

EQ and Personal Growth

Session 3 Getting your Allies

Presentation Outline (Sample)

Session Objectives

To enable students to

1. understand the meaning friendship;
2. understand how friendship is formed;
3. acquire the skills for friendship maintenance; and
3. handle difficult issues in friendship.

Schedule

Activity	Theme / Activity	Time Allowed
1	What is Friendship?	30 mins
2	Being a 'Good' friend	20 mins
Break		10 mins
3	Maintaining Friendship	45 mins
4	Round Up	5 mins

Activity One Take the Friendship Quiz: Facts or Fallacies?

Decide whether the following statements are mostly true or mostly false.

- | | Mostly true | Mostly false |
|---|--------------------------|--------------------------|
| 1. Friendship just happen naturally. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. A true friend never lets you down. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Men women can't be 'just friends'. There's always sex around. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Most people never have more than one best friend | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. If you don't have even one close friend, you're not a likeable person. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Women who have emotionally close relationships with their husband or lover don't need female friend. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Some people are naturally better than others at making, and keeping, friends. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. A good friend is a friend for life. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. People who have good friends are usually very popular. | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. You can never be friends with your boss. | <input type="checkbox"/> | <input type="checkbox"/> |

Activity Two Quiz: Are you a 'good' friend?

For each of the important friends in your life, rate how well you are doing at being their friend.

	Yes	Sometimes	No
1. Not staying in touch enough	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Not returning their calls as soon as possible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Not trying hard enough to make myself available for seeing him	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Criticizing and finding fault	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Judging them instead of accepting them as imperfect people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Too readily assuming that their lack of response means they don't really like me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Talking about myself and my life much more than about them and their concern	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Not dropping everything for them when they ask for help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Forgetting important dates and events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Not being direct and assertive in a tactful way when something upsets or concerns me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Give each YES a score of 3, each SOMETIMES a score of 2 and each NO a score of 1

Your score: _____

Activity Three Case Discussion

Situation 1

You had invited your best friend for lunch as you intended to share with him/her your adjustment difficulties in relating with your colleagues. Unfortunately, she turned up twenty minutes late. You felt resentful all through lunch, especially since she didn't apologize and appeared to be carefree. During the lunch, you didn't say a word and ended up having to order something quick and tasteless!

Situation 2

Your friend convinces you to go a concert with a group of his / her secondary school classmates. Two days before the concert, he/she pulls out because he was invited to a party by a boy / girl whom he newly acquainted. You are left with an unreturnable ticket but your friend has already passed his / her to someone else whom you do not know.

Answers / suggestions for the Activities

Activity One What is Friendship

1. False. For some people, friendship seems to be a natural process but for most people the skills of making and keeping friends can be learnt.
2. False. No friend is perfect. It's inevitable that at some point you will feel that a friend is not there when you need them. They have their own lives to lead, and sometimes you may have to wait in line. Mostly, however, a true friend doesn't let you down.
3. False. They can. Even if there is some sexual tension you can choose to ignore it.
4. False. Many adults have more than one best friend. A lot depends upon your particular circumstances.
5. False. Sometimes circumstances mean that you don't have a close friend. This doesn't mean that you can't.
6. False. What you get from your friends is usually different from what you get from your partner.
7. True. Some people learn the skills more readily because they had good family models or they have a very high level of 'people intelligence'.
8. Mostly true. Many good friends are for life but, if circumstances change drastically, a friendship can cease.
9. False. The two things are not the same. Popularity involves admiration and status. Some people who don't make an impression on a group are excellent as a close friend.
10. True. You can have a 'friendly relationship' with your boss but the power and status differences usually mean you can't really be friends.

Activity 2 Being a ' Good' friend

Score 10 - 15:

You're being a great friend to this person and they are obviously important in your life. You are accepting them, cooperating and prepared to invest time and energy in the friendship.

Score 16 - 20:

You're being an adequate friend to this person. You are investing enough time and energy to maintain this friendship at a reasonable level of satisfaction for both of you. However, if this person is an especially important person in your life you might like to look at your responses on each item and look for small ways in which you could do even better as their friend.

Score 21 - 30:

You're not being much of a friend to this person. Ask yourself why you are being neglectful, judgmental or distant and uninvolved with this friendship? Is it time to question your commitment to this friendship? Or do you need to think seriously about how you can be a better friend to them?

Activity 3 Maintaining Friendship

Situation 1

Using charitable interpretations:

- My friend has always had a problem with being on time, but it's only a minor flaw compared to her nice qualities.
- He / she is a terrific friend but we've never seen eye-to-eye on the issue of punctuality. Still, in most other ways we do see the world the same way.
- Something urgent may have come up to him / her at the last minute.
- He / She may not have remembered that I had only a limited time for lunch.

Situation 2

Being assertive

He / She has been very inconsiderate because a thoughtful friend would recognize the distress that his actions will cause you. So tell him / her in a friendly way that you are not happy about being left in the lurch like this.

(Reference: McGrath H. & Edwards H., (1997). *Friends, Love and Sex A practical guide to understanding relationships*. Australia: HarperCollins Publishers.)

Theories of Friendship (Fehr, 1996)

1. Reinforcement Theories
 - whether we will be rewarded
2. Social Exchange Theories
 - rewards outweigh costs
 - opportunity cost
3. Equity Theories
 - fairness / equilibrium
4. Cognitive Consistency Theories
 - consistency in attitudes
5. Developmental Theories
 - sequence of stages
 - from strangers to intimate to dissolution of relationship

Friendship Formation (Fehr, 1996)

1. Environmental Factors
 - physical proximity
2. Individual Factors
 - (a) Exclusion criteria
 - (i) dislike criteria
 - (ii) disregard criteria
 - (b) Inclusion criteria
 - (i) Physical Attractiveness
 - (ii) Social Skills
 - (iii) Responsiveness
 - (iv) Shyness
 - (v) Similarity

3. Situational Factors
 - Probability of future interaction
 - Frequency of exposure
 - Outcome dependency
 - Availability
4. Dyadic Factors
 - Reciprocity of liking
 - Self-disclosure

Strategies of Keeping Friends (McGrath & Edwards, 1997)

1. Using Charitable Interpretations
2. Reasonable Forgiveness
3. Accelerated Priority
4. Thoughtfulness
5. Self-disclosure
6. Listening
7. Negotiation
8. Sharing Cooperation
9. Conflict Resolution
10. Keeping in Touch
11. Making Time for your Friends
12. Being Loyal
13. Giving Friends Space
14. Being there when they need you
15. Acceptance
16. Recognizing that friendships change
17. Being Assertive

Do you have true friends?

With a true friend, you feel:

Accepted	Heard	Safe
Acknowledged	important	Significant
Admired	Liked	Supported
Appreciated	Listened to	Trusted
Approved of	Loved	Understood
Encouraged	Recognized	Valued
Free	Respected	

With high EQ, You can attract and keep people because you make them always have positive feelings and help them reach their highest potentials.

人際溝通

有關的研究顯示,一個人除了睡眠以外,必須花費**70%**的時間於人際溝通的事務上。所以,溝通問題受到社會心理學家的普遍重視。

溝通渠道(channels of communication)所佔的重要性

語言內容 (7%)



活動一 口是心非 (表裡一致)

活動二 你講我聽 (身體語言的重要性)

活動三 字裡行間 (溝通除了注意與談者的說話內容外,還有些什麼)

人際吸引

「既小又大」原理(minimax)

這一原理的意思是:人們在交往時,會盡量縮小成本,而盡量增多獎賞。基於這一原理,我們會喜歡給予我們獎賞的人。而且,由於無條件刺激和條件刺激的聯繫,在獎賞或懲罰時的任何人或物,將成為獎賞或懲罰所產生的心情的條件刺激物。假設我們在柔和燈光下,喝著美酒欣賞優美的音樂,消磨一個輕鬆的夜晚,我們往對當時周圍的人有好感,即使他們並未提供音樂和美酒,對我們的情感沒有直接關係。

公平理論

根據公平理論的原理,在朋友關係中,所得和付出必須成比例,如果是單方面的長期付出,則關係會受損甚至終結。當然,上面講到的獎賞,並非只是指物質,還包括精神等方面;另外,有一些獎賞不是即時的,而將來的。

影響人際吸引的因素

人們在交往中喜歡甚麼樣的人？為甚麼他們喜歡某些人而不喜歡另一些人？社會心理學家對此類問題作了大量的研究，並總結出下面影響人際吸引的因素。

1. 鄰近性 (proximity)

- 當其他條件相等時，人們會傾向於喜歡鄰近的人
- 「朝見口晚見面」、「鄰近增進友誼」
- 地理距離 與 功能距離

2. 外表 / 外貌的吸引力 (physical attractiveness)

- 人們傾向於認為漂亮的人更開心、開朗和成功。外貌對第一印象的尤為重要，人們喜歡美的東西，這是一種自然傾向，所以，長得美的姑娘會有較多人追求

3. 亮相 (exposure)

- 亮相，或“曝光”，是指當其他條件相若時，單純的重複出現也會增進好感，令我們喜歡某人或某事
- 前提：當該人或物在最初出現時已受歡迎或是中性 → 曝光次數增進喜歡
若在剛出現時已不受人們歡迎 → 引起反感 (第一印象效應)
- 熟習性原則: **familiarity breeds liking**
unfamiliarity produces insecurity
- 廣告商、政治家的策略: 重視見報率、出鏡率

4. 相似性和互補性 (similarity vs complementarity)

- 這裏的相似和互補不是指外表相似和互補，而是指觀念、習慣、愛好、行為方式等方面
- 研究顯示，人們喜歡在信念、價值觀、個性品質上相似的人
- 在初次交往中，信念、個性特點等相似性的作用往往還未顯示出來，因為這時人們還沒有深入的了解，這時外表、年紀、社會地位的相似較重要；隨著交往的加深，信念、價值觀等的作用便顯示出來，並決定互相喜歡或友誼的程度
- 另一方面，互補性在某些場合也起著重要作用；特別是在戀愛、結婚方面，選擇和自己個性品質相反的人可以起到互補的、相互滿足需要的作用。但是，根據大部分的研究結果來看，相似性原則在喜歡中起的作用更大

5. 性格特質(Personality traits)

- 例如開朗的性格, 內在的屬性如幽默、涵養、禮貌、價值觀、樂觀 / 悲觀、冷靜 / 衝動等

6. 互換喜歡(Reciprocal liking)

- 人傾向選擇與喜歡自己的人交往

7. 眼緣 / 直覺(intuition)

— 完 —