

DATE: _____

FRIENDSHIP FORMULAE

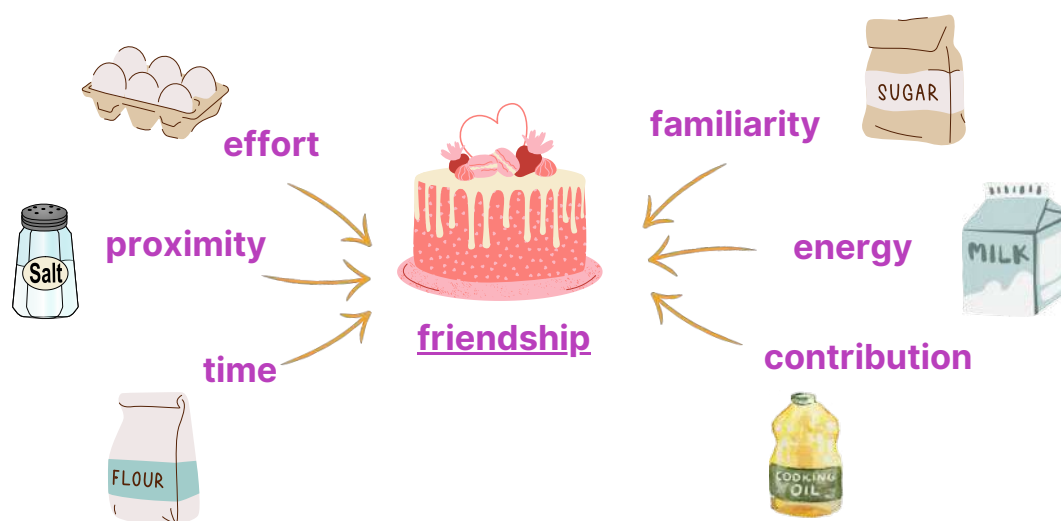
Create your own friendship formula

Read over the following six formulae for friendship. On the last page (or in your notebook) create your own formula.

Friendship 'Cake' - Sarah Rus

Ingredients for friendship 'cake' :

- Familiarity
- Time
- Effort
- Proximity
- Energy
- Contribution



Friendship Formula - Jack Schafer Ph.D.

Read over this article by Jack Schafer to understand his formula in more detail:
<https://www.psychologytoday.com/au/blog/let-their-words-do-the-talking/201911/the-friendship-formula>

$$\text{FRIENDSHIP} = \text{PROXIMITY} \times (\text{FREQUENCY} + \text{DURATION}) \times \text{INTENSITY}$$

HOW PHYSICALLY /
EMOTIONALLY
CLOSE YOU ARE

HOW OFTEN YOU
SPEND QUALITY
TIME WITH EACH
OTHER

HOW LONG YOU
SPEND QUALITY
TIME WITH EACH
OTHER

HOW YOU
CONTRIBUTE TO
EACH OTHER /
MEET EACH
OTHERS NEEDS

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Friendship Equation - Chris Grimm (writer)

Read over this article by Chris Grimm to understand his experiences and how he developed this equation: <https://www.selfstairway.com/how-to-get-a-social-life/>

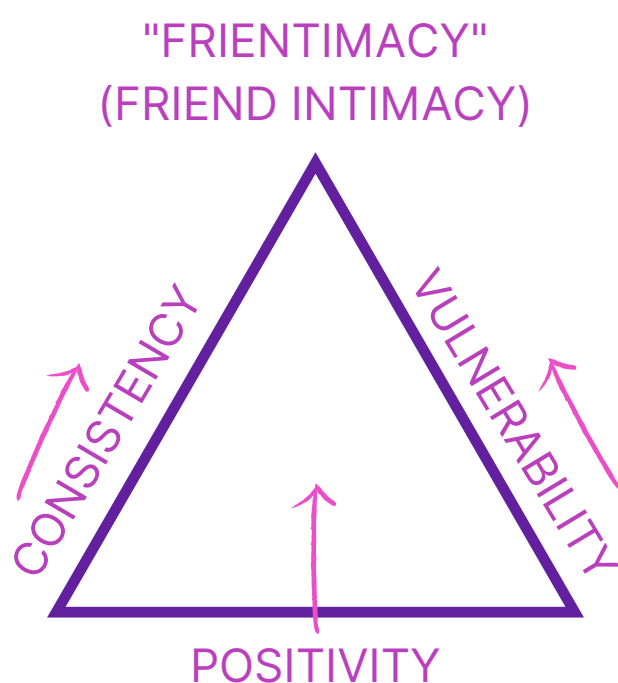
BEST FRIENDSHIP = BEING SOCIAL + UNDERSTANDING BOUNDARIES + GIVING VALUE



Frientimacy Triangle - Shasta Nelson

Watch this TED talk by Shasta Nelson if you haven't already:
https://www.ted.com/talks/shasta_nelson_frientimacy_the_3_requirements_of_all_healthy_friendships?language=en

**FRIENDSHIP =
POSITIVE EXPERIENCES TOGETHER +
CONNECTION (EG VERBAL AND DIGITAL COMMUNICATION) +
SHARING (MOMENTS & SECRETS)**



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Friendship Value - Jonathan Stokes

Read over this explanation by Jonathan Stokes if you love **algebra**:

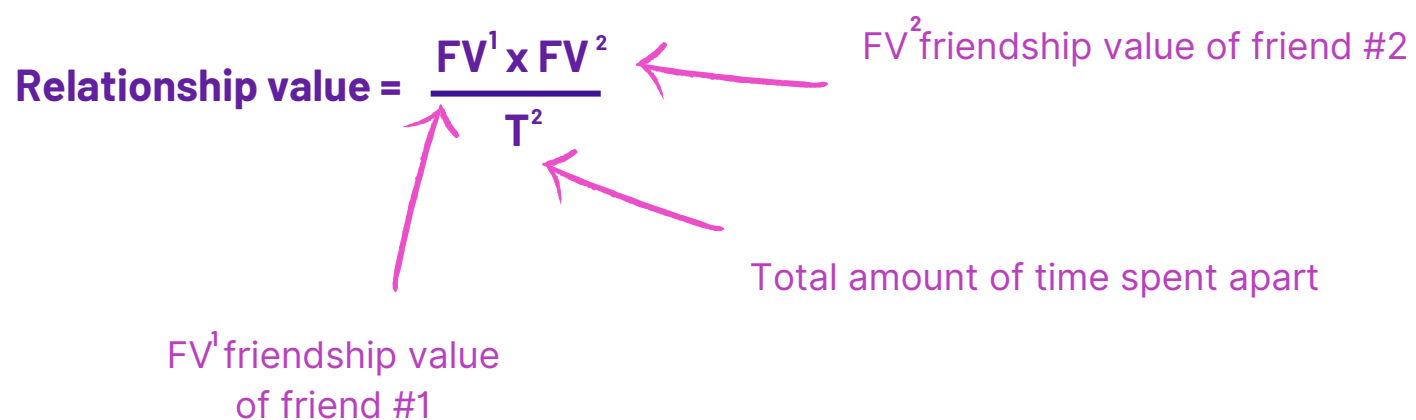
<https://www.jonathanwstokes.com/blog/2012/03/13/friendship-equation>

I couldn't work out how to recreate his formula here so I've just summarised it!

**FRIENDSHIP VALUE (FV) = VALUE OF ALL PAST FRIENDSHIP INTERACTIONS +
VALUE OF CURRENT FRIENDSHIP INTERACTIONS + FUTURE FRIENDSHIP
INTERACTIONS**

Most importantly, Jonathan has created an equation which highlights that friendships are a function of time.... just to confirm what we already knew!

$$\text{Relationship value} = \frac{\text{FV}^1 \times \text{FV}^2}{\text{T}^2}$$



Friendship True Value - Cy Wakeman

Cy Wakeman created a formula which helps us decide if a friendship is worth chasing or holding on to. Read her post here: https://www.huffpost.com/entry/relationship-roi-what-are-your-friendships-really-costing-you_b_7744388

ROI (Return on Investment) Calculation

CURRENT VALUE + FUTURE GROWTH POTENTIAL - 3XCOST

Present positive
contribution to friendship

Future positive contribution
to friendship

Costs include: negative drama,
time together is energy draining

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Design your own formula for friendship