My Friendship Map

Start with people and places already in your life, not with a blank page.

Name: _____ **Date:** _____

1 People already in my life

Colleagues, neighbors, parents at pickup, a quiet friend, a friend of a friend

Name or how I know them	How often I see them	How close 0 to 10	I would like more time?	A small next step

2 Places I already go, or could return to

Tick any that are already in your week, or that you could add

- ☐ Work or a colleague hangout
- ☐ My neighborhood
- ☐ My child's school or activities
- ☐ A cafe, park or walk I repeat
- ☐ A class or course
- ☐ A place of worship
- ☐ Through people I already know
- ☐ Professional or alumni group
- ☐ Gym, team or hobby group
- ☐ A club or volunteer shift
- ☐ Online group I could meet in person
- ☐ Other:

3 What I can offer

Interests, times of day and the kind of company I am

Interests, skills or activities I actually enjoy:

Times of day or days of the week that are realistic:

The kind of company I like to be (quiet walks, a project, a meal, a laugh):

4 What gets in the way

Busy weeks, a move, social anxiety, or the story you tell after a lukewarm hello

The practical barriers (time, distance, no regular place):

The thought that shows up after an awkward or short chat:

5 Hours I can actually spend this month

Friendship is made of leftover time. Be honest.

Hours a week I can realistically put toward seeing the same people:

The day and time that is most likely to actually happen:

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My Friendship Plan

One repeated context, a small first move, and a follow-up. The second hangout is the friendship.

Name: _____ **Date:** _____

1 One repeated context I will return to

A weekly or fortnightly place, not a one-off mixer

The place or group: _____

How often I can be there, and on which day: _____

2 My first move

A small ask for a second meeting, not an interview for best friend

Who I will approach, and where: _____

What I will say, roughly: _____

When I will do it: _____

3 My follow-up plan

Send the message within a day or two, while it is still easy

The follow-up I will send or say: _____

When I will send it (day and time): _____

4 Hangout log

Catch up, joke, hang out. Log hours and one thing to follow up.

Date	Who	What we did	Hours	One thing to follow up

5 Thoughts to watch

The story after a lukewarm hello is often harsher than the evidence

The thought that usually appears: _____

A fairer thought (I cannot tell yet / one chat is not a verdict): _____

6 My 4 week check

Hours spent, times I followed up, what felt possible, what I will change

Week 1	Week 2	Week 3	Week 4
Hours:	Hours:	Hours:	Hours:
Follow-ups:	Follow-ups:	Follow-ups:	Follow-ups:
Noticed:	Noticed:	Noticed:	Noticed:

Good to know

1. Not a test or a diagnosis. This page is not a published loneliness or social skills scale and gives no score.
2. Friendship takes many hours. A single coffee is a start, not a friendship.
3. If low mood or heavy social anxiety lasts for weeks, talk to a doctor or therapist.

In the US: call or text 988 in a mental health crisis.

I will review this plan on: _____

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