

JOB TITLE:

FRIEND

JOB PURPOSE:

BUILDS FRIENDSHIP

by

exploring similar values; maintaining confidences; keeping promises; telling the truth; revealing personal feelings; caring unconditionally; avoiding conflict; praising accomplishments; ignoring imperfections and failures; celebrating the good times; soothing the bad times; helping the friendship grow; just “being there.”

ESSENTIAL FUNCTIONS:

1. DEVELOPS PERSONAL BOND

by

exploring similar values; keeping in touch; paying attention during conversations; continuing empathic dialogue; giving unconditional help; remaining flexible; maintaining confidences; keeping promises; telling the truth; revealing personal feelings.

2. CREATES A POSITIVE CLIMATE

by

caring unconditionally; planning activities; minimizing depressing thoughts; avoiding conflict; upholding values of honesty, empathy, self-reliance, cooperation, self-control, sharing, cheerfulness, and kindness; recognizing differences among friends; nurturing self-esteem; maintaining open communications; making time to talk; finding things to laugh about.

3. ACCEPTS ACTIONS

by

praising accomplishments; withholding negative judgments; ignoring imperfections and failures; talking out differences; forgiving mistakes; remaining loyal.

4. CELEBRATES THE GOOD TIMES

by

listening to details of good fortune; making time to share in happiness; being excited about successes.

5. SOOTHES THE BAD TIMES

by

watching for signs of psychological distress; providing comfort; listening to concerns; offering assistance; pointing out possible resolutions; supporting coping skills.

6. ENHANCES FRIENDSHIP DEVELOPMENT

by

evaluating personal growth opportunities; recognizing and pointing out realities; recommending and encouraging actions; supporting choices.

7. CONTRIBUTES TO FRIENDSHIP GROWTH

by

welcoming differing and new personal values, relationship dimensions, and growth; finding ways to support and foster new depths in the relationship; just “being there.”

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