



PERSONAL VILLAGE



NEWSLETTER

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The Basic Keys To Friendship: Keep Showing Up and Listen

Friends are, hands down, the most important asset you can have in your life. In spite of all the hype about getting rich or having more merchandise, the research points out that all through history and even today your friends are what will keep you happy and healthy and make for a good life. There are many ways to create and sustain friends. The most basic way is to keep showing up. Steady and frequent contact is the proven way to make space for friendships to blossom.

All the research shows that we tend to become friends with the people we see every day. Mary Lou makes friends by sitting down next to one of her colleagues or members of her church and waits quietly until they are free to speak. Then she asks how they are doing and listens to them talk about whatever is important to them. Sometimes a new conversation starts, and sometimes she asks about something they had talked about in the past. In a week or so she is back, and repeats the same process all over again. Mary Lou does this again and again, and again. People think of her as the best of friends because she keeps making herself present and expresses an interest in their lives. Her circle of friends is wide and very deep. Mary Lou is a master at making friends with the most diverse variety of people you can imagine.

She does it very simply — by applying the basic principle of showing up and expressing interest in everyone she meets. You can do this too—in a senior center, in a volunteer organization, or over plants in community gardens. If you cannot think of a place to hang out with people try meetup.com <<http://meetup.com>> or search under: senior seeking friends, single mother seeking friends, college student seeking friends, professional woman seeking friends.

If you keep showing up over and over in the same circle of people, eventually friendships will spring up. If you make it a point to set your own need to talk aside and listen to their story, your friendships will happen even sooner and be even richer.

Sidebar Note:

In **Personal Village** - *How To Have People In Your Life by Choice, Not Chance*, review very carefully:

Chapter 7 — the section on conversation starting on page 121.
Dialogue is the skill you want to master.

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