

DATE: _____

NATURAL FRIENDSHIP CYCLE

William Rawlin's Stages of Friendship:

STAGE	Description	Conversation Style	Example 1	Example 2	Example 3
1 "Role Limited Interaction"	Interactions between people are based on their social role in the context	• Superficial • Limited self-disclosure • Scripts • Stereotypes	At university Role: student Discuss subjects, likes & dislikes of course / lecturers Begin conversation as result of sitting next to each other	At work Role: employee Discuss workplace, tasks, staff, policies etc Begin conversation as result of working with each other	Holiday Destination Role: traveller Discuss itinerary, destinations, food, activities etc Begin conversation as result of taking same flight OR staying same hotel
2 Friendly Relations	Interactions become less connected to roles in given context	• Explore beyond roles • Positive interaction • Less structured • More spontaneous	Discover common interests through conversation Jokes / gossip	Spend more time together Identify with each other	Appreciate similarities and differences Reveal more of authentic (normal) self
3 Moving Towards Friendship	Interactions take place OUTSIDE of original context	• More self-disclosure • Establish trust	Time spent together is more personalised Meet-up outside of original context	Invitations to catch up.	Reciprocate invite
4 Nascent (Budding) Friendship	Committing to spending more TIME together outside of original context	• No longer interact as per original roles. • No stereotypes • Develop own norms eg topics of conversation, when to catch up, how to interact	Creating norms or parameters for the friendship and sticking to them builds trust over time. This increases capacity for intimacy within the friendship.	Outsiders see you two as friends. You become a pair; a duo	You regularly catch-up, call, text and share stories. You make plans to do things together.
5 Stabilised Friendship	Gradual process (++) Friendship is solid. Assume continuity Secure	• Increased self-disclosure • Trust in communication • Comfort sharing one's true self	Potential for life-long friendship	Introduce new friends to friendship circle while remaining loyal to original friendship	Continue to make effort, spend time together, balance equity
6 Waning Friendship	Decline of friendship Decrease emotional attachment Less time spent together Less effort	• Less communication • Less self-disclosure	Possible reasons: • Negative event (violate boundaries) • Increase distance • Lack common interests • Conflict	Norms or parameters of friendship aren't met	People change Grow in different directions To challenging to sustain friendship
7 Post Friendship	Unique to situation (positive or negative)	• Minimal or non-existent • Possible periodic interactions	Memories and reminders Symbolic links		

DATE: _____

NATURAL FRIENDSHIP CYCLE

Summarise Rawlin's Stages 1-5

In order to cement your understanding of the stages that friendships go through, read over the table on the previous page and summarise in a paragraph the journey that people take from STAGE 1 to STAGE 5. You may also like to do further research on Rawlin's stages of friendship to deepen your knowledge. Pay particular attention to **communication** features.

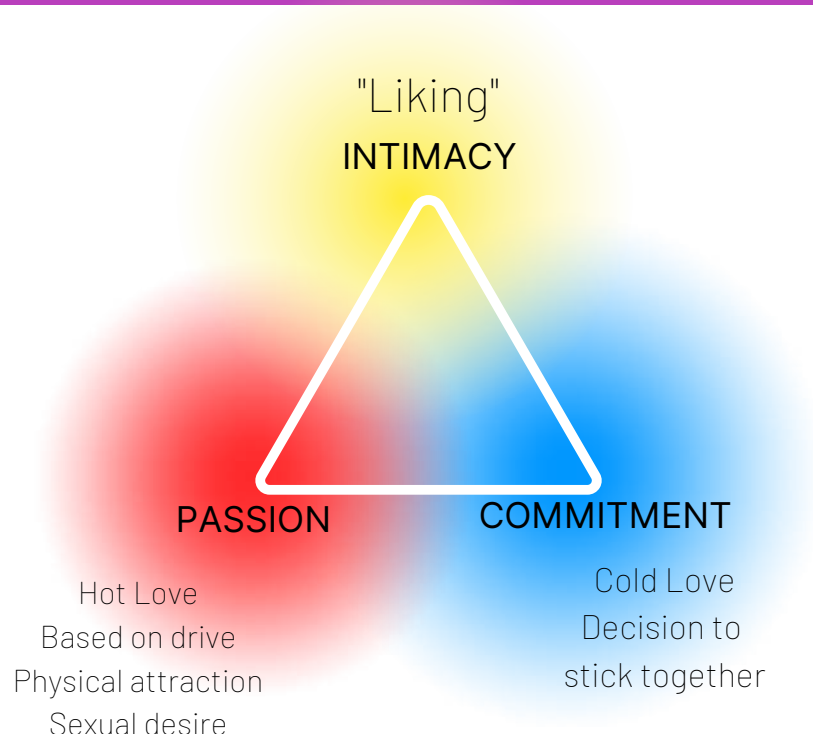
Sternberg's Triangle

Friendship is a type of love based on INTIMACY.

We **like** our friends and we bond with friends through **self-disclosure**.

Other types of love incorporate PASSION and COMMITMENT, such as ROMANTIC LOVE, COMPANIONATE LOVE and FATUOUS LOVE.

Complete the table on the next page after doing a little bit of research on Sternberg's triangle.



DATE: _____

NATURAL FRIENDSHIP CYCLE

Sternberg's Triangle

Draw this table in your workbook or complete on the sheet.
Place a tick in the relevant boxes of the table to indicate the compnents of each type of love.
Notice how friendship love is different to the other types.

↓ Types of Love	INTIMACY	PASSION	COMMITMENT
Non love			
Friends			
Romantic Love			
Infatuation			
Fatuous Love			
Empty Love			
Companions			
Consumate Love			