

**Friendship - Week 4, wrap up  
6/26/23**

**5 lies we tell ourselves.**

- 1. *Everyone's life is a huge party.***
- 2. *I don't fit in. People don't like me.***
- 3. *BFF's.***
- 4. *You have to be everyone's friend. You can't.***
- 5. *I'm too busy...too tired...I don't wanna go out.***

***Three tools to change and challenge the lies:***

***Tool # 1: There are 3 types of friendships:*** 1 Friends for a **reason**, friends for a **season**, friends for a **lifetime**. If you think about people coming in and out of your life, you can realize these people are in your life for a reason (work, kids sports team,) or a season (typically a little bit longer, a chapter or season....the people you met in college, people start peeling off, heading in different cities, etc, young mom connections, all doing life in the same season.

When that season ended, the friends move away... seasons are a beautiful thing and you're probably in a new season. When a season changes, bless them... Lifetime: 4 am friends. Don't force people into the wrong category. Stop being mad at people for not being who YOU want them to be right now. Let them go, grow and be who they need to be.

**Tool # 2: You need to take action.** Requires you to step outside your comfort zone. Push yourself out...make the effort. Remember how long it takes to make a friend...the 3/11/6 from last week? 94 hours as an adult. Not as much overlap. Friends at work, bc you spend time with them. A really good friend = 164 hours. Sad! It's gonna require effort on your part. That's ok...everyone feels this way.

**Tool # 3: Make it a habit to text a friend daily.** Very simple. Take a selfie video and send it...on my walk, thought of you. You underestimate how much it means to someone when they hear from you. Receiving an unexpected text from a friend makes you immediately feel connected to that person and it makes the friendship stronger. Make it a practice to reach out to a random friend with a text.