

# **CLICK!**

## My Social Story

Bringing awareness to the people, places + events that have shaped our social story can help us make meaning of our experiences, shed light on our expectations + needs in friendships + help us write the next chapter with intention. Sharing our social story, is also one of the most effective ways to build trust, authenticity + vulnerability with others.

So...let's just start to remember what's brought us to where we are today:  
*(You can use the below as helpful, or just start responding organically.)*

- What did friendship look like for you growing up? (How did you make friends? How close were you? Where, doing what, or with whom did you feel most connected?)
- Was there someone who stands out as being a really good friend or presence to you? What were they like, and how did they message their care to you?
- What did friendship look like in high school, college + post-college? What were the challenges?
- What do you feel a few of your strengths are in friendships? Is there one memory or relationship that comes to mind where you're proud of how you were able to be a friend?
- How have family, community, region(s), culture(s), and media shaped your understanding of who you are as a friend + what is possible for friendship generally?
- How have friendships been affected since covid?
- In this season of life, where do you feel discouraged or uncertain, where hopeful + motivated?



## VISIONING

*What would my friendships look + feel like if I were really happy with them?*

Visualizing the experiences we want and need can help us see + say yes to opportunities for moving towards them. Feel free to use this space to drag + drop words, pictures, movie clips, playlists, memories, etc. that evoke the friendship experiences you want to find + create.

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