

CHOOSE TO THRIVE



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**RELATIONSHIP
EVALUATION**

Relationship Evaluation

Who are these people we surround ourselves the most with?

**YOU ARE THE
AVERAGE OF THE FIVE
PEOPLE YOU SPEND
THE MOST TIME WITH
-JIM ROHN**



by **Rob Duffy** on September 11, 2017

It has even been said that we are more influenced by our friends than by our own parents in life. This shows us how important it is to choose our friends wisely because the amount of influence

they have on our character and the person we become is perhaps the greatest of all the people we will interact with in life. Our peers are the ones that we want to show our best sides to and impress the most.

We should consider the things that originate from what we experience in our friendships and bring with us into later life. What types of beliefs about friendships have hardened and solidified around the idea of friendship and are they limiting to who can become in some ways? Beliefs such as, 'friendships are never smooth and always take hard work to maintain', or, 'we can never really totally trust friends because they eventually hurt us'. Is this something you believe? Do you have any special beliefs about friendships that you are aware of that might not be serving you any longer?

Do you believe that you must remain friends with people forever once you have had a deep relationship with that person at some point in your life? I would urge you to think hard on this question.

Think about some potential deal breakers to friendships that would challenge your friendship with a person, were they to engage in some

actions that you found ethically challenging. Are there any deal breakers for you?

Perhaps a violent outburst or a morally reprehensible act which is opposed to your values, how much would it take for you to question a relationship and what does this say about you if you have no boundaries in that regard?

What if a friend holds you back from achieving your full potential? How would you be able to sense this is happening? What if a friend resents your growth mindset and wants you to remain the person that you have always been to them? What if they do not like the person you are becoming? Is this something that you would consider unacceptable in a friendship or would you give up on your own desire to grow just to please your friend's preference for the person that you have always been to that friend?

Is there a way to respectfully step out of friendships where the mutuality of mindset isn't obvious? If you have begun to grow in some areas of your life which are exciting for you and the friend isn't interested in joining you on the journey, this is fine. You have the choice to spend your own time in any way you wish yourself.

A question to ask yourself is, are you missing out on networking opportunities with people who are interested in things that you value? Are your friendships the variable that potentially holds you back from attending events or some of these networking opportunities?

Are your primary purpose and core values in life deeply supported by your friends and those around you? This question can be easy for many people to give their friends the benefit of doubt. We might allow our bias to dictate how we answer this question because we want to believe our closest friends do have our backs and that it isn't only a one-way relationship. Let the evidence decide the answer to this. What evidence have you got that shows that they are always there for you when you need them? What evidence have you got that shows that they were not there for you in your times of need?

This question will test your ability to be honest with yourself and even if the truth is uncomfortable, having an honest reflection about your relationships is vital if you want to have relationships that work for your best interest in your life which will enable you to thrive.

Exercise

(Ponder these questions and notice what your emotional reaction to them is)

1. Do your friends help you to feel fulfilled, emotionally and intellectually?
2. If so, can you think of specific times where each of your closest friends has made you feel these ways?
3. Do you feel comfortable around them and can you tell them things that are sensitive and important to you?
4. Can you recall specific times when you felt comfortable letting them know about your sensitive and personal information?
5. Have you got one-purpose friends who you see in certain contexts or do your friendship bonds cross many interests?
6. How do you feel about having some friends in one realm and some in others?

7. What is your idea of the perfect friend and what does that relationship look like in your mind?
8. How meaningful are your friendships?
9. What would you lose from your life if those relationships went away?
10. How hard do you think it is to cultivate new relationships with others?
11. Do you enjoy making new friends?

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