

## Connection Connoisseur Episode 11 – Best Friends

Remember back in school age days when we were all completely consumed by our “friends”? Our lives and interests revolved around these relationships and having a Best Friend – wow! That was a status symbol of sorts and only one person was special enough to hold that title. No one else better try to get between you and “have fun” when you aren’t around for fear of losing her to a BFF poacher!

Today we are going to discuss Best Friends and if it is ok, and perhaps even in our best interests to have more than one. Later in the episode I will share three habits you can establish to attract friends to become one of your Best Friends. Take a second right now and please subscribe to this channel!

We have been programmed to believe that “best friends” is an exclusive relationship between two people, usually of the same gender and our most valued platonic connection. The Merriam-Webster dictionary defines it as 1. “a person’s closest and dearest friend.” Or 2. “A person’s most desirable or valuable possession or resource”. You’ve heard the saying, “Diamonds are a girls best friend”. Breaking it down even more, the word “Best” is defined as “of the most excellent, effective, or desirable type or quality” and “to the highest degree”. At first you may think that best is singular, however I suggest that although they are likely few in number, “best” can and probably should be plural.

Our lives are dynamic and busy. We have many interests and things that we are naturally drawn to. As such our friendships are also dynamic, each unique in their own way. Limiting our best friend option to one could limit our expansion in some areas of our life. Lets say you love camping and sitting around a campfire but your best friend doesn’t really care for camping and prefers to explore Bed and Breakfast’s when she has a weekend to travel. You think that sounds fun to so you follow her lead and later find that years have gone by without a camping trip. There was little opportunity to pursue one of the things you love with your monogamist best friend lifestyle.

Multiple best friends can serve different roles and interests in your life. You can have a best friend that is willing to go into an in-depth analysis of the Bachelorette with you and another best friend who you can ask for advice on a work-related issue. You can have a best friend who you can adventurously travel the world with (and go camping), and another who you go with for weekends in the city shopping. One best friend may go way back to junior high, they are like part of your family, and another

you may have met much more recently but you just “get” each other. I propose that best friends is not a person but a Tribe of your people.

Here are a few reasons why its “best” to dissect that role into a handful of resources that are each excellent, effective, or desirable in their own unique way.

First, if you have more than one BFF, it is more likely that at least one of them is available at any given time. When a major crisis (or celebration) comes your way, someone always has your back or an ear to listen. More besties = more options.

When we have more than one best friend it actually benefits us in our role and responsibility as a best friend. It kind of takes the pressure off the title. A solo BFF’s commitment is not to be taken lightly. When you have a Tribe of besties, there is less pressure to be present *all* of the time.

Each of our best friendships are special in their own way. I get to hike with Michelle, meet up for happy hour with Jane and hang out and watch movies with Lauri . I enjoy walks while catching up with Bobbi and meeting up with Jenny at community events. My best friends date back to birth, junior high, high school, and both mom & professional life. They are each “best” (most excellent, effective, and of desirable quality) in their own way.

Have a problem? You have a panel of advisors instead of just one perspective to consider. One best friend may stay optimistic and always “look on the bright side”. Another may just down-right agree with you, validating your feelings about the situation, and another may encourage you to see it from a different perspective. Depending on the day, there may be things you want to hear and things you will refuse to consider so it is nice to have options. All of this council is coming from a place of love and they are highly interested in you and your wellbeing.

Do you have some good news to share? When something exciting happens in your life and all you want to do is tell a friend, with multiple besties you can tell it a bunch of times! Like inside jokes? These “had to be there” funnies make friendships stronger, and funny situations even funnier. More is better!

Still not convinced that there is no need for exclusivity? Here are a few more things you might want to consider.

Do you think having a Tribe of besties implies that each of those relationships is weaker than a single best friend would be? Absolutely not! Your friendships will not

suffer by dividing your attention among more than one. It's like for you mothers out there. You love your kids equally, but differently... right?

Having one BFF feels kind of low-key possessive. A possessive pal who demands exclusive rights and access to our life is not the desired result. Also, when we "rank" one individual above everyone else in our life, doesn't that suggest that there is a competition among friends of sorts? It just doesn't sit well. Let's not forget we are grownups and that means we get to choose who we hang out with as well as how we refer to them. No one can tell you how to define your friendships.

Are you looking for a best friends? Besties are not rationed out to everyone, or delivered by default at birth. You must foster these friendships yourself. Here are three habits you can develop to attract more best friends in your life.

1. Confidently project the best version of yourself. People are attracted to people who show up confident. We don't want to come off as cocky or self-centered but rather authentically full of life and present. It's as simple as standing up straight with your shoulders back and head held high. Look people in the eye and smile when you talk to them. Be interested rather than interesting and make everyone you encounter feel like a million bucks and you are certain to make new friends!
2. Avoid negative self-talk. You know the gal who always makes herself the butt of her own joke, pointing out her self-professed negative quality. "I'm fat, my haircut is terrible, my nose is too big". Don't be that person. Self-deprecating talk is a bad habit and sends the message you are low in confidence. People want to be around people who feel good about themselves. Be the person you want to be friends with. This conscious decision will uplift your mood and the ladies you want to be friends with will naturally be more attracted to you.
3. Be available. You must be willing to put in the work if you want to foster new besties. If you don't seem willing to invest your time (one of those limited resources), the new friend is not going to either.
4. Demonstrate trustworthiness. What makes a best friend stand out from others is your ability to share anything in confidence. If you have trouble with secret-keeping refer back to episode #? Where we talk about secrets. You can show your capacity to be a best friend by being honest with your friends and keeping their secrets.
5. Avoid coming on too strong at first. When you are just beginning to build the relationship, you don't want to scare them away by contacting them too much. Texting or calling several times a day, or even once a day too early in the relationship could be a turn off. Initially reach out every few days and otherwise, follow the other person's lead. Return texts or calls from them and

figure out a pace that works for this friendship. Give the friendship time to grow and don't expect too much too soon.

Now go build your Tribe of besties!

There are limits on many things in life. Our time is limited, our money, energy, and sometimes even how many packages of toilet paper we can buy is limited. However, there are no known limits to our resourcefulness, creativity, imagination, and the number of best friends we can have. Don't limit yourself!

When Three or More Gather, We are Tribe.

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