



## Maintaining Friendships Worksheet

"A friend is one of the nicest things you can ever have, and one of the best things you can ever be."

- Winnie the Pooh

Even though friendship is the least researched relationship topic, we know that meaningful friendships are critical and increase our overall quality of life. Friendships contribute to our overall health and resilience, enhance our problem-solving skills and support us in recovery from addiction relapse. We learn how to make and maintain friends very early in life, but maintaining our friendships in adulthood seems to feel more complex. For this topic, we are going to get back to the basics.

Watch this video and consider the 3 questions below.

<https://youtu.be/ICmok9ElvXI>

Which friends from your past make you feel smile-y?

\_\_\_\_\_

Which friends from your present make you feel smile-y?

\_\_\_\_\_

Which friends from your past or present made/make you feel safe, good, and cared about?

\_\_\_\_\_



What are some words that come to mind when you think of a good friend?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Who do you have to forgive to make more space in your hearts for true friendship?

\_\_\_\_\_

We often think about what we want from our friends, but what about your own capacity to be a good friend? Borrowing from the video above, we can identify 3 key areas to pay attention to when trying to maintain our adult friendships.

**Talk to them and get to know their feelings**

**Listen to them.**

**Show them that you care.**

- On the next page is a poem by Robert Fulghum, and part of it has been put into a chart.
- Read each recommendation in the chart and jot down your "sophisticated adult terms" (ie: thoughts and ideas) for each of the recommendations. How does this recommendation apply to you? Don't overthink it, just write.
- In the last column, give yourself a score out of 10 for how well you think you do for each one.



## All I Really Need to Know I Learned in Kindergarten

by Robert Fulghum

All I really need to know, I learned in kindergarten.  
 All I really need to know about how to live and what  
 to do and how to be I learned in kindergarten.  
 Wisdom was not at the top of the graduate-school  
 mountain, but there in the sandpile at Sunday School.  
 These are the things I learned:

(Recommendation)	(Thoughts and Ideas)	(Score)
Share everything.		
Play fair.		
Don't hit people.		
Put things back where you found them.		
Clean up your own mess.		
Don't take things that aren't yours.		
Say you're sorry when you hurt somebody.		
Wash your hands before you eat.		
Flush.		
Warm cookies and cold milk are good for you.		
Live a balanced life - learn some and think some and draw and paint and sing and dance and play and work every day some.		
Take a nap every afternoon.		
When you go out into the world, watch out for traffic, hold hands, and stick together.		



Be aware of wonder.		
Remember the little seed in the styrofoam cup: the roots go down and the plant goes up and nobody really knows how or why, but we are all like that.		
Goldfish and hamsters and white mice and even the little seed in the styrofoam cup - they all die. So do we.		
And then remember the Dick-and-Jane books and the first word you learned - the biggest word of all - LOOK.		

Everything you need to know is in there somewhere.  
 The Golden Rule and love and basic sanitation.  
 Ecology and politics and equality and sane living.

Take any of those items and extrapolate it into sophisticated adult terms and apply it to your family life or your work life or your government or your world and it holds true and clear and firm. Think about what a better world it would be if all - the whole world - had cookies and milk about three o'clock every afternoon and then lay down with our blankies for a nap. Or if all governments had a basic policy to always put things back where they found them and to clean up their own mess.

And it is still true, no matter how old you are - when you go out into the world, it is best to hold hands and stick together.

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Found in Robert Fulghum, All I Really Need To Know I Learned In Kindergarten Villard Books: New York, 1990, page 6-7.