

The Expat Woman's Guide to Redefining Friendship

**Created by The PLACES WE CALL HOME LLC**



**A Guide Inspired by Starting Over in the USA podcast**



*Starting Over In The USA is operated by THE PLACES WE CALL HOME*

## Introduction

Friendship as an expat woman can feel like a maze—hopeful at first, then disorienting. You show up, you try, you hope—and sometimes, you still feel unseen. This guide honors that journey and the process it comes with – the ‘stuff’ we don’t pack or anticipate.

Let's explore how to redefine connection on your terms, cast your net wider, and find the community that sees your soul—not just your story.

## 1: When Friendship Doesn't Click

### Journal Prompts

- What assumptions did I carry about how friendship would form in this new country?
- Have I ever stayed in a friendship that made me feel small or unseen? Why?

### Affirmation

"I am not the problem. I am worthy of mutual, soul-nourishing connection."

## Friendship Requires Intention

### Reflection Exercise

Ask yourself:

- Do I want someone to walk with?
- Someone to talk books and ideas with?
- Someone who rings my doorbell when I've gone quiet?

### Action Step

Write down 3 qualities you're craving in a friend. Then list 3 places or communities where those qualities might exist.

## Casting Your Net Wide

### Real-Life Inspiration

Yolanda found connection through:

- Church for spiritual nourishment
- Pro bono work for intellectual stimulation
- Post-grad courses for cultural diversity
- Shared workspaces for unexpected joy

### **Challenge**

Try one new space this month. Be open. Be curious. Let go of assumptions about who your friends “should” be.

### **Section 4: Mutuality and Red Flags**

#### **Checklist: Signs of Soul-Aligned Friendship**

- They ask about you—not just talk about themselves
- They return calls and show curiosity
- Their friends are welcoming
- You feel safe being vulnerable

### **Reminder**

“If friendship isn’t offered back, don’t chase it. You are worthy of receiving love freely.”

### **Final Reflection**

### **Prompt**

- What kind of friendship am I craving right now?
- What assumptions might I release to find it?

### **Closing Affirmation**

“Friendship is a gift. I am worthy of receiving it. I am open to the souls who feed me—and ready to share mine in return.”