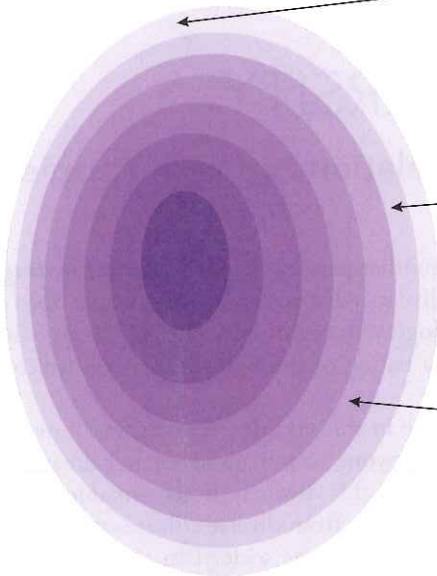


Figure 13.5 The Third Layer



Outer (Public) Layer or Insignificant Fact: What would you be willing to reveal?

To whom? _____

Second Layer or Informational Fact: What would you be willing to reveal?

To whom? _____

Third Layer or Highly Significant Fact: What would you be willing to reveal?

To whom? _____

RELATIONSHIPS WITH FRIENDS

How Can You Strengthen the Ties That Bind?

Think about your best friend. How did you meet? In class? Through another person? By chance? What was the force that brought you together? More importantly, what is the “glue” that holds you together? If you compare your relationships with your closest friends, you will probably recognize that honest communication, self-disclosure, and trust are paramount in these relationships. You can’t choose your family, but you can, and do, choose your friends.

So, why are friendships important? Friendships can bring a plethora of joys, including comfort, understanding, a loyal confidant, and a listening ear. They give you someone to talk with about happiness and sorrow, and someone to laugh with when things are funny. You can share your hopes and dreams and fears with good friends. Take a moment and list the qualities that you like in your close friends. Consider the emotional, intellectual, spiritual, and physical aspects of friendship.



*"The worst solitude is to be
destitute of sincere friendship."
—Francis Bacon*

When making new friends, consider adding people to your life who:

- Treat you kindly, fairly, and equally
- Bring new and different ideas and experiences to your life