

## POPULAR QUESTIONS

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- 1) You've been talking about loneliness for over a decade, long before our U.S. Surgeon General reported in 2023 that we are in a loneliness epidemic. How lonely are we?
- 2) You often say that more of us are lonely than we even realize. What do you mean by that?
- 3) We've all seen the research now that loneliness does more damage on our bodies than smoking 15 cigarettes a day. Why is our social health so important to our physical health?
- 4) Your favorite answer to loneliness is to build more meaningful friendships. How did you get started in becoming one of the world's most popular experts on social relationships?
- 5) In your first TEDx talk, you teach the 3 Requirements of Healthy Relationships—can you share that work with us?
- 6) To me, it would seem the hardest of those 3 would be [positivity/consistency/vulnerability], but what have you found is our biggest challenge?
- 7) Your first book, *Friendships Don't Just Happen!*, is about how adults can make new friends. For those of us who are trying to make new friends, what one tip would you give us?
- 8) Your second book, *Frientimacy*, is about how most of us don't need to make new friends as much as we need to go deeper with the friendships we already have. What do you see most often gets in the way of us having those close friendships?

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- 9) Your most recent book, *The Business of Friendship*, is an invitation for us to make more friends at work. Your first chapter is on why friends at work benefit us, and your second chapter is about why having friends at work benefits our employers and organizations. Would you share some of that data with us?
- 10) So many of us have fallen for the belief that we should keep our work and personal lives separate, or we're afraid of things like favoritism, cliques, and betrayal. But you'd urge us to connect more?
- 11) In your second TEDx talk, you highlight how important our social health is to our physical health. I love how you then use physical health as a metaphor to help us better understand our social health. Can you share some of that with us?
- 12) So you've been researching social relationships, writing books, and speaking for over 15 years. I'm curious, what shifts have you seen during that time?

### *More Ideas:*

- One of the most common issues/complaints I hear from my listeners/followers is . . .
- What I find most challenging in my friendships is . . .
- What has kept you passionate all these years teaching something that wasn't talked about much when you first started?
- Can you tell us about your friendships? What role do they play in your life?
- How has studying social relationships helped you be a better friend?