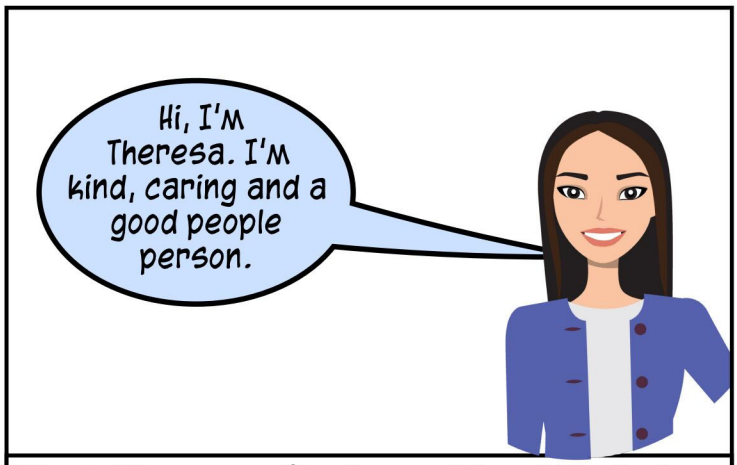
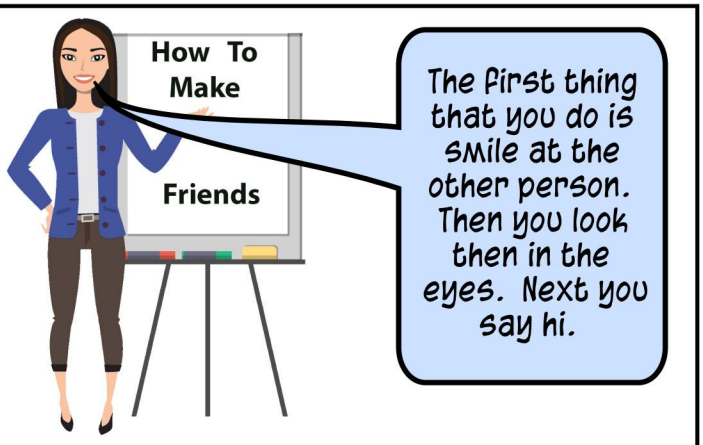
How To Make Friends



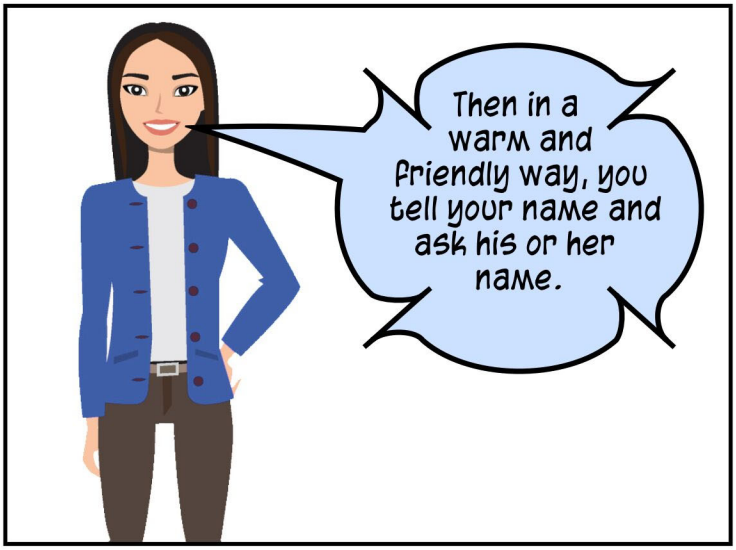
Meet Theresa. She has a Blue Mindset.

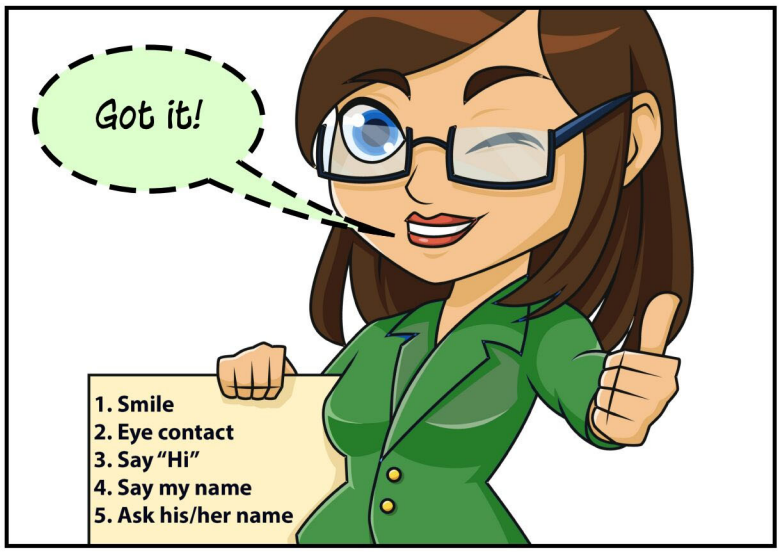
Meet Maria. She has a Green Mindset.

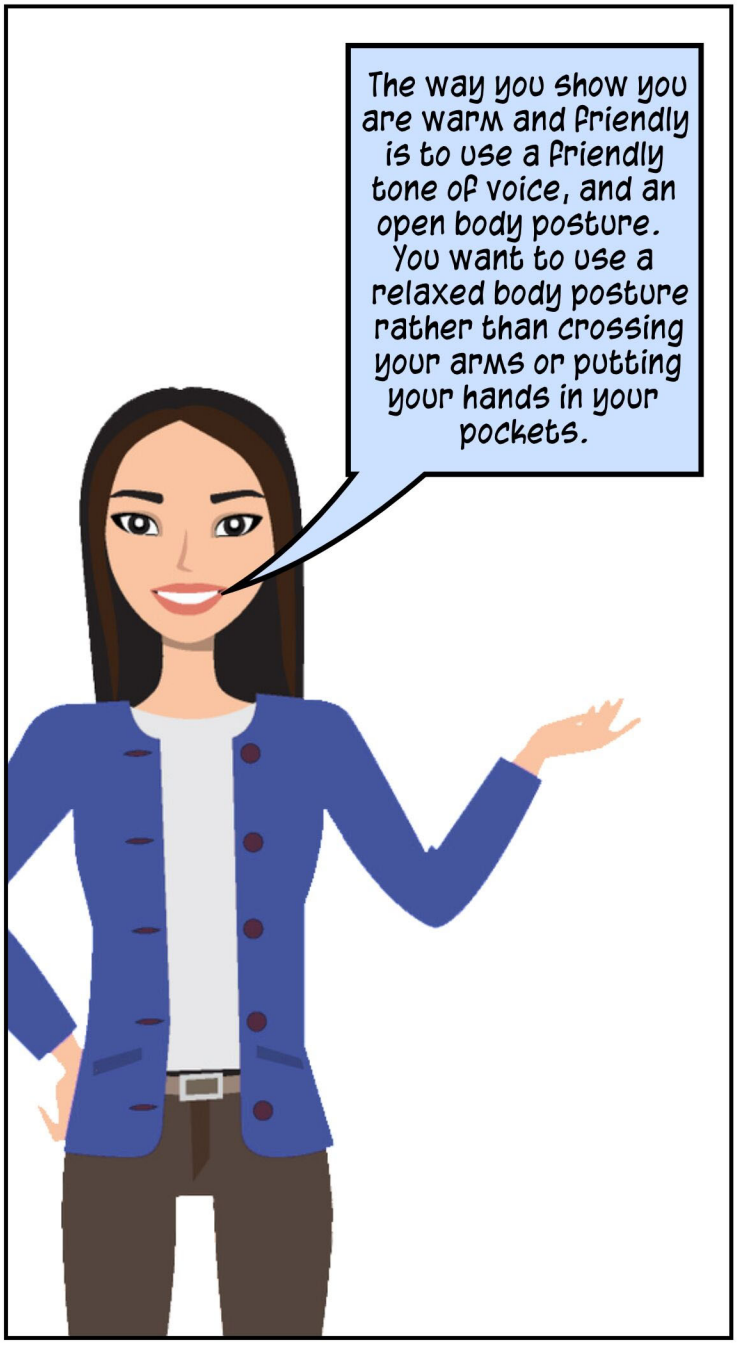


Theresa decides to teach Maria.

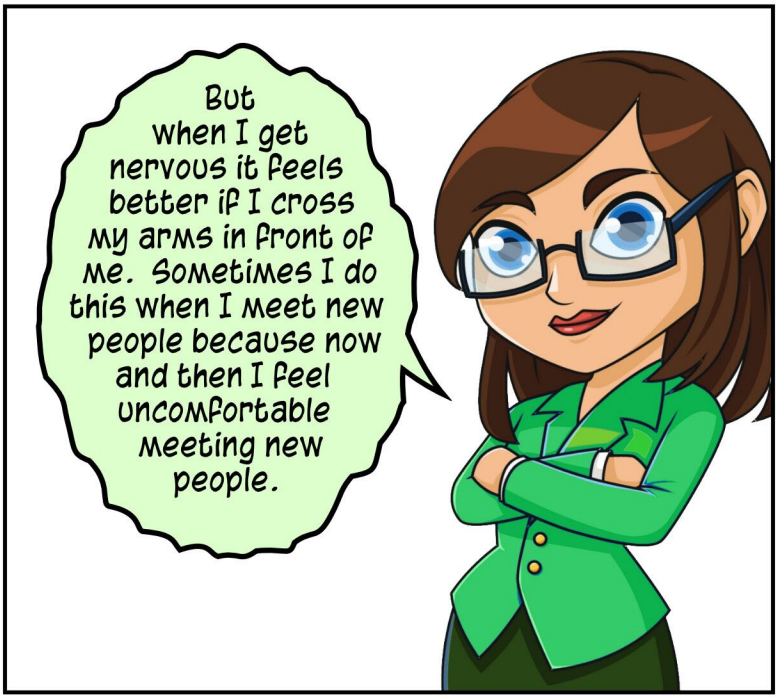
Maria thinks about what Theresa says.



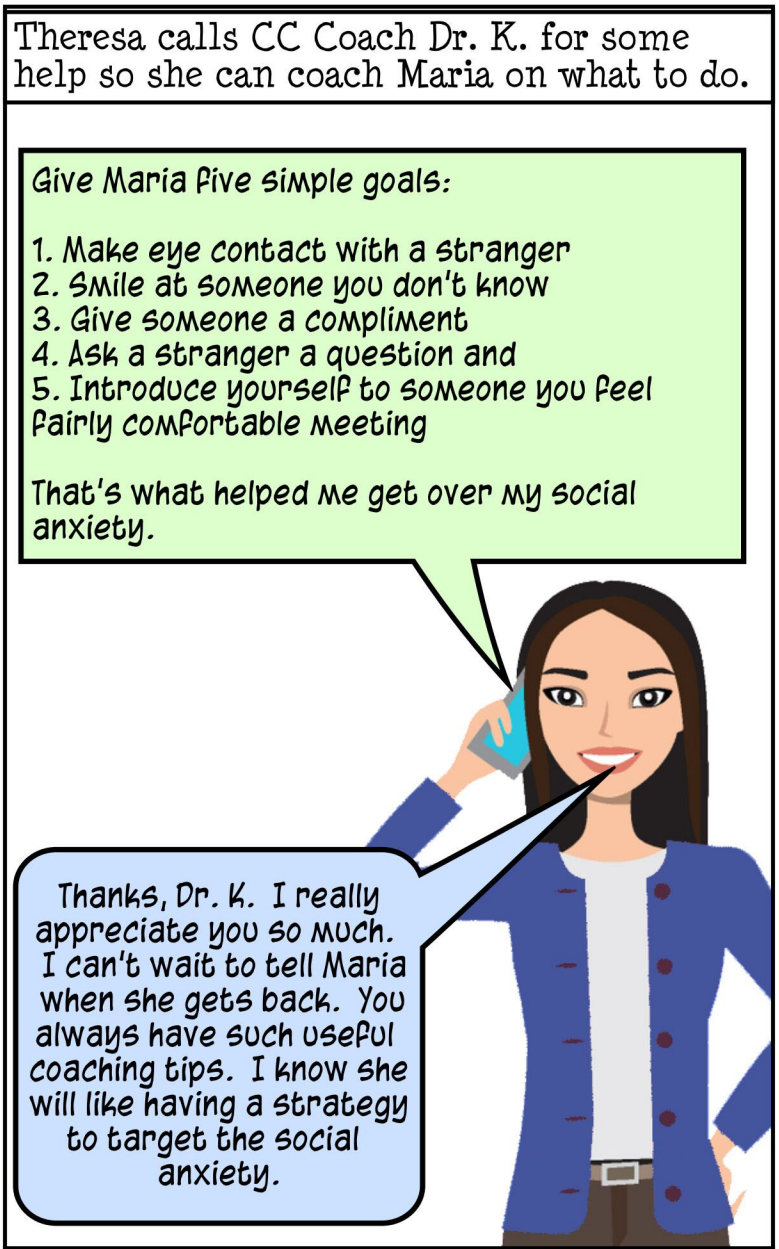




Theresa worries about what Maria says.

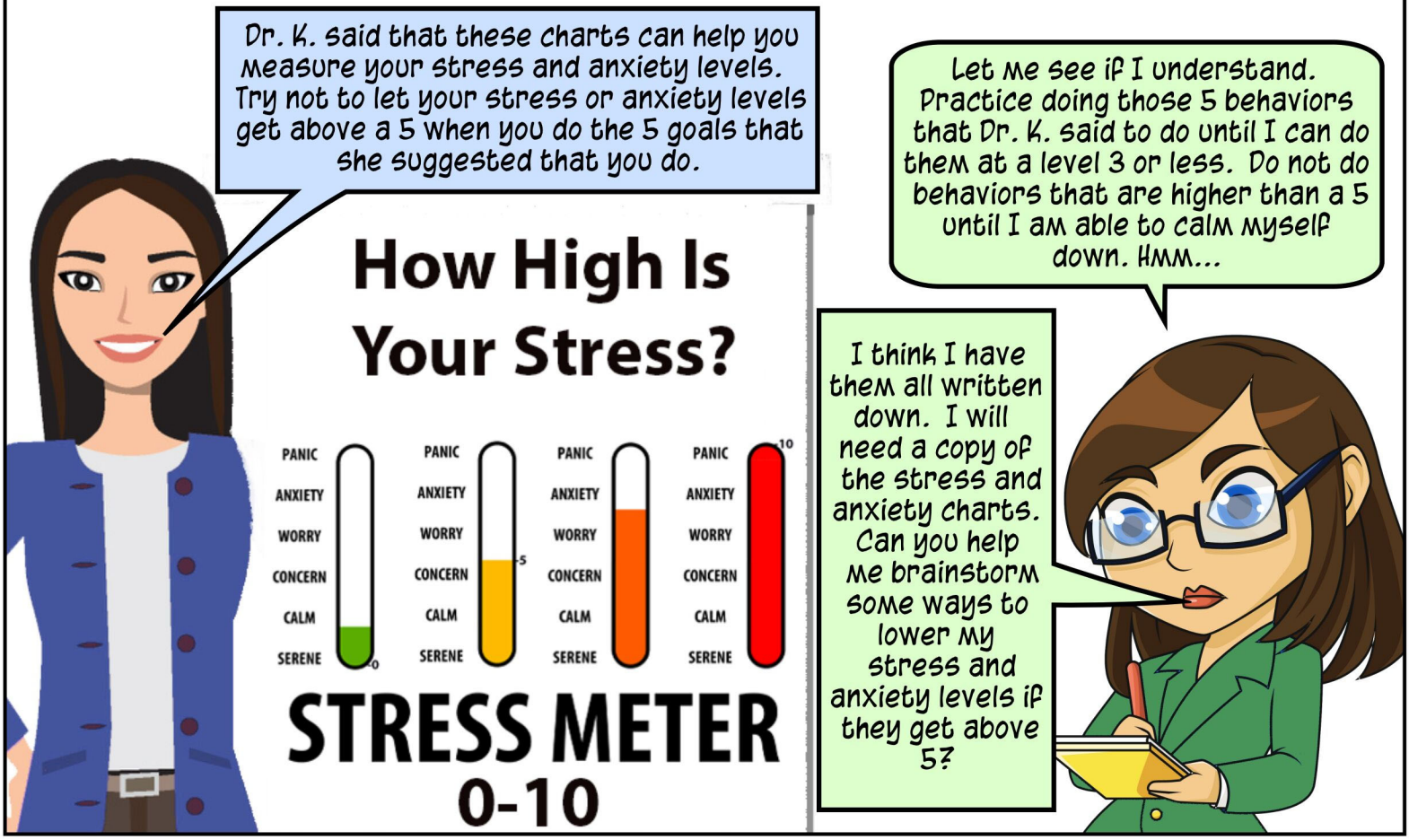


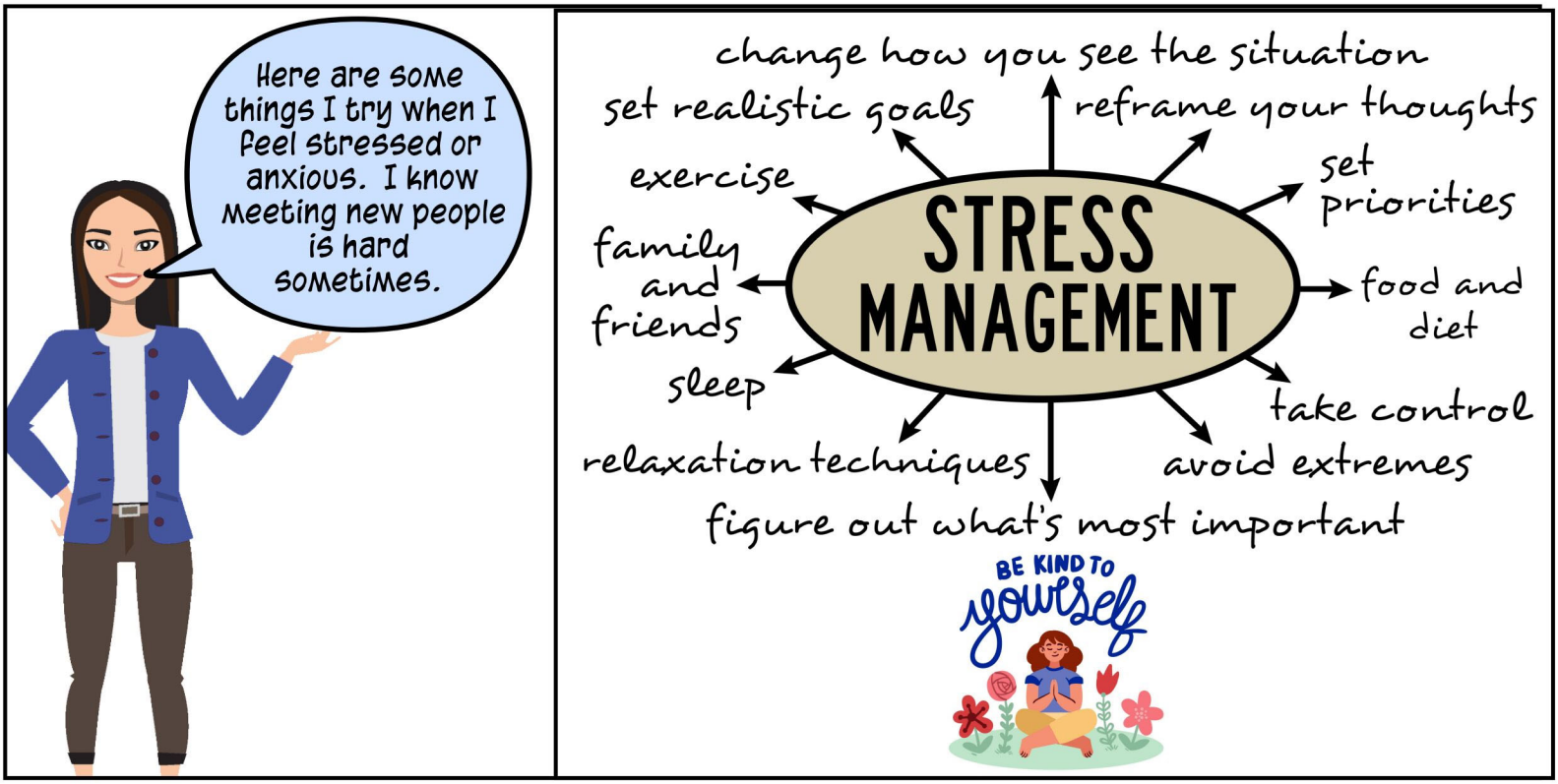
Theresa calls CC Coach Dr. K. for some help so she can coach Maria on what to do.

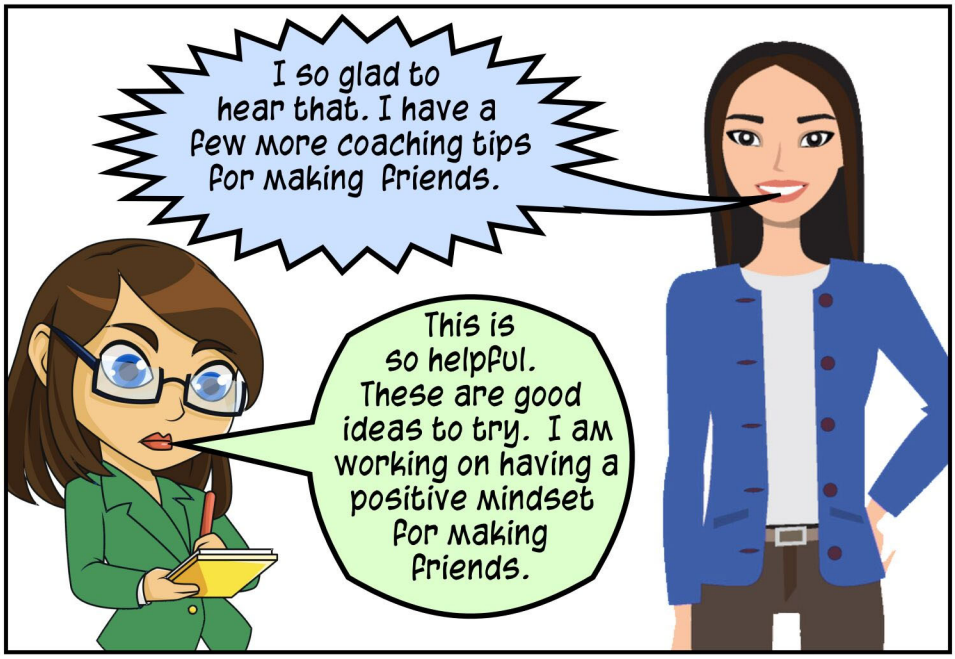


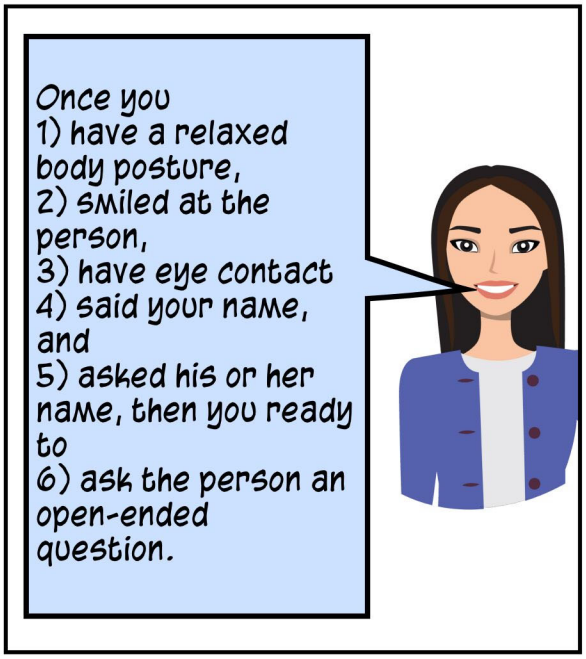
Theresa feels better for seeking knowledge.

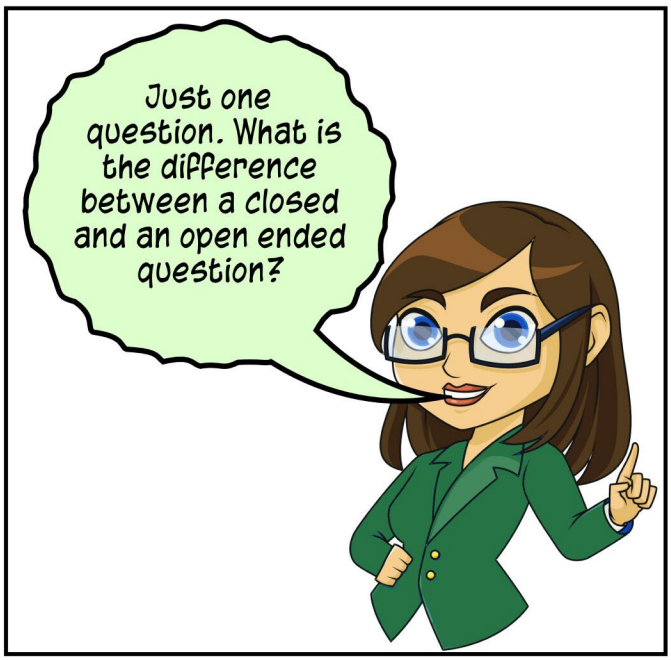
0 Anxiety Free	1 Very Mild	2 Discomforting	3 Tolerable	4 Distressing	5 Very Distressing	6 Intense	7 Very Intense	8 Utterly Horrible	9 Excruciating Unbearable	10 Unimaginable Unspeakable

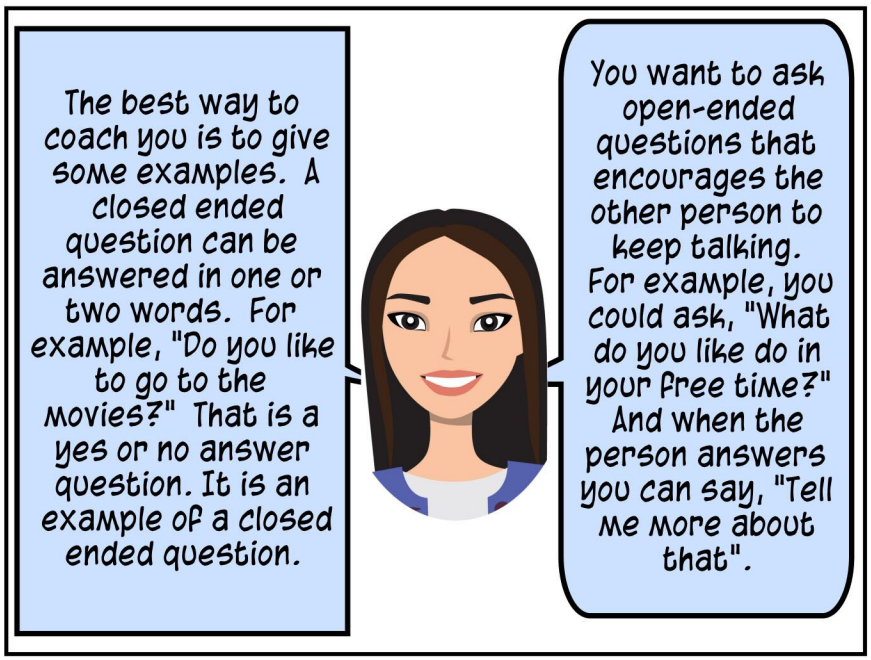


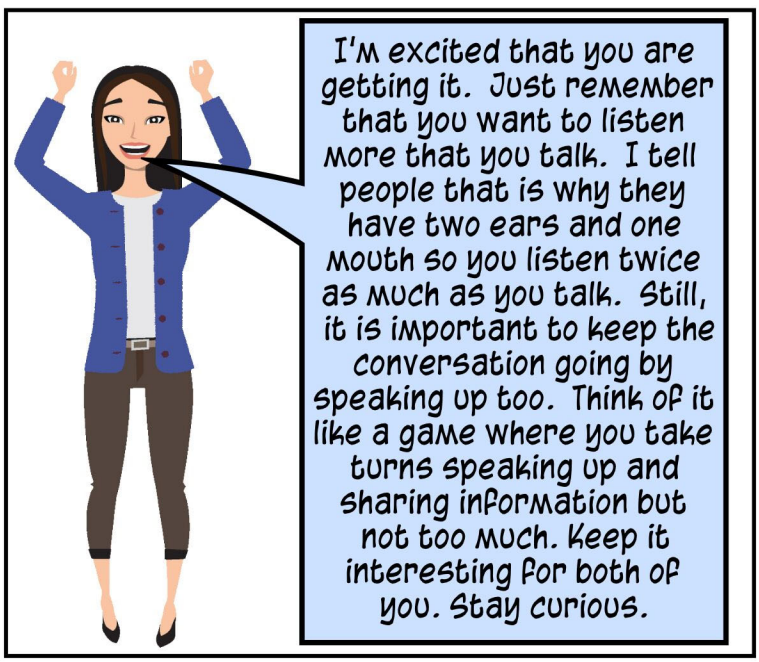


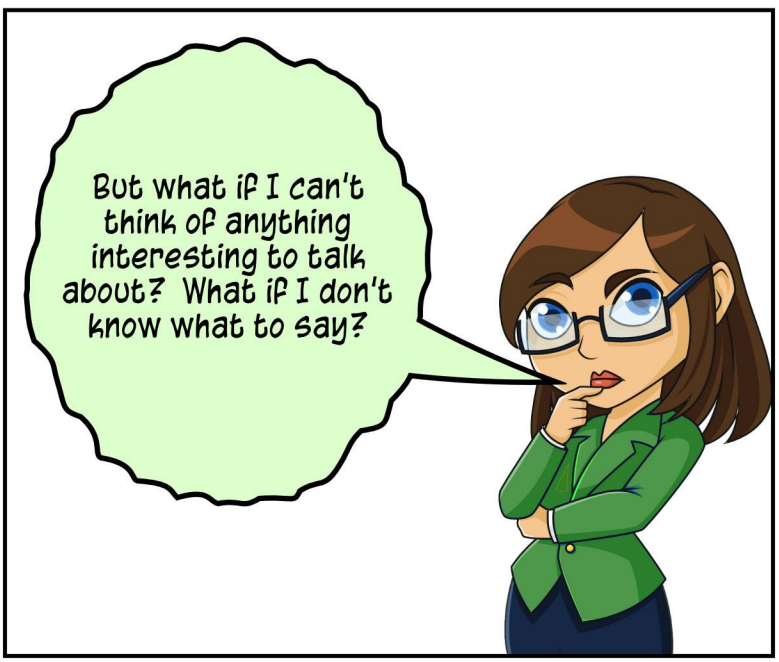

I so glad to hear that. I have a few more coaching tips for making friends.
This is so helpful. These are good ideas to try. I am working on having a positive mindset for making friends.


Once you
1) have a relaxed body posture,
2) smiled at the person,
3) have eye contact
4) said your name, and
5) asked his or her name, then you ready to
6) ask the person an open-ended question.


Just one question. What is the difference between a closed and an open ended question?


The best way to coach you is to give some examples. A closed ended question can be answered in one or two words. For example, "Do you like to go to the movies?" That is a yes or no answer question. It is an example of a closed ended question.
You want to ask open-ended questions that encourages the other person to keep talking. For example, you could ask, "What do you like do in your free time?" And when the person answers you can say, "Tell me more about that".


I'm excited that you are getting it. Just remember that you want to listen more that you talk. I tell people that is why they have two ears and one mouth so you listen twice as much as you talk. Still, it is important to keep the conversation going by speaking up too. Think of it like a game where you take turns speaking up and sharing information but not too much. Keep it interesting for both of you. Stay curious.


But what if I can't think of anything interesting to talk about? What if I don't know what to say?

People like it when you are positive. Encourage him/her to keep talking and show that you are really interested in what he/she is saying. You will make more friends by being genuinely interested in others rather than trying to get them to be interested in you. The key is to give the impression that this person is important to you and you value building a relationship with him/her. You do not want to come across as insincere, self-centered, or disinterested.

I will provide you with some topics to talk about. Don't forget to try and find some things you both like to do. We can practice these friendship skills if you think it would be helpful.

Theresa continues to coach Maria.

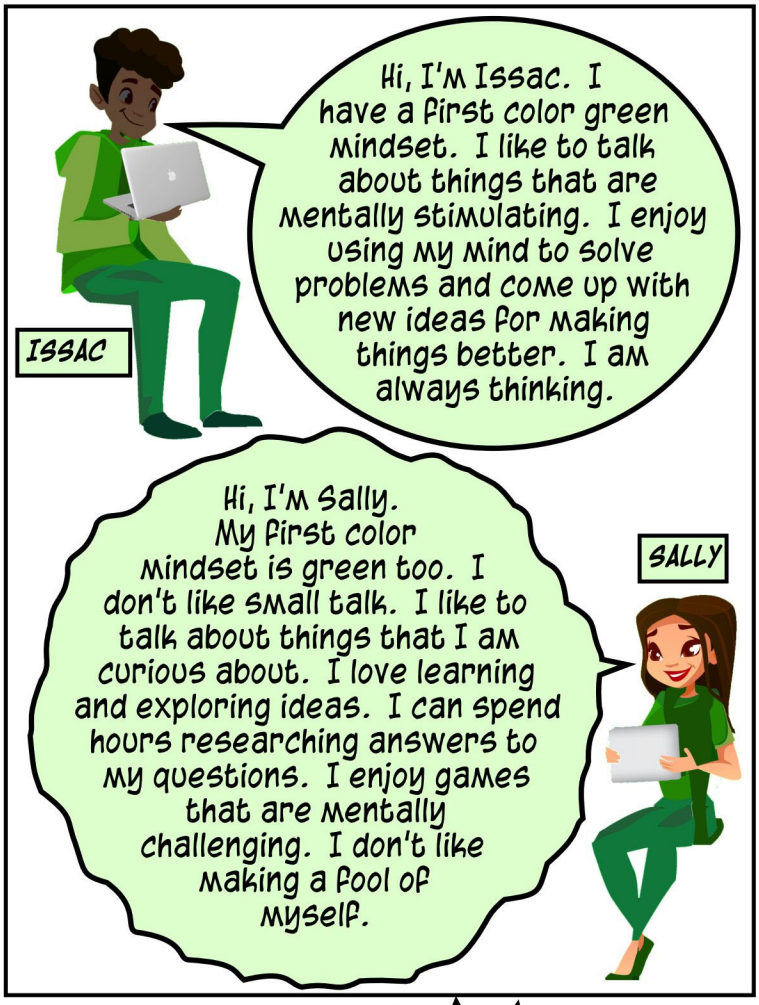
This is so helpful. I really need to practice my friendship skills. I am going to create a reminder sheet of topics to help me have some ideas of what to talk about. I will also try to find out what the other person and I both like to do. Maybe we can find something fun to do together.

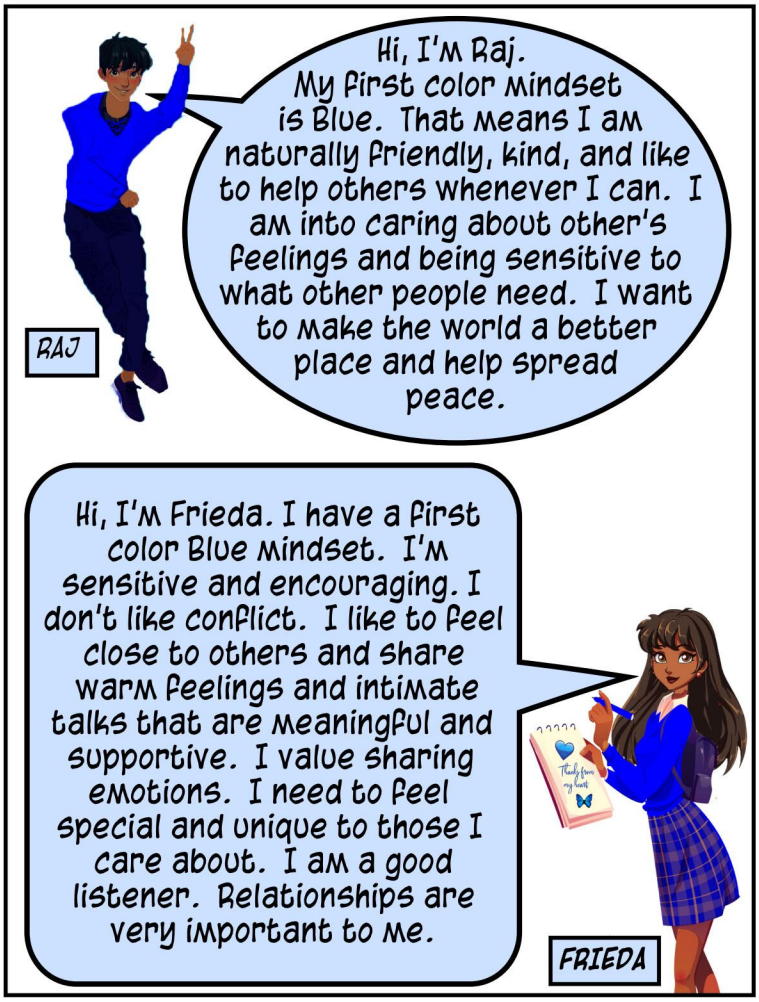
Welcome to our first friendship group meeting. I am so glad you all decided to join our group. Our first activity is to help us get to know each other better by discovering each other's preferred first color CC mindset. Did you know that we all have a preferred color mindset that gives us different strengths and preferences in how we act in the world? If we make the effort to understand these natural differences, it can help us get along better. You can learn to treat people based on his/her preferred mindset colors rather than assuming that all people want to be treated the same way. Just remember every mindset color is important and brings special talents to the world. We need all four CC mindset colors for success!

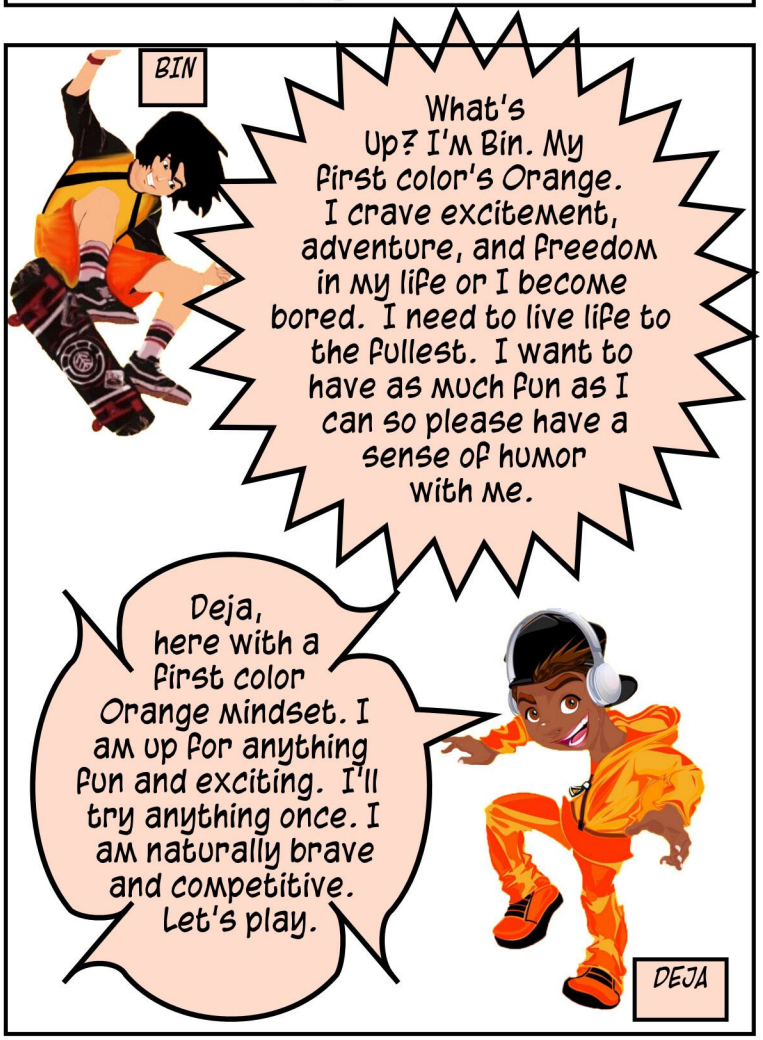
That's a great idea. Doing a fun activity together can be an easier way to get to know someone. In the meantime, keep believing in yourself and remember these are skills you can learn with practice.

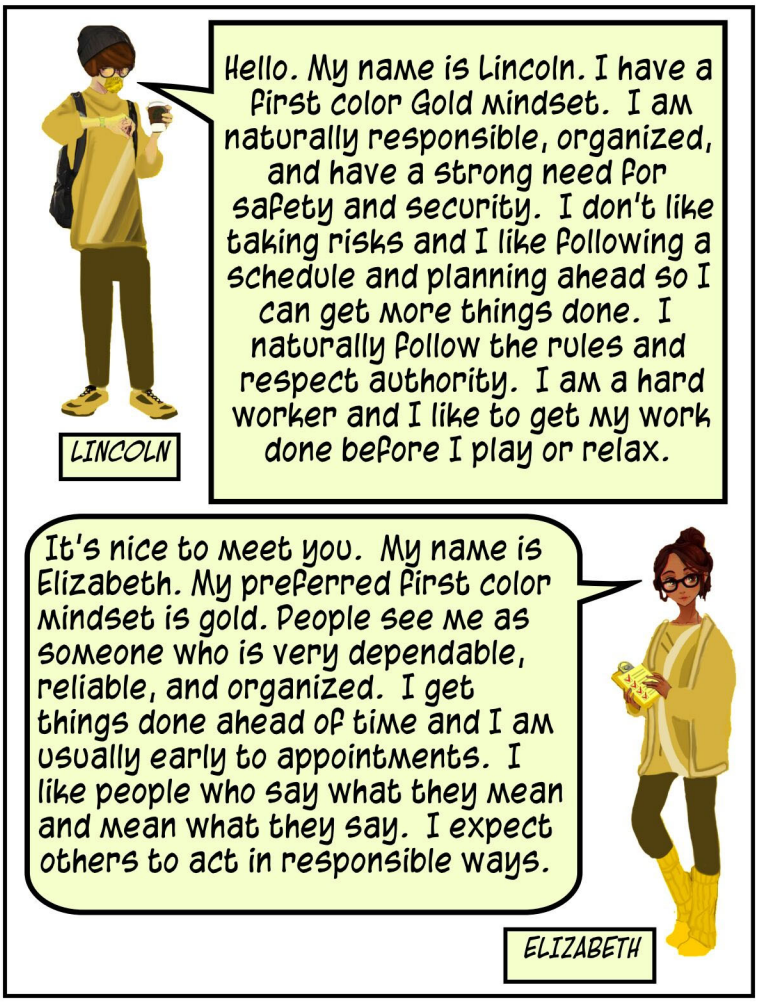
Maria joins the Friendship Group to learn skills.

What color order is your CC mindset?


Hi, I'm Issac. I have a first color green mindset. I like to talk about things that are mentally stimulating. I enjoy using my mind to solve problems and come up with new ideas for making things better. I am always thinking.
ISSAC
Hi, I'm Sally. My first color mindset is green too. I don't like small talk. I like to talk about things that I am curious about. I love learning and exploring ideas. I can spend hours researching answers to my questions. I enjoy games that are mentally challenging. I don't like making a fool of myself.
SALLY


Hi, I'm Raj. My first color mindset is Blue. That means I am naturally friendly, kind, and like to help others whenever I can. I am into caring about other's feelings and being sensitive to what other people need. I want to make the world a better place and help spread peace.
RAJ
Hi, I'm Frieda. I have a first color Blue mindset. I'm sensitive and encouraging. I don't like conflict. I like to feel close to others and share warm feelings and intimate talks that are meaningful and supportive. I value sharing emotions. I need to feel special and unique to those I care about. I am a good listener. Relationships are very important to me.
FRIEDA


BIN
What's Up? I'm Bin. My first color's Orange. I crave excitement, adventure, and freedom in my life or I become bored. I need to live life to the fullest. I want to have as much fun as I can so please have a sense of humor with me.
Deja, here with a first color Orange Mindset. I am up for anything fun and exciting. I'll try anything once. I am naturally brave and competitive. Let's play.
DEJA


Hello. My name is Lincoln. I have a first color Gold Mindset. I am naturally responsible, organized, and have a strong need for safety and security. I don't like taking risks and I like following a schedule and planning ahead so I can get more things done. I naturally follow the rules and respect authority. I am a hard worker and I like to get my work done before I play or relax.
LINCOLN
It's nice to meet you. My name is Elizabeth. My preferred first color mindset is gold. People see me as someone who is very dependable, reliable, and organized. I get things done ahead of time and I am usually early to appointments. I like people who say what they mean and mean what they say. I expect others to act in responsible ways.
ELIZABETH

In Summary.....10 Ideas For How To Make Friends

1. Be willing to put yourself out there to meet and greet others with a smile.

2. Maintain eye contact and open body posture.

3. Say a friendly "Hi".

4. Give someone a compliment.

5. Introduce yourself to others in a kind way and ask his/her name.

6. Ask open-ended questions and listen twice as much as you talk.

7. Try to find out the CC Mindset color of the other person and treat him/her the way he/she likes to be treated based on his/her Mindset color.

8. Be genuinely interested in what the other person is saying. Encourage him/her to keep talking by being positive and understanding.

9. Look for things you both like to do and try to find similar interests that you share.

10. Have realistic expectations. It takes time and practice to make friends.

A Review With Dr. K.

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