

Mapping the Bonds that Shape Us

Whether you've known your friends for years or they've recently entered your life, every connection holds a special place in your narrative.

Esther Perel says it best:

"Our friends provide community and continuity in an ever-changing world. Our lifelong friends are our witnesses. They accompany us through the trials and tribulations of lovers that come and go, job changes, family rifts, births, deaths, and recoveries. And we are a witness for them, commiserating or celebrating together over morning coffee or late-night phone calls."

This resource invites you to embark on a journey of reflection and self-discovery. It's all about the individuals who bring light, laughter, and support into your world.



How to Use this Resource

Influence and Qualities What are some positive qualities or influence that friend brings to your life?

Shared Moments & Activities Reminisce about the situations that brought you closer, things you love doing together, and other important events!

Navigating Challenges Even in close friendships, there can tension/disagreements, but reflecting on what was learned & how conflicts were managed can lead to a deeper bond and growth.

Personal Growth & Reflections Use the prompts to reflect on what role the bond has played, future intentions & new perspectives.



Friend's name:

Influence and Qualities

Shared Moments & Activities



Navigating Challenges

- How did you handle this situation? What was the outcome?
- What did you learn about them or yourself through this experience?
- Did overcoming this challenge strengthen your bond or change the way you relate to each other?

Personal Growth & Reflections

- Reflect on a goal/aspiration you both have in common. How does pursuing this goal influence your bond?
- Think back to when you first became friends with them. How have you personally grown or changed since that time?
- Reflect on their personal growth journey. How have you seen them evolve and change over the course of your friendship?
- Visualize the kind of friend you aspire to be. What qualities and actions do you want to bring into your friendships?