Friends vs Friendshp

The Connection Connoisseur episode 2

*Hello Friends! Thank you for tuning in today. My name is Brenda Ridgley and I am the connection connoisseur! My mission is to help people connect in a deeper, more meaningful way. Today I am going to be talking about friends and friendship. I will identify key differences between the two and discuss why as a society in this “social era”, we are in fact more disconnected than ever. I will give you three take-aways that you can implement immediately to close the connection gap.*

*First let’s talk about our Friends.* The word friend is certainly a noun. It is defined as a person whom one knows and with whom one has a bond of mutual affection, typically exclusive of sexual or family relations. Often the term friend is used as a polite form of address for an acquaintance or even a stranger one comes across. And then, of course, “Friend” describes *a contact you may have associated with on a social networking website*. These are but a few of the definitions of a friend.

Most of us would say that we have many friends. We have neighbors that we wave to as we pass on the street. We have acquaintances that we recognize and come across regularly at church or other social gatherings. You may acknowledge someone who works from the same coffee shop that you frequent, sharing a familiar hello or nod, as a friend. People who you work with, go to school with, and members of society who you see at community events. All of these individuals and many more can be considered friends. Then to top it all off, many of us have hundreds if not thousands of social media friends… right?

This new system of socialization places us at the center of our own personally tailored social network unencumbered by physical limitations. We have at our disposal a convenient and efficient tool for affiliation… and at the same time… increased options for autonomy.

So… in short, we can be social and alone at the same time.

Friends are people you interact with on occasion in a generally positive way, however, you are divested from their life and wellbeing. This group of people is very important to your social wellness. They are the people in your different circles of life that see you, know you and like you. These relationships give you a sense of belonging.

I have lived in a town called Firestone Colorado now for more than 20 years. Considered by most to be somewhat small, for me, one of the benefits of it’s size is that I know a lot of people and they know me. When you share the same space with people long enough, you become familiar and gain a sense of knowing. With that we often benefit from the neighborly niceties of a friendly smile or even a hello!

It feels really nice to be seen, recognized and belong to this community and the people who also call it home. Even though these “friends” may never grow beyond the level of acquaintance, their recognition tells me I am valued and that I matter.

Friends can be a great resource, and just because they are mostly superficial does not mean that we do not need them. We do.

*Now let’s talk about Friendship*

In this hyper-socially-connected world that we live in, it is soooo easy to add a friend to your roster. You might be asking yourself why is it that I do not have more meaningful friendships. You may even feel a little depressed about it since you can plainly see everyone else on your friends list living the life of their dreams on social media, going to parties, bbq’s, and concerts. ect.

The dictionary defines the word friendship as a noun (which is a person, place or thing). hmm??? Really? Friendship? A person, place or thing?

The dictionary also specifies friendship as “the emotions or conduct of friends; the state of being friends”. Now I ask you, how is that a noun? I argue that friendship is not a noun but a verb (a word used to describe an action, state or occurrence).

An ACTION – YES!

Friendship requires action. A friend turns into a friendship when two people make a conscious decision to move out of the “friend-zone” so to say and invest more time and energy toward getting to know each other.

This could show up as scheduling things like:

a coffee date,

going out to lunch,

meeting up for a cocktail,

or going on a walk or hiking together.

Friendship requires caring enough to involve an investment of time, attention and enthusiasm. It is a process, a journey, and some would even say an art. I would define friendship as the positive effort two individuals take to build a platonic relationship, establish common interests, and develop caring feelings for each other.

*So the friendship equation is:*

*Friendship = Time + Attention + Enthusiasm*

The reason we don’t have more friendships is simple. We don’t invest the time, attention and enthusiasm. If you relate to this at all, don’t get too down on yourself. It’s quite possible you just didn’t know.

I believe that many people do not recognize this gap between friends and friendship. They can’t imagine that friendship is lacking when they have hundreds of friends. Beyond that, I think the biggest obstacle most people face is that they don’t make the time to invest in friendship.

Let’s face it, we are all busy. We have demanding jobs that take up at least half of our waking hours. Many of us have family responsibilities that can easily take up the other half! If you are a parent and still have kids at home, your child’s social activities have likely trumped your own.

An American Time Use Survey in 2014 found that people ages 20-24 spent the most time per day socializing on average of any other age group. That makes sense right? Footloose and fancy free. The time in your life when its “All about ME”.

On the other hand, the largest drop-off in friends in most of our lives of occurs shortly thereafter when we get married. Doesn’t that seem weird? At a wedding ceremony we literally bring all of our friends together from two lifetimes! We celebrate the new couple together with food, wine and dancing. The event has a photographer and maybe even its own video! This “hopefully” once in a lifetime bash ends up being a farewell party of sorts for many of these friendships.

From here out, the demands of married life are more pressing than our undemanding friendships and we simply forget to make the effort. Unconsciously, our new lives make us grow apart from our friendships. We don’t even realize it is happening but our social lives may never be the same again. And when we do realize that things have changed…. will it be too late?

**Do you have a friendship you let get away by accident? I’d love to read your comments and insights below. Maybe you could share this with a friend and start a conversation that gets your friendship back on track.**

**Aristotle figured there were three kinds of friendships:**

· **Friendships** of utility: exist between you and someone who is useful to you in some way.

· **Friendships** of pleasure: exist between you and those whose company you enjoy.

· **Friendships** of the good: are based on mutual respect and admiration.

Aristotle’s categories are good, however, in an upcoming episode I will share my Friendship Target that breaks it down even more.

Now that we understand the difference between a friend and a friendship we can put in the required ACTION to close the gap in at least a select few relationships. How do we decide who to take to the next level in our lives? Who are we looking for to complete our Tribe circle? What kind of people are *my people*?

To find the answer to these questions you might think about past friendships you have enjoyed. What made them special? What kind of personalities blend well with yours? For what activities would you love to have a partner?

As you are asking these questions and acknowledging your preferences you are activating your friendship magnet! You have created an invisible antenna that will attract just the friendships that have been missing in your life with the law of attraction.

Now as you are interacting with a potential friendship, tap into how they make you feel. Do you laugh with them? Do they make you feel joyful, eager, or intrigued? You want people who make you feel good. If they check most or all of these boxes, they may be a good candidate for your Tribe.

As promised, here are three take-aways…. Action steps to build or re-build a friendship.

1. Call a friend you’ve lost touch with. A phone call is more personal and sends the message that “this is important”

It is way better than a text, email or Facebook message.

2. If there is a friend or acquaintance that you seem to run into regularly, perhaps it is time to invite them to meet up for a coffee? It may be more than coincidence that the universe has set them in your path. Why not find out?

3. Make a fun new memory with a friendship. Be sure to include the elements of the Friendship equation.

Remember Friendship = Time + Attention + Enthusiasm

Positive experiences add to your friendship story and make it grow deeper and stronger.

There you have it! Thank you for joining me today and again, please hit that subscribe button so we can continue to connect each week. Share below how you plan to take action with a friendship this week!

Until next time! When three or more gather, we are Tribe!

For a new Friendship Tip each week join our Inner Circle: [Subscribe](http://eepurl.com/huWZiz)

Follow Brenda Ridgley:

[YouTube](https://www.youtube.com/c/BrendaRidgley)

[Facebook](https://www.facebook.com/brendaridgleyconnections)

[Instagram](https://www.instagram.com/ladyandthetribe/)

[Twitter](https://twitter.com/BrendaRidgley)

[BrendaRidgley.com](https://www.brendaridgley.com/)

[#When3orMoreGatherWeAreTribe](https://www.facebook.com/hashtag/when3ormoregatherwearetribe?__eep__=6&__cft__%5b0%5d=AZV3vLCHebjqoFc0SHy9X3CtU-5LamdonSYSs6DtbH9iD1syM9_DwzxqM_5bW3vHuzySsUbM8730TNV0pJQ2ucpLaafp8zm996lncJKvKycY5GiZPdi65A8PVaJY5ujhfiwzQWy6z1o97Av8AeD0OioGNnvc7swvct4VNj1BFkbDJXxFHNQVffjp6Frcf_jAwlE&__tn__=*NK-R), [#LadyandtheTribe](https://www.facebook.com/hashtag/ladyandthetribe?__eep__=6&__cft__%5b0%5d=AZV3vLCHebjqoFc0SHy9X3CtU-5LamdonSYSs6DtbH9iD1syM9_DwzxqM_5bW3vHuzySsUbM8730TNV0pJQ2ucpLaafp8zm996lncJKvKycY5GiZPdi65A8PVaJY5ujhfiwzQWy6z1o97Av8AeD0OioGNnvc7swvct4VNj1BFkbDJXxFHNQVffjp6Frcf_jAwlE&__tn__=*NK-R), #EndLoneliness, [#WholeYOUmedia](https://www.facebook.com/hashtag/wholeyoumedia?__eep__=6&__cft__%5b0%5d=AZV3vLCHebjqoFc0SHy9X3CtU-5LamdonSYSs6DtbH9iD1syM9_DwzxqM_5bW3vHuzySsUbM8730TNV0pJQ2ucpLaafp8zm996lncJKvKycY5GiZPdi65A8PVaJY5ujhfiwzQWy6z1o97Av8AeD0OioGNnvc7swvct4VNj1BFkbDJXxFHNQVffjp6Frcf_jAwlE&__tn__=*NK-R), [#ConnectionConnoisseur](https://www.facebook.com/hashtag/connectionconnoisseur?__eep__=6&__cft__%5b0%5d=AZV3vLCHebjqoFc0SHy9X3CtU-5LamdonSYSs6DtbH9iD1syM9_DwzxqM_5bW3vHuzySsUbM8730TNV0pJQ2ucpLaafp8zm996lncJKvKycY5GiZPdi65A8PVaJY5ujhfiwzQWy6z1o97Av8AeD0OioGNnvc7swvct4VNj1BFkbDJXxFHNQVffjp6Frcf_jAwlE&__tn__=*NK-R), [#FindYourTribe, #Friendship](https://www.facebook.com/hashtag/friendship?__eep__=6&__cft__%5b0%5d=AZV3vLCHebjqoFc0SHy9X3CtU-5LamdonSYSs6DtbH9iD1syM9_DwzxqM_5bW3vHuzySsUbM8730TNV0pJQ2ucpLaafp8zm996lncJKvKycY5GiZPdi65A8PVaJY5ujhfiwzQWy6z1o97Av8AeD0OioGNnvc7swvct4VNj1BFkbDJXxFHNQVffjp6Frcf_jAwlE&__tn__=*NK-R), [#Girlfriends](https://www.facebook.com/hashtag/girlfriends?__eep__=6&__cft__%5b0%5d=AZV3vLCHebjqoFc0SHy9X3CtU-5LamdonSYSs6DtbH9iD1syM9_DwzxqM_5bW3vHuzySsUbM8730TNV0pJQ2ucpLaafp8zm996lncJKvKycY5GiZPdi65A8PVaJY5ujhfiwzQWy6z1o97Av8AeD0OioGNnvc7swvct4VNj1BFkbDJXxFHNQVffjp6Frcf_jAwlE&__tn__=*NK-R), [#BFF](https://www.facebook.com/hashtag/bff?__eep__=6&__cft__%5b0%5d=AZV3vLCHebjqoFc0SHy9X3CtU-5LamdonSYSs6DtbH9iD1syM9_DwzxqM_5bW3vHuzySsUbM8730TNV0pJQ2ucpLaafp8zm996lncJKvKycY5GiZPdi65A8PVaJY5ujhfiwzQWy6z1o97Av8AeD0OioGNnvc7swvct4VNj1BFkbDJXxFHNQVffjp6Frcf_jAwlE&__tn__=*NK-R), [#FriendshipGuru](https://www.facebook.com/hashtag/friendshipguru?__eep__=6&__cft__%5b0%5d=AZV3vLCHebjqoFc0SHy9X3CtU-5LamdonSYSs6DtbH9iD1syM9_DwzxqM_5bW3vHuzySsUbM8730TNV0pJQ2ucpLaafp8zm996lncJKvKycY5GiZPdi65A8PVaJY5ujhfiwzQWy6z1o97Av8AeD0OioGNnvc7swvct4VNj1BFkbDJXxFHNQVffjp6Frcf_jAwlE&__tn__=*NK-R), [#TribeTime](https://www.facebook.com/hashtag/tribetime?__eep__=6&__cft__%5b0%5d=AZV3vLCHebjqoFc0SHy9X3CtU-5LamdonSYSs6DtbH9iD1syM9_DwzxqM_5bW3vHuzySsUbM8730TNV0pJQ2ucpLaafp8zm996lncJKvKycY5GiZPdi65A8PVaJY5ujhfiwzQWy6z1o97Av8AeD0OioGNnvc7swvct4VNj1BFkbDJXxFHNQVffjp6Frcf_jAwlE&__tn__=*NK-R)