Friendship

I. What is Friendship?
   1. Definition: Friendships are interpersonal relationships in which people *voluntarily* interact bringing joy to each other and rewarding feelings about ourselves.
   2. Types of friendship
      a. Reciprocal friendship: each individual shares equally in the relationship.
      b. Receptive friendship: one person is always the primary giver & one is always the primary receiver.
      c. Associative friendship: Giving & receiving is minimal, and the association is superficial rather than intense.
      d. Specialty friends

II. Why do we form Friendships?
   1. Enjoyment – the most important aspect of a friendship
      a. Just enjoying each others company
      b. Enjoyment attained through "play"
   2. Security
   3. Affection
   4. Self-esteem
III. Communication in Friendship

1. Self-disclosure
   a. Breadth – how many different things we talk about
   b. Depth – how detailed and personal these things are

2. Constructive communication

3. Forms of expression

IV. Commitment in friendships

1. What is commitment?
   a. Loyalty, an obligation or a pledge, willingness to follow the rules of friendship
   b. Commitment is more or less a promise to remain friends, or to consider the other the best friend over others. This commitment may be manifested in a number of ways.

2. Jealousy and possessiveness

V. What is the ideal friend? (See Davis & Todd, 1985, p. 19)
VI. What is the difference between friendship & romantic relationships?
   1. Romantic relationships involve the characteristics of fascination and exclusivity, and demand more loyalty.

VII. No one person can fulfill all of your needs.
   1. If you were to have all of your needs met by one person, you would no longer have a relationship with your family, friends, siblings, etc.
   2. Example of ONLY associating with this one person.
   3. We all need male and female friends.
      a. We all have male and female bonding needs

VIII. What makes us Men / Women
   1. Do men and women have different expectations in our society?
   2. Define what it means to be a Man or a Woman
      a. Females tend to be taught that you use language to facilitate interaction, and to create and sustain relationships. This is learned through play – playing house, playing school, and through examples and expectations of others….
         • What are some examples of this?
      b. Males tend to be taught to use language to assert themselves/their status and to achieve instrumental objectives. This is learned through play – football, army, war, and again through examples and expectations of others…
         • What are some examples of this?
      c. The way we understand and define gender, and what is appropriate for each gender, is shaped to an extent through our language, our socialization, and our culture.
   3. How does society define masculinity or femininity?
      a. What makes you masculine or feminine?
   4. Does society naturally view man & women who don’t fit the mold?
      a. How do they label them?
      b. Are these accurate?
   5. I suggest to you that you are inherently male / female and that these things are what societal evolution via the media has stamped onto the concept of masculinity / femininity.
a. Disregard this crap that to be male you have to drive a certain truck or car, have certain kinds of interests, and act a certain way. Be yourself – you ARE inherently male. You don’t have to defend that to anyone.

b. Disregard this crap that to be a woman you have to wear a certain size dress, have certain kinds of interests, and act a certain way. Be yourself – you ARE inherently female. You don’t have to defend that to anyone.

IX. Read “Weepy men need to butch up”
1. **What do you think?**
   a. Talk about different issues as they are read.

2. **Do you think this man is homophobic?**

3. **What is homophobia?**

4. **How does homophobia affect our everyday lives?**

5. **What is an appropriate way to react to others who may be homosexual?**

X. I suggest to you that homophobia is a form of prejudice. I am not suggesting that you embrace this lifestyle anymore than I am suggesting that you become a member of another race. I am suggesting that you act tolerant and treat others who are different than you with respect.