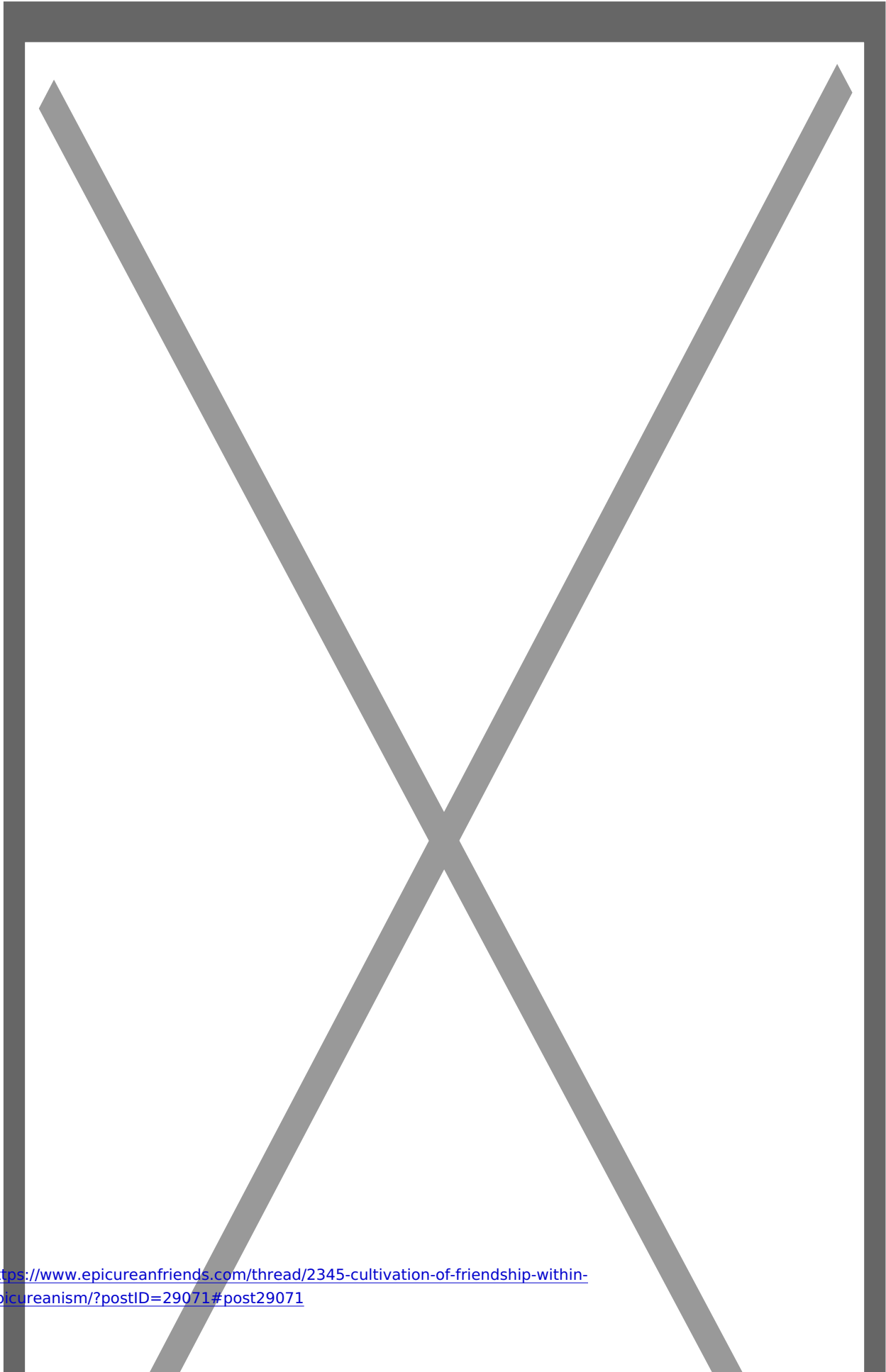


# **Cultivation of Friendship within Epicureanism**

**Post by “Kalosyni” of February 5, 2024 at 9:43 PM**

This article has some good tips (and this is the source which I referenced during tonight's First Monday Zoom):

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<https://www.epicureanfriends.com/thread/2345-cultivation-of-friendship-within-epicureanism/?postID=29071#post29071>

## [How to Keep Adult Friendships](#)

Learn more about adult friendships, why they're good for your health, how to nurture friendships, how to reach out to friends, and what to do if things go bad.

[www.webmd.com](http://www.webmd.com)

Quote

### **How to Be a Good Friend**

To keep your relationships strong and healthy, be a good friend. Healthy friendships are reciprocal, with plenty of give-and-take. "Be as good to your friends as you want them to be to you," Cazeau says.

Try these tips to nurture your friendship:

**Be a safe space.** Give your friend the freedom to express themselves. "Being a safe space where your friend can share and vent without any judgment can be vital to their mental health," Cazeau says. Try not to jump in with solutions to their problems. Your friend may simply want to talk about something that's on their mind.

**Be present.** Make the time you spend together count. Put away your cell phone. Avoid distractions. Ask questions, and be an active listener. Engage in the conversation. Use good eye contact.

**Be kind.** Small acts of kindness add up. Tell your friend how much they mean to you, Cazeau says. Celebrate their wins. Remember their birthday with a card or a gift. Try to avoid criticism and negativity, which can pull a friendship down.

**Open up.** Sharing feelings and experiences brings friends closer by creating intimacy. Show your friend that you trust them by talking freely about what you think and how you feel. This can make your connection deeper.

**Be reliable.** When your friend knows that they can count on you, it keeps your relationship strong. If you flake out on plans or don't keep their secrets, it will suffer. Show up on time when you have plans. Do what you say you'll do. And keep confidential information to yourself.

**Curb competitive feelings.** "Try not to compare yourself to your friends," McCrink advises. "This can be really tough, but it's poisonous to friendships."

In her 20s, when many of McCrink's friends got married, she started to feel uncomfortable about being single. "It consumed me to the point where I rushed into a marriage that wasn't right for me," she says.

Instead of making comparisons, be your friend's cheerleader. "Embrace where you are in your own journey and lift your friends up to keep the relationships strong," McCrink says.

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