

# SOLUTIONS

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*How to be a Best Friend Forever-3 Part Series*

## Outline

### Care and Feeding of Friendships-Part 2

How do you focus on the “we” in your friendships? Friendships should provide the support and encouragement each person needs. In the best relationships, both parties are giving equally - but it doesn't always happen that way. It is your responsibility to take initiative in getting what you need. In order for friendships to go beyond surface, we should give our BFF permission to speak freely and address problems that come up in the course of the relationship. Dr. Townsend will discuss what every healthy friendship needs to insure it is being fed and cared for - so both parties can thrive.

#### Small group discussion questions:

1) Which of the four aspects mentioned (need, values, permission, explanation) is the biggest challenge for you?

2) What obstacles keep you from getting close to someone?

3) What value do you place on having a best friend?