

# FRIENDS Foundation

The Building Blocks Of A Budding Social Network

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# **Chapter 1**

## **Introduction**



No man is an island.

That may sound a cliché but it definitely holds true to everyone – to you, to me, to them.

Remember the first man God has made? He was Adam. He lived alone for a while- the length of time we do not know. However, God saw that he was sad and lonely. He was the highest creature that was made. He had everything he wanted. Yet, he was not happy. Why? It is simply because life without other people is not worth living.

Imagine yourself in Adam's place. You've got all the food you want to eat, beautiful places you want to go, and money you want to spend. You have everything you want to have, and you are going to make use of them- alone.

Perhaps, it was not easy for Adam. And God saw what was missing in his life. Another human being was created to live with him and journey life's highway with him. He became happy. He became contented.

That is also the scenario in our lives. We may have everything we need even what we want. But, there got to be people in our lives whom we can share our lives with.

The fact is that, we were created sociable. Not only does it apply to people before. Until now, it still remains the same. Being sociable is not something we can avoid nor hide. It is in us and all we can do is accept it and make it work for us.

Yes, man can live alone. In fact, a lot of people nowadays are independent. They have a house of their own, earn real cash for themselves, eat alone, and

sleep alone. But despite that, they still have people around them whom they consult to occasionally. They still get to mingle with others at times. They still converse with people once in a while. They may say they are alone, but not most of time.

We all need friends.

Friends are those people we are comfortable with. Those we can chat with and hang-out a lot. They are the ones whom we get to relax with when we are so stress from school and work. They are those who offer help when we desperately need it. The ones we can rely on and trust our secrets to.

However, we need to consider that people are not the same. Our traditions and beliefs may not coincide. Our thoughts different from them, our like and dislike may not be the same – so as friendships.

Basically, friendships are not the same. Because people are unique in every way, our friends also vary. Our kinship with people is of different levels.

Some are true friends, some are not. Some are your friends only when you have money. Some are just your hang-out friends. Others are just visiting friends. But the fact is that, they are still your friends.

They may not be the same, but you are still able to share your life with them in different aspects you can ever think of. Indeed, you can't make it alone.

Perhaps you want to build friendships with a lot of people but is having difficulty around.

This eBook provides you with tips, ideas and advices you can use to gain a lot of new friends.

Friends are everywhere; you just have to know how to handle them well.

# **Chapter 2**

## **Baby Steps To Making New Friends**





First impression lasts.

In making new friends, your disposition and manner of getting along with people at first meeting most of the times matter.

A smile always captivates a person. Not only does it brighten your day, but most importantly, it gives the new people you meet a hint that you are friendly and approachable. Based on observation, those people who are not smiling are perceived as strict and closed type of people. Thus, don't forget to wear your smile every day.

Being well-groomed is also liked by a lot of people. A person who doesn't know you will always look at your outward appearance. After looking at your face, your clothes and dress up will be the next thing to be observed. If you are always seen dirty and not well-dressed, people will not be interested to make friends with you, except for few who like dirty-look. Otherwise, being clean and fresh is mostly desirable.

As you start a conversation with someone new, always maintain a good eye-contact with that person. By that, you will be sensed as someone who is sincere and a good listener. People always want to be listened and by simply lending an ear attentively, that person will feel respected.

Giving compliments to people will also increase your degree of being treated as a friend. Somehow, it gives the person you are talking to sense of belongingness and value. When a person is discouraged, a compliment remark always gives comfort and encouragement.

Showing your interest in other people is also an effective way of making friends. Focusing on them will make them feel that you are concerned with them and that you are indeed a potential good friend they can count on.

Having a balanced emotion at hand gives people an impression of your maturity as a person. Hence, it would be good if you are always watching on how you carry your emotions whatever situation you are in.

These are only few of the ways how you can gain new friends. There are still a lot of things you can effectively do to befriend new people. However, you don't need a long list of these steps. So long as you master and apply these steps appropriately, lot of new friends is just around the corner.

# **Chapter 3**

## **Where To Expand Your Social Network**



Having a large circle group of friends increase your social value in the community as perceived by people. Not only that. Belonging in a big social circle also allows you to have a wide range of finding a potential lifetime partner.

Statistics show that more than 75% of the world's population found their spouses within their social group. We must admit, developing a romantic relationship inside a circle of friends as far easier than going outside and meet other strangers.

Perhaps, expanding your social network is a must do. You can get started here.

***Enhance your status of friendship with the people you know.***

Somehow, strengthening your connection with your current friends is easier and more convenient. You don't need to exert much effort. Instead, you just need to develop your bonding with them to get closer in each step of the way. In your social circle, there are possibilities that there are still number of your friends who don't know about the other people in your group of friends. In this case, you can serve as connectors for them to get in touch and connected. You can also initiate surprises and other activities that your friends will find thoughtful and sweet. You can organize birthday parties for those who are celebrating their birthday. Or, you can also set up a party for your friends to reunite. Doing simple things to special people matters, just make an effort to do so.

***Build friendships with new people.***

No doubt, meeting new people and reaching out to them is an effective way of expanding your social network. It doesn't guarantee you an easy journey to gain new friends from the outside. Not all people want to make more friends. Some are much closed type. But you have to accept rejections and uneasiness. Don't engage on these things more and don't let it get the worst of you. Simply be flexible and learn to mingle with different types of people well. Soon, you will befriend some and enlarge your social circle.

# **Chapter 4**

## **Making Friends On The Cyberspace**



### **Meet new friends in the other world**

Yes, there are other avenues where you can build friendships. Another world of active people is available for you to find friends. It's not the world after death. In fact, this world is full of life. It is open for you 24/7.

The Internet offers a lot of options you can choose from to meet new friend and get connected with them. They might not be as strong as friendships in the real world, but it surely is an exciting opportunity to make friends with different people all around the globe. You just have to explore it and potential friends everywhere you can get along with well.

In this modern world today, it would be alright to assume that you have already a lot of experiences surfing the internet. With this, you have surely experienced making friends online already. The fact is that they are everywhere. You can always meet them online and start building good friendship with them.

Social networking sites are now widely used to get connected with people all around the globe. Hence, you get the chance to meet new people and befriend them in the easiest and most convenient way. The most popular networking sites are Facebook, Twitter, MySpace and many more. You don't need to know these people by names. The friends of your friends can help you get connected with new people fast. Also, these sites are providing you friend suggestions. So, you don't really have to worry much. Indeed, these are the best places for you

to interact with people who have same interests as you do. You get to learn from them and relate to their likes as well as dislikes. What makes these sites more interesting is that they allow you to view the profiles of your newly met friends. By this, you will be able to grasp a glimpse of their lives and background. When you like their profiles, you can send them an invite. It's up to them to accept your invitation or reject it. But most of the times, your invitations get accepted easily. Enjoy adding friends and get them on your list.

Blogging is also an effective way to earn friends online. Your blogs commonly contain your personal thoughts over things and all other ideas you wish to post in your blog. Well, readers can read your postings. When people like your blogs, they will start following you in any posts you create. Reading your writings will be followed by them commenting on your written topics. Then, commenting will progress to talking to you more often using other means as well. By that, you can make friends with them using your own blogs. The good thing about blogs is that the people you meet really like your writings. Hence, getting them like you as well will be easier and more convincing.

Another means of getting connected with people is through YouTube marketing. It is already popular now and it allows people to go to you directly when they are interested in your video. All you have to do is post a video that will catch their attention and eventually come back to you for more.

Indeed, you can have a lot of options to choose from in meeting new friends in the internet. The more you use it, the more likely you will find ways to get connected with different people all around the globe. You will be amazed at how it is possible to befriend a lot of people whom you don't even know by name. Furthermore, you can learn from them a lot of things and they might even be of help to you in any way they can. You too can influence them. However, it will require you more effort to accomplish that since you don't know each other that much. Anyway, don't count the effort you make, count the friends you are able to have instead.

### **Friendships online is different**

The friendships you are able to build online are different from the friendships you have with people you physically interact daily. This is because they are



coming from different face of the earth. Your religions and traditions are not the same. Your beliefs are different. Your perspectives differ largely. More likely, you do not have something in common. Because of this, it will be harder for you to mingle with easily. You really need to work on it. It doesn't happen in an instant. But, you can do something to bridge the gap.

Another thing is that you have never seen these people personally. They may have pictures in their profiles, but their pictures do not necessarily give the whole idea of who they are. You don't have any knowledge on how they think about so many things; how they react, perhaps; what they hate; what they like most; there are still a lot more things you don't know about them. So, you need to be careful and it will take you an extra mile to get things well with them.

Also, trust is difficult to build in the online environment. Nowadays, a lot of people are already using the internet to promote bad and immoral things. You don't know 100% if the person you are trying to make friends with is noble and sincere in the intention of making friends with you. You don't know the back of their minds. Thus, it makes a whole lot different case meeting with people in the real world.

Of course, it's not only you who finds it hard to trust. They too are keeping themselves a little reserved to ensure their safety as well. They do not know if your intentions are really good. They still need to find it out for themselves.

Mostly, when you are making friends through the internet, both of you tend to communicate more in the general way. This happens because of the trust issue that is creating the gap between you. It is normal and it does make sense. You have to understand them the way they also understand your side.

It might be difficult at first. But once you have gained their trust as well as them getting your trust, creating a sincere friendship will make itself through.

# **Chapter 5**

## **How To Make Friends In Social Events?**



People love to go to parties and other social events. It is the best time for reuniting with old friends, mingling with current social circle and of course meeting new acquaintances potential to become friends. However in these gatherings, negative information also has the chance to penetrate and this can greatly affect your bonding time with friends. To avoid this, there are ways you can do while not compromising the time to enjoy and have fun with your friends.

When they are starting to bring up certain issues and gossips that are not helpful, you can always redirect the topic into something more valuable and interesting without someone getting hurt. However, how to do this in a friendly way is what probably makes it difficult to do so. In these cases, you have to remember that they are your friends and that they want you to listen to their concerns as well. Then, find ways to be able to drop the issue when they are done without their notice, into other promising topics. By this, you will sustain a healthy conversation with them all along the social event.

If you are the one initiating the event, you are the one responsible to get the ball rolling. You need to entertain them well and get them enjoy the whole social affair. You are the one who will initiate conversations as well. Think of great ideas you can talk about. Think of enjoyable activities you can do with them. Always seek to make their time worthwhile as they attend your social event.

Don't get your invites bored. Prepare ahead of time how your event will look like and set up everything you need. Also, as the initiator, be careful to choose

topics you converse with them. Don't entertain gossips as well as don't be the one to tell a gossip to them. Bring humorous is an advantage. By that, you will be able to maintain an exciting mood with your friends.

If the situation is the other way around and you are the invited guest, you are responsible for the conversations you join yourself to. Just get yourself relaxed and listen more to people and talk less. By this, you will not only tire yourself from all the talking, but also create an impression for yourself that you are interested with them.

A lot of people want to be listened. Perhaps, you too would want that. When we are the ones talking, we want everybody to lend their ear to us. However, when it is time for others to talk, we have the tendency of neglecting them and don't listen to them attentively. WE should avoid this to happen. Instead, let us give our friends our time to listen to them when they have something to say. Take it as an opportunity to learn from them. Make the most of your time to enjoy the event, learn and get along with people well.

Social events can be really fun. They also give you the opportunity to improve your social skills in dealing with different kinds of people. They can also learning experiences for you. So, enjoy attending social events and don't miss the chances of getting along with your friends. The important thing is that you are able to handle yourself well with respect to other people around.

**Chapter 6**

**Tips For**

**Strengthening**

**Friendship Bonds**



Building great friendships doesn't end once you are able to meet a new friend. Rather, it requires follow up in such a way that you get to continue your friendships and develop into a closer connection between you.

Continuity of friendships doesn't happen all the time. It takes a common ground for you to be able to find the reason to pursue your acquaintance into a higher level of friendship.

When you see you have common likes on things, make use of it to allow furtherance in your friendship. Perhaps you like music, painting, dancing, travelling and other hobbies you want. You can make use of it to enhance your relationship as friends.

You can invite them to an activity related to your common interest. Maybe you have the same favorite rock band. You can get along with them in your favorite band's concerts and other gigs. Here, you will not only enjoy with your favorite band, but also to strengthen the friendship that was created.

You can also get in touch with your new friends using the latest communication innovations today. You can give them a call, or send them messages and you can even chat with them. It is important to make sure that your communication is doing well and good.

There are already a lot of options now that you can use in communicating with them. You can see them once in a while to hang-out. If the busy schedules don't match, you can email them or text them as they start their day ahead.

You can video call them if you want. Make use of the technologies we have now to get a hold of them once in a while.

It would also be a good idea if you invite your new friends to your gatherings. It will somehow give them an idea how you deal with people especially the new ones. Getting them involved in your current group of friends will boost their confidence in you. Also, it will help them build friendship with other people in your social circle.

# **Chapter 7**

## **Conclusion**





The world population is growing. It may not be favorable for some. But definitely, that is something you can be happy about.

People are getting numerous and you have many chances of finding people whom you can consider as friends.

Friends are very important in our lives. They are there to help us and support us every step of the way. They are there to comfort us in time of frustrations. They are there to offer us financial help when we are running short of our budget. They are there to scold us when we do something wrong. They are there to laugh with us, cry with us, get angry with us and live life with us.

Friendships that last are built. They are developed along the way. Friends really do exist. That is something we can guarantee.

Here are final advices for you as to seek to build friendships that last.

### ***Be friendly***

You want to have a lot of friends but you yourself is not friendly. That is quite ironic. In any way that you can, build an impression that you are friendly. Invite other people to your lives and you can only make that possible if you are willing to allow them to.

You can be friendly both physically and emotionally. Always smile to people a lot, mingle with them with hesitation, be considerate to them, be patient to

their flaws and accept them as who they are. By that, you will not only find friends, but also people who will stay by your side no matter what happens.

### ***Choose your friends***

This may sound very exclusive, but this is equally important as being friendly.

Perhaps you have heard the saying, “Tell me who your friends are and I will tell you who you are.”

If your friends are not good, they can influence you as well to be like them. That is why you should see it important to retain your good friends.

Well, you can still interact with different kinds of people. That is not something we will take away from you. The only thing that matters is how you make a decision of sustaining a friend in life. Choose wisely. Your decision determines the person you are.

### ***Stay friendly***

There are times when people seem very friendly at first, yet change as time goes on. This should not be your case. Friendships are not only in the first few months you get along with them. And then after that, change your mind and unfriend them. All throughout your friendship, always seek to give them a friendly “you”.

### ***Love your friends***

Friends are human beings just like you. They also have emotions and personal difficulties. It is very important that you love them and accept them as they are. Celebrate with them in their strengths and understand their weaknesses. In the end, nobody is perfect. Loving them will let them feel special and important. Build your friendship with love all the way.

### ***Treat them right***

It is also important that you treat them right. They are not your servants whom you can command everything you want. They can help you but don't overuse them. Never take advantage of them. Treat them right.

Don't limit yourself when it comes to friends.

As what I have said in the first chapter, friends are everywhere.

Don't just spend your life. Live it. Love it. Make good things happen together with people you can count on.

Break the walls that hinder you from connecting to people and befriend them. Don't overprotect yourself from others. Don't think you don't need other people, because you do. Instead, build bridges that will link you to them. This world is not made for you alone. Consider it pure joy to get along with others.

I hope this eBook has helped you a lot to deepen your understanding about friendships. May this be a start of your journey as you seek to find people in your life that you can confidently call as "friends".

Wishing you only the best!