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Creating Your Friendship Vision

Time: Approximately 60 minutes

Purpose: This exercise will help you and your friend see the potential in your friendship and clarify what you both value in a deeply satisfying platonic relationship.

Directions

1. Individual Reflection

- Each of you should take a sheet of paper and a pen.
- Working separately, write a series of short sentences that describe your personal vision of a deeply satisfying friendship.
- Include qualities your friendship already has that you want to keep, and qualities you wish it had.
- Write each sentence in the **present tense**, as if it is already happening.
- Make all your items **positive statements** (for example, “We support each other through challenges,” rather than “We don’t judge each other”).
- **Examples:**
 - “We laugh together often.”
 - “We are honest and open with each other.”
 - “We respect each other’s boundaries.”
 - “We make time to connect regularly.”
 - “We celebrate each other’s successes.”



2. Share and Compare

- Share your sentences with each other.
- Note the items you have in common and underline them (even if worded differently).
- If your friend has written sentences you agree with but didn't think of, add them to your list.
- For now, ignore items that are not shared.

3. Prioritize

- On your expanded list (including non-shared items), rank each sentence from **1 to 5** according to its importance to you:
 - **1 = Very important**
 - **5 = Not so important**

4. Highlight Priorities

- Circle the **two items** that are most important to you.

5. Identify Challenges

- Put a check mark beside the items you think would be most difficult for the two of you to achieve.

6. Create a Mutual Friendship Vision

- Work together to design a mutual vision for your friendship.
- Start with the items you both agree are most important.
- Put a check mark by those items you both agree would be difficult to achieve.



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- At the bottom of the list, write items that are relatively unimportant.
- If there are items that are a source of conflict, try to come up with a compromise statement that satisfies both of you. If not, leave the item off your combined list.

Remember:

The goal is to build a shared understanding of what you both want from your friendship, celebrate your strengths, and discover areas for growth—together.