


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.

“