

August 2004 Volume 53



COACHING FOR RESULTS

YOU'VE GOT TO WORK ON YOUR FRIENDSHIPS

Carole King's song, "*You've Got A Friend*" promises "Winter, spring, summer, or fall--all you've got to do is call--and I'll be there." Many people expect that their friends will always be there. They expect friendship to last forever.

Yet, friendships end and friends part company everyday. Unfortunately, even the best maintained friendships can end.

Many end because of a change in personality or lifestyle when friends just drift apart and fade away with time. There is a retreat from self-disclosure and seeking out each other's company. Avoidance begins. The friendship slowly loses importance and finally disappears.

Bob Carver, Dallas psychotherapist, says, "A friendship or any other relationship fails because of three things:

- Unexpressed expectations,
- Undelivered communication,
- And/or thwarted attention."

*What is a friend?
Someone who...*

**Accepts you as you are,
Believes in "you",
Calls you just to say "HI",
Doesn't give up on you,
Envisions the whole of you (even the unfinished parts),
Forgives your mistakes,
Gives unconditionally,
Helps you,
Inspires you to be the best you can be,
Just happy to be with you,
Keeps you close at heart,
Loves you for who you are,
Makes a difference in your life,
Never judges,
Offers support,
Picks you up,
Quiets your fears,
Raises your spirits,
Says nice things about you,
Tells you the truth when you need to hear it,
Understands you,
Values you,
Walks beside you,
X-plains things you don't understand,
Yells when you won't listen and
Zaps you back to reality.**

Best friends require one-on-one contact to survive. Telephone calls and getting together are musts for best friends to continue. In fact, probably the quickest way to end a friendship is to neglect it and sever contact.

Yet it is hard to make time in a busy day and busy life to maintain our friends. But you don't have to have hours to spare to maintain a friendship.

Instead try the following to keep from neglecting your friends:

- Send frequent email. Email is a boon for a quick note.**
- Call once a week. Telephone calls do not take long.**
- Keep in touch through brief messages left on answering machines.**
- Send an occasional card. Funny and/or appropriate cards take minutes to choose and address.**
- Exercise together. We all have to exercise. It is more fun with a friend, plus, there is no better place for talking than a walk in the park.**
- Clean house together. This is another must do and two makes cleaning fun instead of boring.**
- Send pictures. A picture is still worth a thousand words.**
- Go to lunch at least once a month. More often would be better.**

This year “EXPECT THE UNEXPECTED”

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