

Your Friendship Map

Name: _____

Date: _____

We tend to form mental pictures of ourselves and what we expect from life based on our history. And it's the same with friends - we tend to form our expectations of friendships based on our past experiences. So, it can be really helpful for your personal growth to have an understanding of the key events that have shaped the friendships you have today.

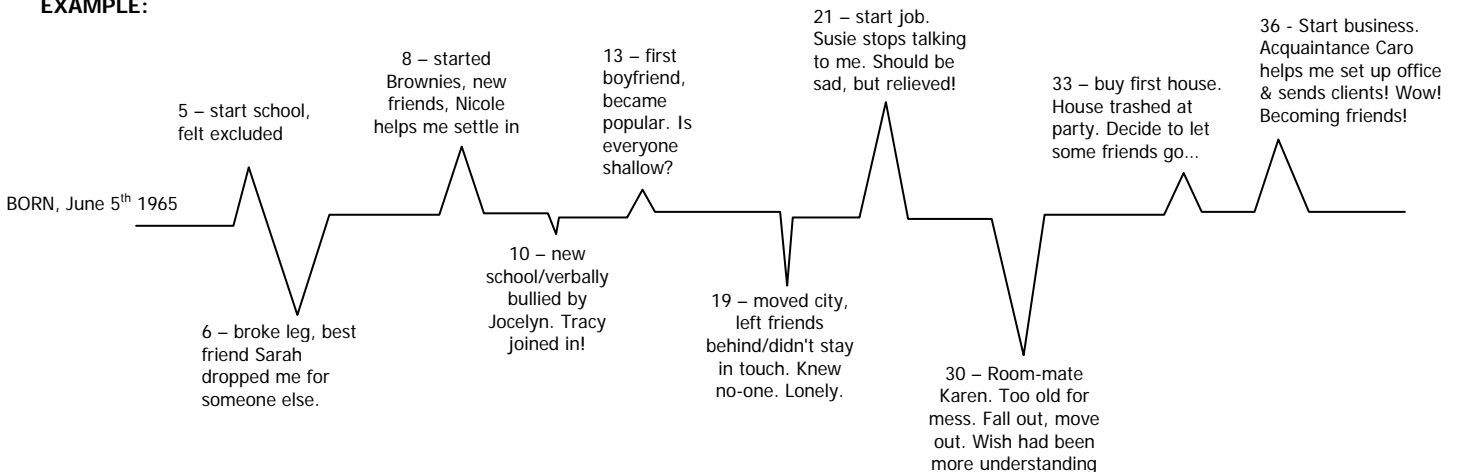
NOTE: Some of the events you need to include here would NOT be considered significant by your adult self. However, because so much happens in our lives - we mainly remember SIGNIFICANT events - events that changed us, hurt us or gave us a lot of fun or pleasure. And SO, although some memories of friendship 'events' may SEEM small (Erica told tales about you to the teacher, or Jane stood up for you when someone tried to take your lunch or tease you) they do in fact they tell a story. Your story. So, if you remember the event clearly - the chances are it IS significant to you in some way. So, WRITE IT DOWN! This exercise is not about 'logic' or 'reality', it's about how you FELT - so the events should be big AND small and span your entire life! Also, remember to include friendship events when YOU did something you regret or are proud of!

INSTRUCTIONS STEP 1: Note the key friendship moments that have shaped your life - both negatively & positively

1. Record your birth on the left-edge of the paper.
2. Using the example below to help you, draw a continuous line mapping your life from the past to the current day, mapping your friendship high points with peaks and the low points with valleys. Put in as MUCH detail as you can!
3. Write your age, friend's name and a few words description at each of the peaks & troughs (eg. a friend moved city, you felt betrayed, a friend did something nice unexpectedly, someone you thought was a friend wasn't there for you - or vice versa! etc).
4. If it helps, here are some questions you can answer along the way:
 - What were you interested in as a child/what and who were your childhood passions?
 - When were you happiest? When were you most unhappy?
 - What have you learned about people/friendships - which were the events that taught you?
 - What are your achievements/things you have done for friends that you're most and least proud of?

NB. This exercise is meant to be completed as you go – just turn over, start drawing the line and see where it takes you!

EXAMPLE:



INSTRUCTIONS STEP 2: What is your friendship-map telling you?

1. Imagine your friendship-map belongs to someone else. What do you notice, what patterns do you recognize?
2. What do you value in your friendships? Make a list. Start by looking at the values reflected in your peak experiences and the values trampled on in the troughs.
3. How might you be holding onto the past in relation to your friendships?
4. What would you change about your friendship-map if you could?
5. What have you learned from this exercise regarding your friendships in the future?