



7 Hacks to Building Healthy Friendships

1. **Go first:** Rather than waiting for people to reach out to you, take the first step. You may need to try several times before you can determine the other person's level of interest. If after a few attempts they show no interest, it's time to move on to another person.
2. **Be reciprocal:** Adult relationships that aren't reciprocal are unhealthy. In a healthy friendship, sometimes you're the one doing the encouraging, the listening . . . other times you're the one receiving encouragement and being listened to. One-sided friendships usually don't last very long.
3. **Be kind:** Kindness is relational currency. It puts change in your friendship pockets, that you can draw out when needed. We live in an increasingly unkind world—kindness will set you apart.
4. **Grow your listening skills:** Listen to *understand* rather than to *reload*. Eye contact, welcoming body language, and reflective listening communicate interest. If you're easily distracted, work hard to stay focused on what your friend is sharing with you. It's frustrating to be in the middle of sharing a thought when the person you're talking to interrupts or is easily distracted.
5. **Be trustworthy:** The ability to maintain confidentiality, to be reliable and dependable are foundational to healthy relationships. Do what you say you're going to do. If you want a potential friend to trust you—be trustworthy.
6. **Be wisely transparent:** The more trust grows, the more you can share about yourself. Often, we either open up too soon, or we never open up at all. Both extremes are unhealthy. Becoming wisely transparent deepens relationships.
7. **Be available:** Perhaps nothing gets in the way of friendship more than our calendars. Friendship rarely happens accidentally. It almost always is a result of intentionality. Create space on your calendar for friendship.

If you're a leader, friendships can be especially problematic. Where do you turn? Who can you trust? Who's got the time?

Converge Coaching is forming leadership huddles to provide top-notch content in a closed-group format. One of the perks of joining a huddle is the possibility of new friendships. You can get more information on our huddles here:

<https://convergecoach.com/converge-coaching-cohort/>