

In knowing myself to share myself (the heart of self-awareness), what is the hardest part for me about accurately naming and sharing my feelings and needs? Why?

When it comes to initiating new activities, who is one friend that pops into my head as someone I could reach out to and invite them into something outside my typical get-together?

When it comes to expanding my conversations, which of the 5 ideas listed on page 111 strikes me as the one I could pay more attention to adding into my conversations?

When I think of shining in front of others, what is the thing about it that scares me the most? And if I were advising someone to go past that fear, what advice would I give them?

When it comes to sharing my shame and insecurities, what is one example of a relationship where I have evidence of it feeling better and closer after we've shared?

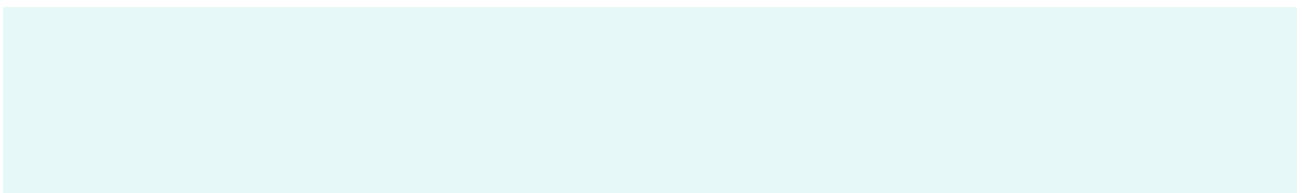
How All Five Practices Work Together

Overall, of the *Five Practices for Expanding Vulnerability* that are highlighted in this chapter which one(s) is my least practiced or weakest area of vulnerability? Why do I think that is?

And to practice shining... where am I doing a really good job? What am I proud of myself for doing recently that has expanded an area of vulnerability in one of my relationships?

Overall, what I find helpful about this Vulnerability Compass is...

What is one sentence/concept from Chapter 7 that I want to remember?



Friendship Evaluation

Before we go to chapter 7... we're going to use these three requirements as an evaluation tool for your friendships.

1. **List Friendships:** Start by listing the names of your friends in the first column.
2. **Numerically Evaluate the Friendships:** Then assign a number 0-10 (10 to represent the maximum experience of that word that you can imagine in a friendship) to each of the next three columns based on that friendship. In other words, with each friend you will be assessing how much consistency, positivity, and vulnerability you think that friendship is currently experiencing on a scale of 0 (non-existent) to 10 (as much as I'd ever want). Note: You are NOT evaluating her, the friend. You are evaluating the friendship. So you're looking at the actions that both of you take and practice together.
3. **Describe Enhancements:** Jot down a few notes about what comes to your mind in each box as to what specifically could increase that number for you.

Name of Relationship	Positivity	Consistency	Vulnerability
<p>SAMPLE: Ashley</p>	<p style="text-align: center;">7</p> <p>I love my time with her. She's upbeat and encouraging I need to validate her more and show my interest in her life. Maybe go out just to have more fun, not always just for lunch.</p>	<p style="text-align: center;">4</p> <p>More often seeing each other Visiting for longer than just a lunch Maybe a day trip together? To really be high we'd eventually be talking on the phone, emailing, and checking in with each other in between visits.</p>	<p style="text-align: center;">4</p> <p>I feel like we both share, but it's usually about really safe subjects so maybe expanding what we talk about. Sometimes I don't tell her what I'm really feeling. I need to ask more questions about her life and get to know more things about her.</p>

Reflection Questions

Now, let's reflect a bit on this process by answering the following questions:

What did I feel in my body as I was doing this exercise?

What made me sad/discouraged/concerned as wrote them or read them?

What makes me happy or that's worth celebrating as I look back on my answers?

What things surprised me? Any scores? Any reasons I gave?

Are there any patterns I can see in all my answers? Any insights or observations?

CHAPTER 8

For Evaluation

What's my typical reaction to conflict in friendship?

I pull away			I put up with it				I lean in to repair it		
1	2	3	4	5	6	7	8	9	10

For Reflection

On page 125, Shasta says:

"In fact, anytime there is a fight, an unmet need, a slow-boiling frustration, or a repeated judgment in one of our friendships, we have the sacred opportunity to try to repair it, develop it, enhance it, and grow it—before we end it."

Where in that statement can I agree or find some truth? What do I need to hear in it for my life?

If our relationships are the gymnasiums where we do our greatest personal growth, how would I describe my gym routine? (How often do I go or talk myself out of it? Am I injuring myself repeatedly or working out and getting stronger?)

How would my friendships change, or not, if I truly believed that frustration or disappointment was a natural part of intimacy?

Who is a friend I currently might need to confront? Taking the 4 steps for confronting a friend listed on page 133, what might my approach look and sound like?

Is there a relationship in my life where I can honestly say that I've tried to lean in for greater health and intimacy but it's not working that I need to acknowledge? If so, can I "find peace with less" or do I need to "craft a healthy closure?"

What is one sentence/concept from Chapter 8 that I want to remember?

CHAPTER 9

For Evaluation

Honestly, how much I do know, love, and accept myself?

Not at all								All the way, baby!	
1	2	3	4	5	6	7	8	9	10

For Reflection

How do I typically react when I feel insecure or worry about what everyone else is thinking?

Do I love myself more now than I did five years ago? What is the evidence?

Of the *Three Practices for Being Our Own Best Friend* that are highlighted in this chapter which one(s) resonate with me as the one that will make the biggest difference to my journey to valuing myself? What could that look like?

Of the five resources listed on pages 146 and 147, is there one that appeals to me that I'd like to explore? Or something else that comes to mind?

Which question from page 147 intrigues me that I'd like to answer on paper right now?

What is one sentence/concept from Chapter 9 that I want to remember?

CHAPTER 10

For Evaluation

Honestly, I worry about what others think of me...

Not at all										All the time
1	2	3	4	5	6	7	8	9	10	

For Reflection

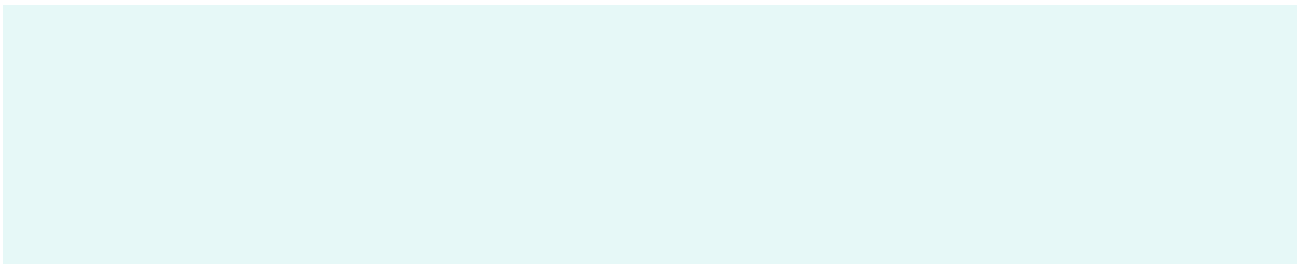
In what kind of situations do I typically feel my fear of rejection the most these days? (i.e. lack of email response? Feeling left out on Facebook? At the office?) Why do I think that is?

What's usually my first thought when I feel the sting of possible rejection? How would I describe my recovery process?

On page 165, the neuroscience shows we need to commit to two processes: extinction and imprinting. Which one do I need to focus on right now and what does that mean?

Of the *Three Practices for Coping with Rejection* that are highlighted in this chapter which one(s) resonate with me as the one that will make the biggest difference to my life? What could that look like?

What is one sentence/concept from Chapter 10 that I want to remember?

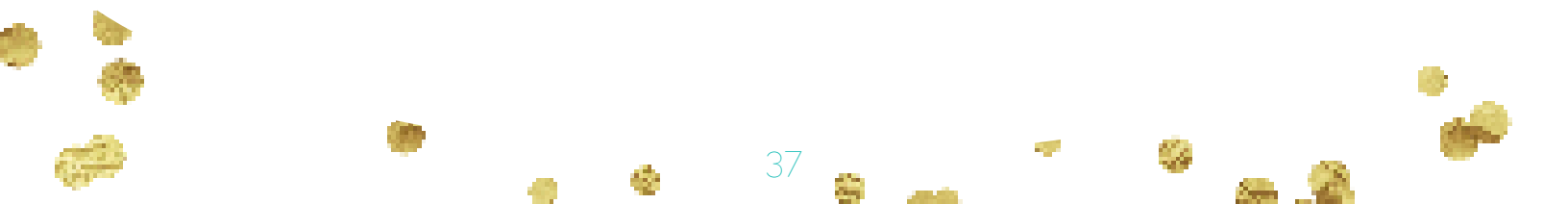


Charting Situations that Trigger Feelings of Rejection

Start an ongoing chart to track different situations where you can end up feeling rejected in some way. In the first column, list all the situations you can think of that leave you feeling slighted. In the second column, note how these situations make you feel. In the third column, write in how you tend to react in those situations.

Situations	Feelings	Reactions	Explanations	Alternatives
What triggered my feelings of rejection?	How did the situation make me feel?	How did I react? Or how do I tend to react?	What are some explanations for the situation that don't have to do with me?	Assuming the best instead of the worst, what could I do instead?
Texted old friend to say would be in town, can we get together. Friend never replied.	Discounted. Insecure and uncertain about the friendship.	Feeling hurt, was inclined to not contact her again the next time I was in town.	Maybe she never got the text; maybe she was overwhelmed with life at the time.	Contact her again, this time by email and text, and see what happens. If she doesn't reply, I'll send her a follow-up email to say "hope we can get together next time."

Worksheet from page 169 of *Frientimacy*



CHAPTER 11

For Evaluation

How strong is the habit to immediately judge, dismisses, or devalue others who disappoint me?

I never feel judgmental					I always feel judgmental				
1	2	3	4	5	6	7	8	9	10

For Reflection

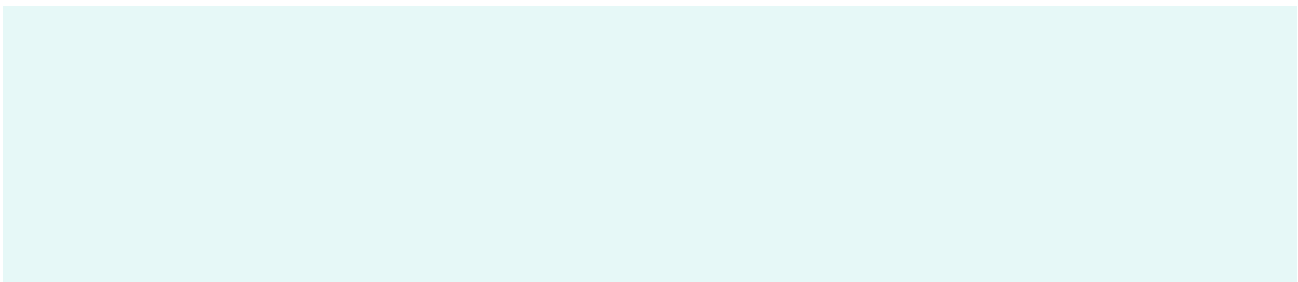
When I judge others, the pay-off for me is... (In other words, how do I feel better? What motivates me? What's my benefit or gain?)

If someone else were to describe me as toxic, the behaviors they'd probably point to would be:

Is there someone in my life I need to set better boundaries with in order to have a healthier relationship? If so, what might that look like?

Of the *Five Practices for Owning Up* that are highlighted in this chapter which one(s) resonate with me as the one that will make the biggest difference to my life? What could that look like?

What is one sentence/concept from Chapter 11 that I want to remember?

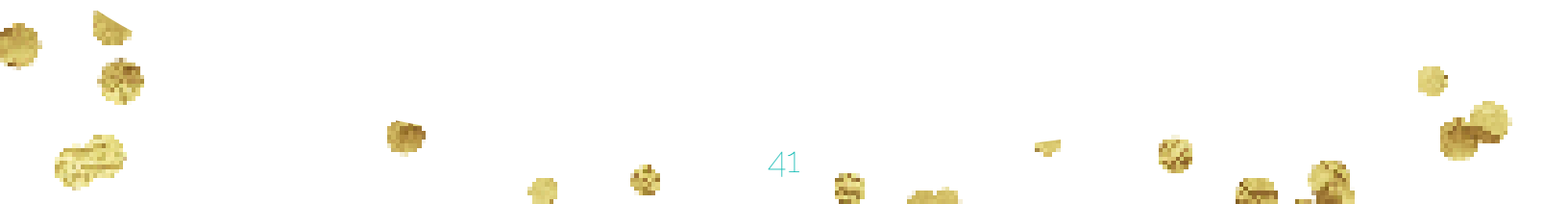


Choosing My Courageous Truths

Add to the list in the Choosing My Courageous Truths sidebar what you believe is really at risk in you if you were to engage with people who might disappoint you. What are you most afraid of? What could you really lose? Then, next to each of those perceived losses or fears, write a statement of truth instead.

MY PERCEIVED FEARS	MY COURAGEOUS TRUTHS
I am afraid everyone might be passive-aggressive and selfish.	Well, either we all are, including me, which means we all need to figure out how to get along; or there are many people out there, like me, trying not to be this way, and I can find them.
They could hurt me.	No matter what they do or don't do, my value isn't diminished. I am safe. They might indeed disappoint me, but if they do then I will commit myself to forgiving them, as well as to healing anything in me that needs healing.

Worksheet from page 192 of *Frientimacy*



CHAPTER 12

For Evaluation

How frequently do I feel jealousy and envy toward my friends?

Never										Always
1	2	3	4	5	6	7	8	9	10	

For Remembering

What are the definitions of the following terms:

Unreliable Jealousy:

Reliable Jealousy:

Applauding Envy:

Resenting Envy:

For Reflection

Of the four terms listed above, which one is most familiar to me? Which one do I feel most frequently? What does it look like?

Is there one friend I tend to feel most jealous or envious toward? Why do I think that is?

And is there anything that comes to mind that I could experiment with in order to have more peace around that person?

Of the *Five Practices for Cheering, Not Competing* that are highlighted in this chapter which one(s) resonate with me as the one that will make the biggest difference to my life? What could that look like?

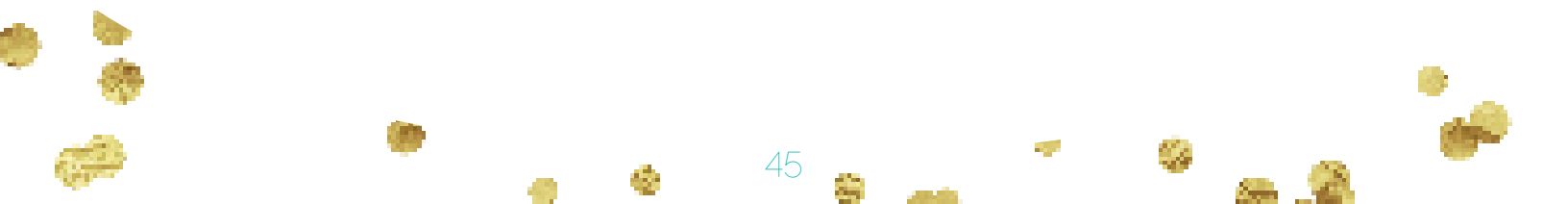
What is one sentence/concept from Chapter 12 that I want to remember?

The Voices in My Head

Think of a situation that provokes your envy and try to identify all the different voices you can hear in your head. Try to fill out the columns below to try to

The Statements	The Identity	The Fear	The Need	The Value
What am I thinking?	What name do I give the voice expressing this thought? What does she look like?	What is this voice most afraid of?	What does this voice need in order to feel safe—so she can be most helpful?	If her needs were met, how could this part of me help create more intimacy?
"My friend thinks she's so much more amazing than she really is!"	She looks like one of those mean girls in high school who walk the halls putting everyone in their place. I'll call her the high School Bully.	This voice is afraid of feeling threatened, like she's losing her rank if someone else is impressive.	She needs to realize that she's not liked because she's in power but because of how others feel in her presence. She doesn't lose "popularity" or rank by belittling; she earns it by being likable.	She could be an influencer in the "high school halls" of being someone who affirms others instead of bullying them. She can help me realize that impressing people is far less helpful than relating to people is.

This worksheet is from page 202 of *Frientimacy*



CHAPTER 13

For Evaluation

How comfortable and practiced am I at "Shining Big?"

Not at all										Very Much So
1	2	3	4	5	6	7	8	9	10	

For Reflection

What comes to mind for me when I hear terms like "shining big," "standing in your power," or "being ambitious?"

Does what I think/feel line up with what I think is healthiest to think/feel about those words and concepts? In what ways, or not?

Is there anyone who might feel like she has to diminish herself (or her money or her looks, etc.) because of how I have responded to her before?

When I have felt the judgment of others, how do I tend to react?

Of the *Five Practices for Shining While Encouraging Others* that are highlighted in this chapter which one(s) resonate with me as the one that will make the biggest difference to my life? What could that look like?

What is one sentence/concept from Chapter 13 that I want to remember?

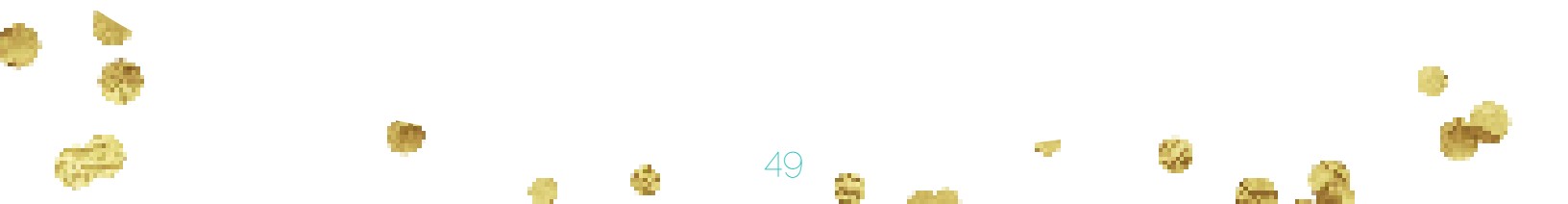
Tracking Relationship Growth: Frientimacy Chart

1. First, choose a few friendships where you might want to develop greater frientimacy and write their names in the first column.
2. Then, give them each a positivity, consistency, and vulnerability score between 1-10 along the top blank row that shows how much you think the two of you practice that requirement together.
3. Finally, fill out the second blank row with what you're preferred ranking is (remember our goal isn't a 10 with everyone! Just put the number that would help the friendship feel more meaningful to you!) and what you think you can do to move it forward.

		Positivity Ranking		Consistency Ranking		Vulnerability Ranking	
		3		5		1	
Sample: JANE	Preferred positivity ranking?	Steps I can take to get there?	Prefered Positivity Ranking?	Steps I can take to get there?	Preferred Positivity Ranking?	Steps I can take to get there?	
	5	Try to schedule something new and fun to do together	5	I feel good about how often we get together.	5	Clearly we have a lot of room to grow in this area! I need to be more intentional about asking her questions, and willing to reveal more.	

Friendship	Positivity Ranking		Consistency Ranking		Vulnerability Ranking	
	Preferred positivity ranking?	Steps I can take to get there?	Prefered Positivity Ranking?	Steps I can take to get there?	Preferred Positivity Ranking?	Steps I can take to get there?

Friendship	Positivity Ranking		Consistency Ranking		Vulnerability Ranking	
	Preferred positivity ranking?	Steps I can take to get there?	Prefered Positivity Ranking?	Steps I can take to get there?	Preferred Positivity Ranking?	Steps I can take to get there?



For Reflection

What feels good or gratifying as I look at this? (i.e. I didn't even know her a year ago and we're already at a 5! Or...considering we had that rough start, I'm proud of us for maintaining our positivity)

Which friendships might surprise me if I were to focus on them a bit more?

Which of the three actions would I most need to give to each relationship to make the biggest difference? Is it a pattern or is each friendship different?

Which friendships might I need to come to peace with? In other words, what hasn't changed much despite all my efforts? Could I appreciate those friendships for what they are? What would that look like?

What feels discouraging or concerning to me? Where do I want to see improvement? What would improvement look like to me?

What advice would I offer myself based upon these answers?

Tracking Courage Growth: The Vulnerability Compass

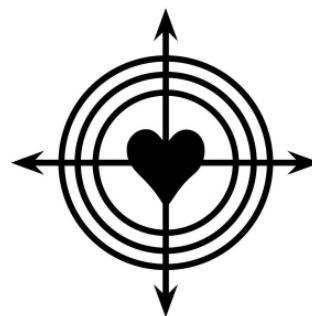
The answer to the question, "Are you vulnerable?" isn't a simple yes or no, as we saw in the 5 Acts of Vulnerability from chapter 7. Follow the instructions on page 231 and 232 from the book "Frientimacy" and use the questions below to help you draw your Vulnerability Compass that reflects your current comfort and practice of the 5 Acts of Vulnerability.

1. **The Heart:** On a scale of 1-10, how do you rank yourself on your self-worth? How self-aware are you? How easy is it for you to own what you're feeling and wanting? How often do you practice telling others your real feelings and asking them for what you need? Draw a heart and put your number in the center.
2. **New Activities Arrow:** On a scale of 1-10, how do you rank yourself on initiating time spent with your friends? Do you reach out and invite them to make time with you frequently? Do you generate ideas of things to do, look for new ways to include them, and follow through to get it scheduled? Do you extend additional invitations even if they have been hard to schedule, had to say no, or don't initiate as often as you? Draw an arrow out to the right to reflect the number you scored yourself.
3. **Expanding Communication:** On a scale of 1-10, how do you rank yourself on expanding what you talk about with friends? How often do you ask thought-provoking questions that invite your friend to reflect and share more deeply? How easy is it for you to express your feelings—no matter what they are? Do you readily speak up without having to be prompted or pulled in? Are you willing to bring up new subjects whether it be politics or childhood stories? Draw an arrow out to the left to reflect the number you scored yourself.

4. **Shining:** On a scale of 1-10, how do you rank yourself on shining with your friends? How practiced are you at receiving compliments and affirmation without dismissing them? How ready are you to affirm her and validate her choices and life? How comfortable are you at putting the spotlight on her and making a big deal about her success? How willing are you to reveal your accomplishments and tell people what feels good in your life? Draw an arrow up to reflect the number you scored yourself.

5. **Sharing Shame:** On a scale of 1-10, how do you rank yourself on sharing your insecurities or shame with your friends? How frequently do you encourage your friends to share with you their life stresses? And when they do, how skilled are you at listening without interruption, keeping the conversation on them, empathizing with their expressed feelings, and thanking them for sharing? How easy is it for you to share your insecurities and fears and how you feel about them without having to be defensive? Do you wait too long to share, waiting only to reveal things once they're really bad, or do you only share the smaller things and keep the big things to yourself? Draw an arrow down to reflect the number you scored yourself.

After drawing your map, you can draw a circle around the arrows of the lines. Ideally, that circle would be even and fill as much of the page as possible, though most of ours may look lop-sided. What do you see in yours? Which act are giving most generously and feel most practiced at? Why do you think that is? Which act is the most challenging for you? Why do you think that is? What exactly would it take to extend that arrow, or to raise that score? Is there a relationship in your life that you're willing to practice mindfully showing up with incremental courage?



Vulnerability Compass

Your Vulnerability Compass

Tracking Love Growth: My Expanding Circle

On the following blank page, let's draw a circle to show how big you feel your current capacity to love others feels. Start with a dot and then draw the size of circle to show how many people you feel you let into your circle of love versus those you withhold it from. In and around your circle, write your answers to the some of the following questions:

- **RECEPTIVE:** How big is the circle of who you think is worthy of your love? Has it been stretched recently? Are more people getting in as the Circle expands or are you judging more and pushing certain groups of people out? Can you honestly say you are more accepting of others who are different from you than you were last year? What evidence do you have that that is true? Do you show up with less skepticism, judgment, or fear than you used to?
- **REVEALING:** Another word for this is vulnerability.... Do you find that you're able to be more vulnerable, more intimate, more real, with more people? Less of a need for protecting an image and more of a need for real connection? Less of a need for looking perfect and more of a need for sitting in imperfection with those near you? Less of a need for impressing, and more of a need for true relating and empathizing? Are you more willing not only to hear their stories but also to share your own? And likewise, are you invoking the vulnerability of others by listening deeply, validating, and proving to be a safe person? Are you getting more comfortable with the entire emotional range so that you don't apologize for crying, stuff down your feelings, or deny your anger? Or, if anger comes easily to you, how can you reveal it in a way that is more vulnerable and constructive than it is haughty and damaging? The more you were able to answer yes, the bigger you can draw your circle.
- **RECONCILING:** Are you offering forgiveness more quickly and more fully? Do you need less time to mull it over before apologizing? Are you finding it easier to be sincere and non-defensive and tender? Do you find yourself more willing to go to further lengths to show people that they are forgiven, innocent, and good? And you offering this to yourself? Are you at peace with your choices and decisions, aligned, and reconciled with yourself? Are you someone who wages war, picks fights, and belittles others, or are you practicing being someone who unites, creates harmony, uplifts others, and verbally values your competitors?

