

Friendship Expectations

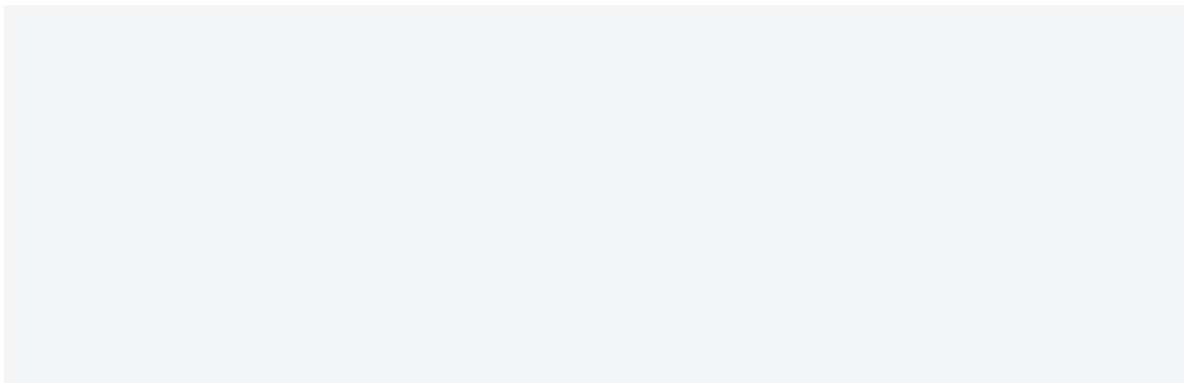
Having open and nurturing relationships is vital to mental health and fundamental for developing authenticity. “Unconditional, genuine and empathic” relationships are not always expected, but when we find them, they should be nurtured (Joseph, 2019, p. 183).

The questions below help clients consider their expectations of friendships.

Ask your clients to take time to read the following questions and complete the boxes provided (modified from Joseph, 2019):

Do I expect others to be genuine with me?

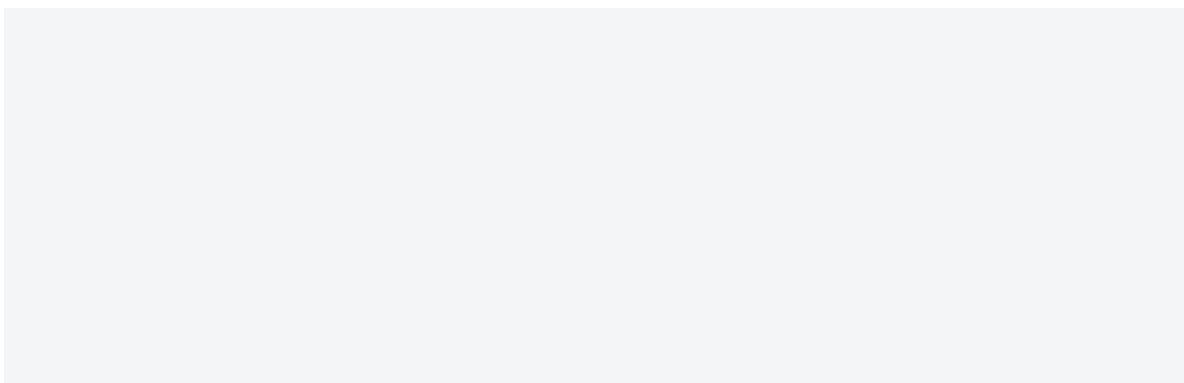
- Do you accept lies?
- Are you sometimes simply part of a backup plan?



Try and invest time and energy in relationships that *are* authentic and where you are valued.

Do I expect my friends to be unconditional with me?

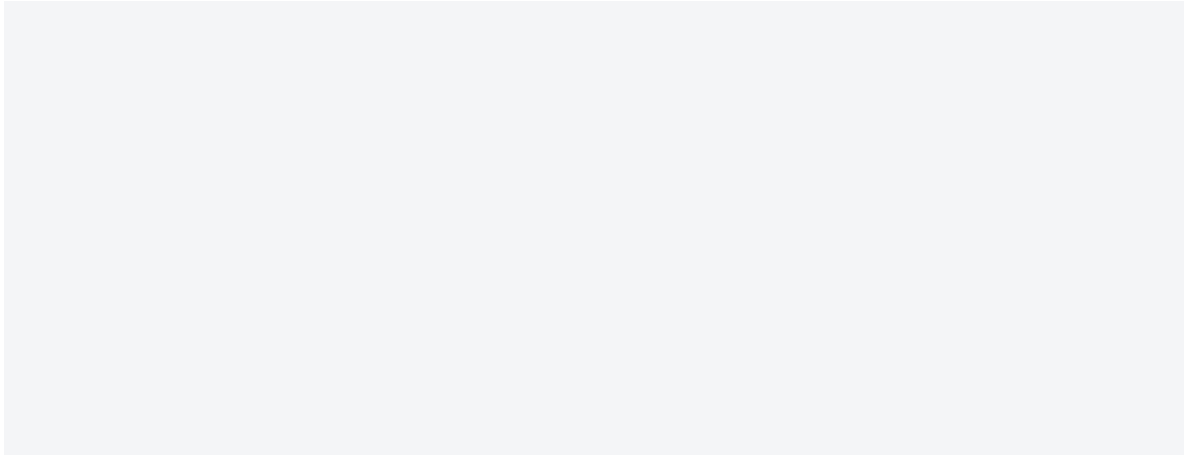
- Do you feel that unless you are the person your friends wish you to be, they will love you less?



Friendship should be unconditional, and friends should always be pleased when good things happen to you.

Do I expect others to be interested and caring towards me?

- Do your friends try to see things from your point of view?
- Do they try to make you see things their way?



Friends should appreciate you and respect your views.

Friendships that lack such positive qualities may be controlling and harmful. We feel pressured to belong and behave unauthentically.

References

- Joseph, S. (2019). *Authentic: How to Be Yourself and Why It Matters*. Little, Brown Book Group Limited.

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