

ONE PAGE SUMMARY

Lifestyle & Hobbies > Relationship Skills > Friendship Skills

Beginner lessons for Friendship Skills

Build Strong Friendships with Essential Skills!

DEFINITION

Friendship skills are the abilities that help you form and maintain healthy friendships. They involve communication, empathy, and mutual respect.

KEY CONCEPTS

Active Listening

This means fully concentrating on what your friend is saying, showing that you care.

Empathy

Empathy is understanding and sharing the feelings of your friends, which strengthens your bond.

Trust Building

Trust is essential in friendships; it develops through honesty and reliability over time.

Conflict Resolution

Knowing how to resolve disagreements respectfully helps maintain a healthy friendship.

Sharing Interests

Engaging in activities you both enjoy can deepen your connection and create lasting memories.

EXAMPLES

- Listening attentively when a friend shares their problems.
- Apologizing sincerely after a misunderstanding.
- Planning a fun outing based on mutual interests.

MEMORY TIPS

- ★ Use the acronym 'LEARN' for Listening, Empathy, Apology, Respect, and Nurturing.
- ★ Visualize a friendship tree, where each branch represents a key skill.
- ★ Think of friendships as a garden that needs regular care and attention.

COMMON MISTAKES

- ✗ Interrupting friends while they speak.
- ✗ Not being honest about feelings.
- ✗ Neglecting to spend time together.

QUICK RECAP

Friendship skills are crucial for building and maintaining strong relationships. Focus on active listening, empathy, and trust to enhance your friendships.