
















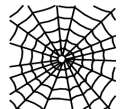


Making Friends As An Adult

-  Go someplace where people with shared interests will be
-  Assume people like you
-  Ask someone a question about themselves
-  Share something about yourself
-  Extend invitations (coffee, dinner, taking a walk, art show, anything you already planned to do)
-  Accept all invitations (at least once)
-  Do a small favor, ask for a small favor
-  Be patient










Meeting Friends As An Adult

-  Exercise class or club: yoga, running, biking, tennis, martial arts, hiking, walking group, bowling
-  Take a class: art, music, chess, gardening, cooking, welding, archery
-  Join a church or spiritual group
-  Join a book club: find one at your local library or book store
-  Volunteer
-  Go to the dog park
-  Go to neighborhood food, art, or music festivals
-  Join a professional networking group



How To Keep Friends

-  Be there for friends in good times and bad
-  Put in your share of the work
-  Be reliable
-  Be a good listener
-  Remember important details about your friend
-  Be trustworthy
-  Keep in touch
-  Tell them that you appreciate them

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