

Making and Strengthening Friendships

Regardless of your attachment style, it is possible to make friends and strengthen bonds.

Use the following questions to reflect on the positives associated with forming good friendships.

Reflect on each of the below questions:

How does being around your friends improve your mood?	
How do your friends help you reach your goals?	
Why does having friends improve your mental health?	
How do your friends help you overcome obstacles?	
How do your friends increase your sense of self-worth?	

Think of three people you could make more of an effort with to begin friendships:

Think of three relationships you could make more of an effort with to strengthen friendships:

Now that you are more aware of the importance of strong friendships, try and make an effort to form and maintain close connections.

Dr. Jeremy Sutton