

5 Steps to Friendship : A Psychological Genome Model

A Psychological Genome Model



Australia's "Dr, Leigh"

5 Steps to Friendship

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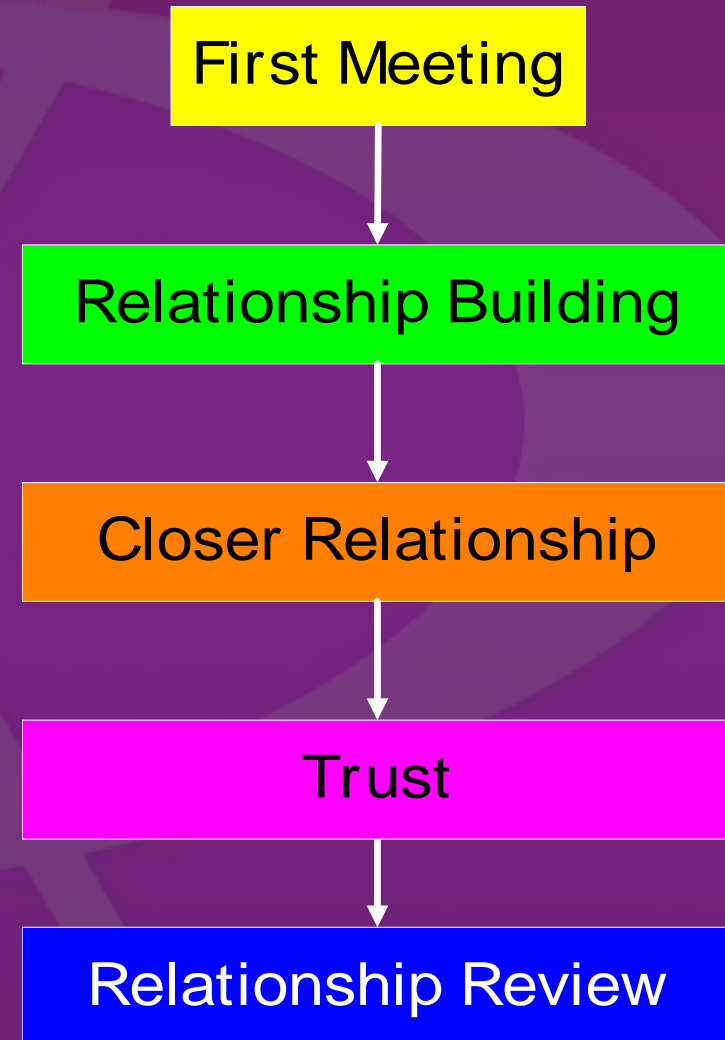
**is based on pragmatic life experience,
Counseling expertise, training Mentors and
Coaches, practical Mentoring and
Coaching experience
and
academic research.**



5 Steps to Friendship

Friendships appear to have the 5 (five) distinct steps or phases shown on the right.

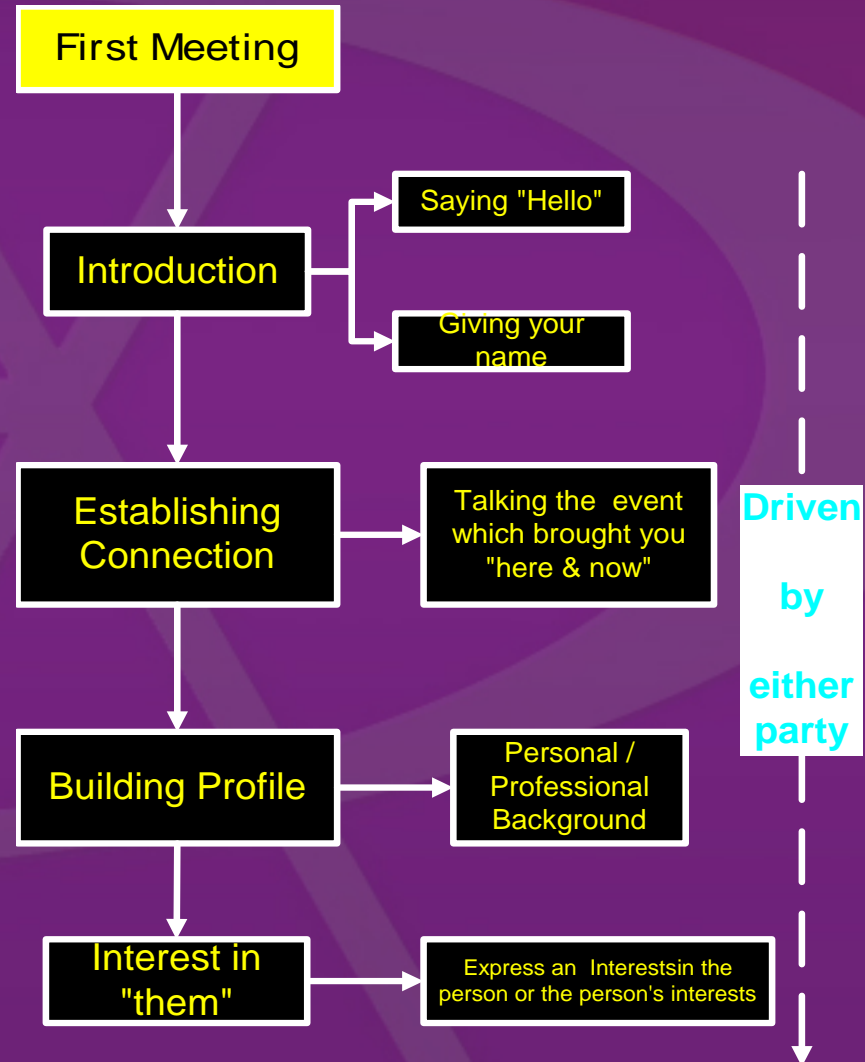
Each step has aspects which we need to enact in order to build friendship.



5 Steps to Friendship

The first meeting is the moment of connection.

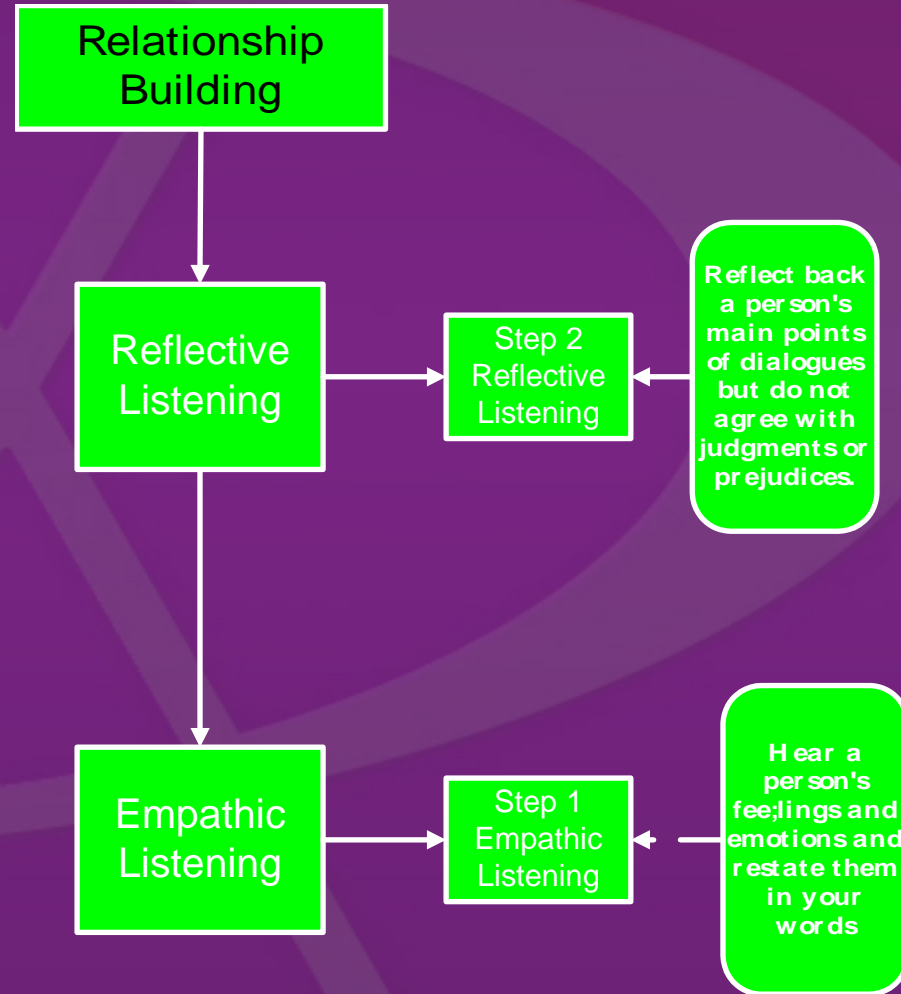
Groundwork in terms of profile, interest and a basis for relating are formed by following the steps to the right.



5 Steps to Friendship

Building relationships involves hearing the facts a person shares hence Reflective Listening

Deeper relationships involve hearing feelings and emotions, hence Empathic Listening.

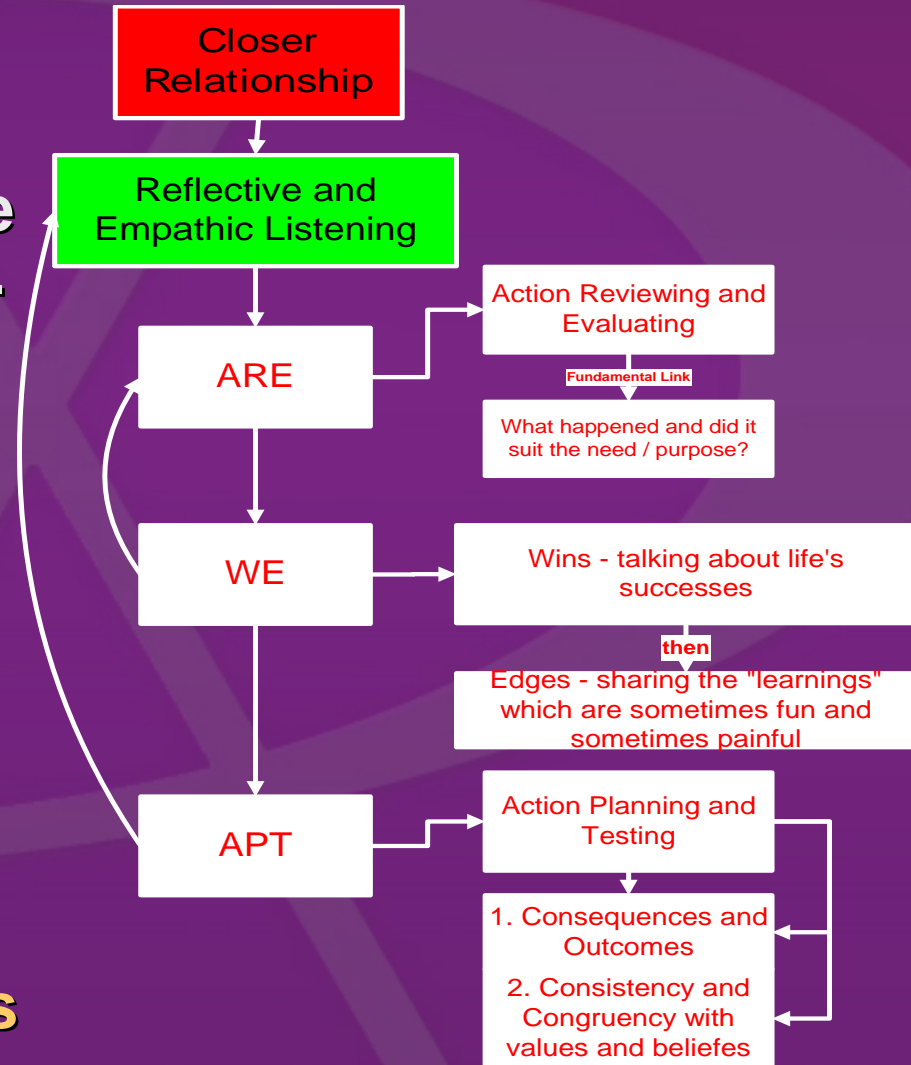


5 Steps to Friendship

Closer relationships move between Reflective and Empathic listening to one another and then Action-based listening.

Action-based listening involves reviewing events, actions for the future and testing personal plans against values.

Closer relationships move between all these aspects in a conversation

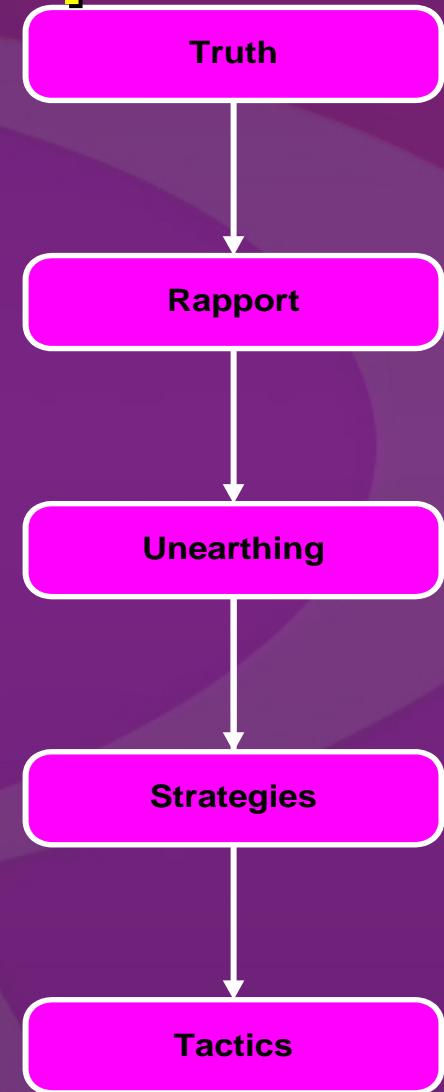


5 Steps to Friendship

Friendships involve TRUST.

TRUST is multi-faceted.

Trust is a mixture of sharing deep moments, insights, feelings and ideas and then planning how to manage the most complex and most painful in a way that does not blame nor avoid a commitment to values.

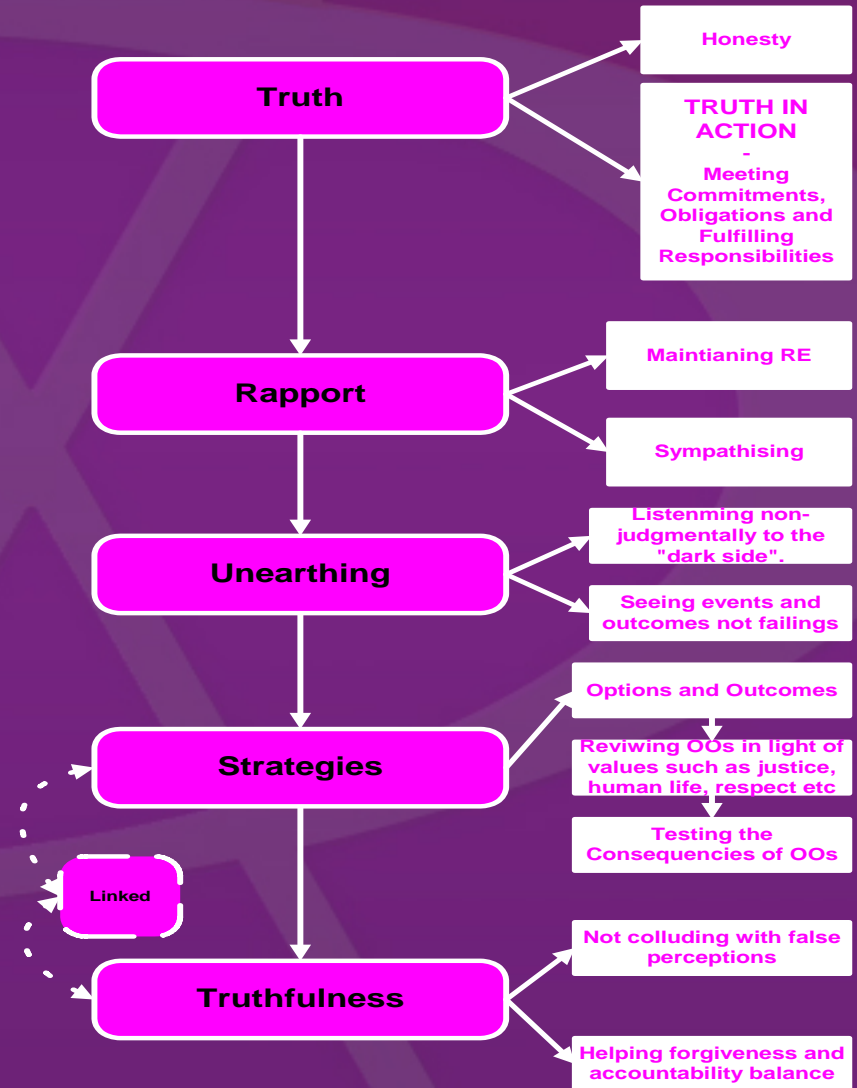


5 Steps to Friendship

Trust appears to have some of the 5 (five) elements shown on the right.

Each element has aspects which friends need to enact in order to build trust and a closer and more meaningful friendship.

Real and enduring trust is underpinned by confidentiality based on being truthful to one's values.

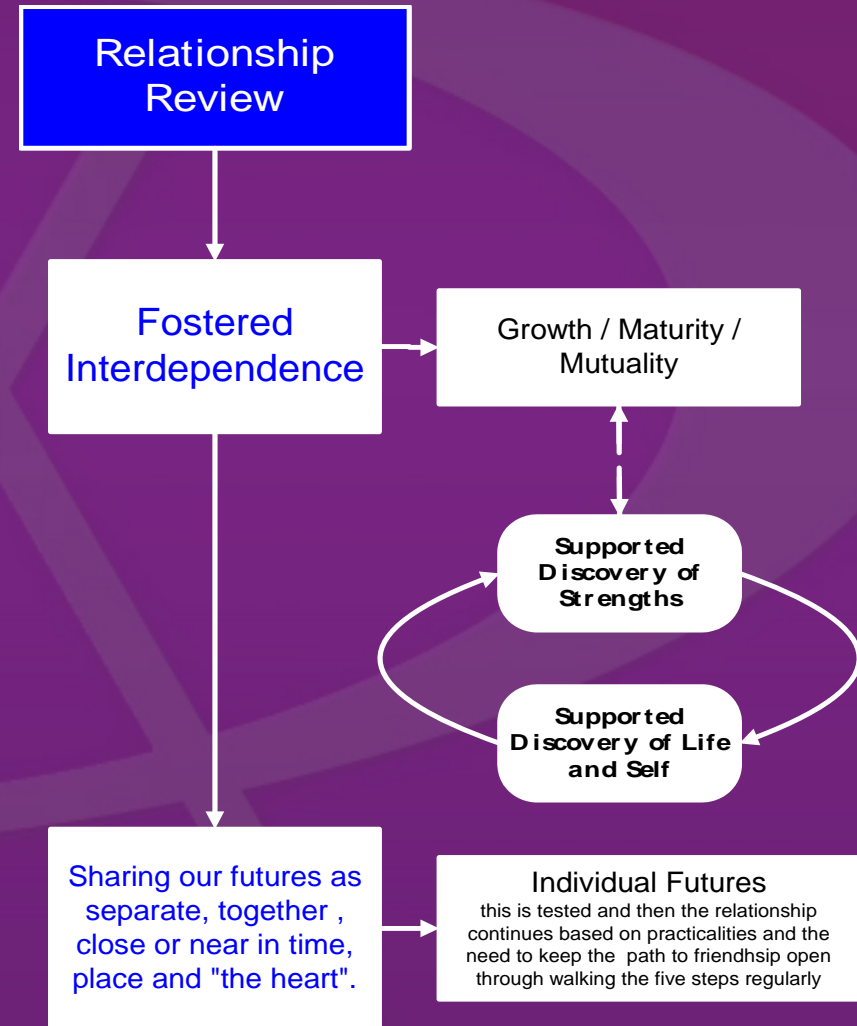


5 Steps to Friendship

Friendships have a time and place and are healthy if they are reviewed by both parties in open and forthright ways.

Honest and healthy friendships foster Interdependence undergo review to test if there is still a shared future.

Reviewing a friendship need not be traumatic nor regulated. It can be a gentle reminder of the best the friendship offers and the capacity of both parties to sustain the time, place and emotional commitments required to stay friends.



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This ends the 5 Steps to Friendship which is only a guide to help you see what you have, get what you need and give what you can in a friendship. It is no substitute for professional advise on relationships but can give you some pointers that will help you build and sustain friendships.

The key is for everyone in a friendship to give and receive common elements so that they both give and get what they need from the friendship.



5 Steps to Friendship

The 5 Steps to Friendship is also to be followed by 8 Insights to Intimacy, a guide to closer and deeper relationships, relating and love.

8 Steps will appear on the Kinematic website SOON!

<http://www.kinematic.com.au>

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