

Relationship *Home*Work

Topic: Can Men & Women Be Friends?

OBSERVATIONS

1. Think of a friend of the opposite sex, what was added value of his/her being from the opposite sex? How was that relationship of more value to you than a relationship of the same sex?
2. How was the relationship different by virtue of it being with someone of the opposite sex?
3. Examine your current friendships with members of the opposite sex. What are the expectations that you each have of the relationship? Take inventory--examine those relationships and determine how they fit into your life—are they platonic, colleagues, romantic, friend with benefits, etc.
 - Are there elements of any of these friendships that make you uncomfortable?
 - Are your boundaries being crossed in any way? If so, which boundaries? What steps will you take to reestablish your boundaries?
 - Is there anyone for whom you are “pining”? Are you waiting around for that person to be available to you as more than a friend? What expectations do you have of your platonic friends?
4. If you do not have any friends of the opposite sex, examine why such is so. What keeps you from this type of relationship? Is it your culture, past experience, your generation, etc.?

PRACTICE

1. Have a conversation with each of your platonic friends regarding their expectations of you and you of them.
2. If you desire male platonic companionship, look for places that allow you to meet others who share your interests.