

Second to family, friends are the most important relationships we have. Friendships are unique because they are the relationships we have that are almost entirely voluntary. You don't get to choose your parents or your siblings, but you do get to choose your friends. So many times, we find these relationships provide matchless dynamics not found in our other relationships. These can, in their own special way, enhance our other relationships, making these friendships especially unique.

QUESTIONS FOR REFLECTION:

Q. How would you evaluate the associations you call friends? Are they good in that they make you a better person, or do they hold you back and nudge you off course? _____

Q. How much time do you devote each week to your friendships? Are you proactive about maintaining your friendships and spending time on them? _____

Q. Do you have a good balance of fun and meaningful times with your friends? How so?

1. Take some time this week to evaluate the level of associations you have in your friendships. On a scale of one to 10, rate your friendships in regard to what kind of person they make you.
2. Talk to a friend this week about scheduling a regular time together so that you are proactive about your friendship.
3. Take a step in balancing your friendships. This week when you get together, if you are normally fun-oriented, be serious. And if you are normally serious, schedule something fun!
4. Do something this week that shows you care for your friends. Don't just think it—do it!