Maintaining Your New Friendship

## Worksheet

# 5 Practical Steps

1. **Be Adventuremental**

Adventuremental means to be Active.

**This means you** **Take the Initiative**

The Adventuremental Journey is about planning, preparing, and doing.

Why Take the Initiative?

Taking the initiative shows interest.

It breaks the ice

It boosts your confidence:

It doesn’t have to be scary to take the Initiative

Initiate plans

Be open

Be careful that you aren’t pushy.

Be patient.

1. **Be Consistent**

So, Why Be Consistent?

Builds trust and reliability

Consistency Keeps the connection alive

Deepens the connection

Keeping it Consistent Doesn't Mean Being Clingy!

Here are some ways to be a consistently awesome friend:

Regular communication

Follow through on commitments

Be present when you're together

Celebrate your friend

Be there during tough times

Here are some consistency Tips:

* Quality over quantity
* It’s a two-way street
* Safe Space

1. **Shared Interests**

There’s power in shared interests

Why focus on shared Interests?

* Provide a built-in conversation starter.
* Creates a sense of connection
* Opens doors to shared activities

Here are some tips regarding shared interests:

* Be open to new things
* Focus on the person, not just the interest
* There's more to you than your interests

1. **Navigating Conflict**

* Conflict doesn’t have to mean you end the relationship.
* It shows you care and are invested in the relationship.
* It can be an opportunity for growth
* It allows for setting boundaries: Sometimes conflict arises because boundaries need to be established.
* Allows for mutual understanding and respect for each other's needs.

How do you turn conflict into connection? Here are some tips**:**

* Pick the right time and place
* Focus on "I" statements
* Practice active listening
* Focus on solutions, not blame
* Be open to compromise
* Forgive and move forward
* Respect is key
* Sometimes you have to agree to disagree
* Know when to walk away

1. **Show Appreciation**

Why Gratitude Matters

* Appreciation strengthens bonds
* Boosts happiness
* Encourages reciprocity

Let’s talk about some simple ways to show appreciation

* Verbalize your appreciation:
* Write a heartfelt note
* Do something nice for them
* Spend quality time together

Here are some tips surrounding gratitude

* Gratitude is a continuous practice:
* Be specific
* It's a two-way street

Remember, friendships take effort, but the rewards are absolutely worth it. By taking the initiative to put yourself out there, being consistent with your connections, finding common ground, navigating conflict healthily, and showing your appreciation, you can build friendships that enrich your life.