



**Legendary
Friends**

We know how to make friends

The
6 Fundamental Secrets of

Legendary Friendships

A Guidebook on How to Create
Great Friendships for Life



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Friends Are Important

Friends are important. They are fun and give meaning to our lives. "Friendship doubles joy and cuts grief in half," Francis Bacon already said back in the 17th century.

Because friends are so important, we have created this eBook. It reveals the **six fundamental secrets of legendary friendships**.

What should be your intention reading this eBook? Improving your friendships or looking for new friends is definitely a good intention, and not only yours. Having friends and good social relationships are the most important thing for most people.

Some people read this eBook because they want to support their children, parents, pupils or other people in building and maintaining good friendships.

I do not know how you feel, but I love spending time with my friends. I simply enjoy it. I feel like belonging to someone meaningful, I feel safer, and I feel like an accepted part of this world.

It feels completely different to me whether I am working on this eBook alone at home in a quiet little room or together with friends – joking around, work focussed, or discussing content.

Spending time with friends feels good! What is more, there are scientifically proven reasons why friends are beneficial for you and your life. Do you want to read some of the top reasons? Here we go ...

Happiness and satisfaction: For sure! Friends bring happiness and joy into our lives. Being together is often better than being alone. Happiness research has found that friends and good social relationships are often more important for our own sense of happiness than money or health ^[1].

Social support: Friends help us when we need them. They lend a hand when we move house, offer valuable advice for important decisions or emotional support in difficult times. Celebrating successes and birthdays is more fun with friends than alone.

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Personal development: Friends can help us to develop our skills and strengths.

Health: Friendships can contribute to better physical and mental health. People with strong social networks tend to live longer and have a higher quality of life ^[2]. Also, for mental health: In therapy, it is one of the approaches that clients should build up a good circle of friends.

Better intimate relationships: Good friends can support your intimate relationship because your partner has no longer to cater for all your needs ^[4]. You can do and experience many things with good friends, while your partner follows his or her interests and hobbies.

Flirting and finding a partner: The way to women is through men, David Schnarch said ^[5] – if you get on well with your friends, have adventures and an interesting social life, you will become more self-confident and attractive to women. I suppose, same counts for a woman looking for a partner.

Self-esteem: Good friends help to improve one's self-esteem^[6].

A representative survey by a renowned research institute in Germany shows that "having good friends and close social relationships with other people" is the most important thing in life for most people. It is more important than a happy intimate relationship, social justice, a well-groomed appearance or success at work^[1]. That surprised even me!

What Are the Secrets of a Good Friendship?

Hence, many people ask:

- What is a good friendship? What does it feel like?
- How do I find the right friends for me?
- How do I turn the occasional contacts of everyday life into in-depth conversations, joint activities and good friendships?

The most important question for many people is: **What characterises a legendary friendship? What are the hidden secrets of good friends?**

If you have an understanding on how to form a good friendship and what it can involve, then it will certainly be much easier for you to actively create such a great friendship. **That is the purpose of this eBook.**

Hence, in this eBook, you will find a model on how to build legendary friendships – the result of intensive research and presented with many practical examples.

The question of what makes a legendary friendship is answered with the six fundamental secrets of a great friendship:

- **Adventures!**
- **Self-disclosure and trust**
- **Experiencing and feeling together**
- **Physical closeness**
- **Mutual support**
- **Everyday friendship**

On the following pages you will deep-dive into these six fundamental secrets. Breathe in, breathe out. Let's go!

I am happy, that you are here. Feel free to [subscribe for our newsletter](#) to get to know even more.



A Last Preliminary Remark: Only for Men?

You may have noticed that almost all pictures contain solely men. Yes, this eBook was originally written for male friends. Why?

I am a man. I don't want to presume to write about friendships between women. Moreover, my research has shown that there are numerous websites on how to become and stay best friends among women. But I didn't find anything suitable for men. By the time I started my research, I was looking for answers on friendship myself and realised that something was missing! Hence, I started writing for men.

You might reply that I could at least write about the friendship between men and women. That's right, I could. However, that was not my concern at the time when I wrote that eBook. I really wanted to write about male friendship and male best friends.

Hence, if you don't consider yourself as a man or if you are looking for answers on how to maintain good friendships with women, then you are very welcome to read along at this eBook. The Jacobs study ^[1] showed that there are some differences in these friendships, but also many similarities. Why not watch others and learn something without being addressed directly?

By the way, there are readers who apply the findings from friendship research to their intimate relationship, in dealing with their family or in leading teams at work – and they achieve great results.

Little update from June 2024: My workshops are also attended by women, and I can assure, that many of the findings also apply to women. Welcome!



What Is Friendship

Michael and Sami* are good friends. How they got to know each other shows many aspects of how a good friendship can develop. Therefore, I am telling you their story right at the beginning.

Michael and Sami

Michael and Sami have just come back from ice bathing. They have frozen their arses off! Sami makes breakfast and Michael takes a hot shower.

It is their winter ritual. On the first Sunday of the month, they go ice bathing and then have breakfast at Sami's house. Sometimes other friends join them. Sami and Michael are a good meeting point.

The two met three years ago at a seminar on personal development. They got to know each other well there. Their conversation quickly became deeper and more personal. They immediately found each other likeable and went out having lunch together in the break.



At the lunchbreak, Micha told Sami that he was shy and wanted to be braver. Sami thought about himself that he was lazy. That's why he wanted to do more sports. Both liked that they could talk openly about their supposed weaknesses – and nothing bad happened. On the contrary, they sympathized with each other even more.

And sympathy turned into a mission. Micha offered Sami to do sports with him. Sami promised Micha that he would help him to be braver.

Are You There for Me When I Am in Need?

I have asked many people: “What is a good friendship for you?”

Most of them answered immediately: “When you’re there for each other in times of need!”

That’s right! That is what scientists say, too ^[1].

But when it comes to making new friends, ‘need’ is the wrong focus. Something else is important at the beginning!

Many friendships are formed in the sandpit, while travelling, at work, at university or at school ^[1]. Children don’t look at each other and ask with wide eyes open: “Are you there for me in times of need?”

That is hardly how a friendship starts. Instead, children ask: “Do you want to play with me?”



Many people get to know each other because they do something together, because they experience adventures together - sometimes big adventures. Because they feel and write history together. Their history.

You can often see children and young people easily make friends. At the same time, we wonder why it is supposedly so difficult for adults to make new and good friends.

It’s not difficult. It is easy. If you do the right things.

Friendship is not just about being there for each other in times of need, it often starts in a completely different way. A playful way. The need can come later.

What Is Friendship?

Scientists say that friendship is “a voluntary and personal relationship based on mutual sympathy, trust and support” ^[6] and it is not a sexual relationship.

Friendship can exist between several people at the same time. But the real feeling of connection usually arises between two people.

Trust, honesty and closeness are the most important characteristics of a friendship ^[1]. The more two friends grow together, the more they feel like: I can talk to my friend about everything ^[1]. EVERYTHING.

At some point, you can really rely on each other, and you are there in times of need.

Of course, there are also friendships that started with help or need: Someone rings the neighbour’s doorbell and asks for an egg, they start chatting, going out for a beer and a friendship develops.

Real emergencies also bring people together: long power cuts, floods, an accident or help after a house fire. Suddenly people approach and relate to each other who would otherwise have passed by in everyday life. Also this could be a beginning.



This eBook was created with the intention that you don’t have to wait for the next flood to develop a sense of connection. This eBook should support you to make good friends in easy ways.

These 6 Ingredients Are Needed for a Friendship

Children have always known that friendships start with shared experiences and lots of personal contact ^[7].

Children see each other at school five days a week. They may also do something together in the afternoon and share hobbies. Some also meet on weekends or even go on a week-long holiday trip together.

Young people get stoned at the schoolyard, climb trees, ride bicycles, build ski jumps, swim in the lake, have snowball fights, go skateboarding, and, and, and ... they discover their world.



The first ingredient of friendship in childhood and adolescence is therefore:

- **Adventure!**

What about adults? How about letting more adventure into one's adult life and make new friends this way?

In addition to adventure, there are five other fundamental ingredients of good friendships:

- **Self-disclosure and trust**
- **Experiencing and feeling together**
- **Physical closeness**
- **Mutual support**
- **Everyday friendship**

Here we are! These are the six ingredients, the hidden secrets of good friendships. Now, it is time to go into detail.

1 Friendship Needs Adventure

Children ask: 'Do you want to play with me?'

Or: 'I'm going to the football pitch. Are you joining?'

They want to experience something! They build a sandcastle, catch frogs, make jokes about teachers, smoke secretly, take guitar lessons, argue, make up, build a slide, play pranks, play football, push each other under water, go to chess tournaments, prepare for exams, tease classmates or be teased by classmates themselves.

Something is happening! It's exciting! It's adventurous!



It's the same today: friendship is about experience. Great friendships need great adventures.

It doesn't have to be a hike together in the Himalayas or a steep wingsuit flight through narrow gaps in the rocks. Although: these are quite good ideas.

Small everyday adventures are a good starter: Ice bathing, playing football, flirting, getting drunk, going on a bicycle ride, helping out at the German Red Cross, cooking together, take part in a political protest, tackling a big project together at work, ...

Adventure means: an unusual, exciting or thrilling experience. Something where the outcome is uncertain and there is a hint of danger or risk in it.

You have to get out of your comfort zone to have an adventure. You can no longer hide yourself and your emotions, but you are present and there. The famous state of 'here and now'. You experience something out of the ordinary! You learn something new.

And above all: you experience each other. As people. As friends. High five!

Friendship is about Experience.

Great Friendships *are based on great* Adventures.

Small and big adventures are extremely important for a good friendship. Without adventure, friendships quickly become boring. This also applies to long-standing, established friendships.



Old Friendships Also Rust

At some point, long friendships are primarily based on trust and 'being able to talk to each other about everything' ^[1]. A friendship without this trust would presumably not exist for long.

Thus, adventures should always be a part of a friendship to keep it fresh and to avoid it becoming dull through only talking and not acting.

When I was hiking in the Himalayas in 2019, I met a group of four men. The group let me join and together we climbed over the Cho-La Pass.

Cho-La Pass is at an incredible height of 5,420 metres. Fresh snow had just fallen the previous night. The unmarked path over the pass was difficult to find because the rocks were evenly covered in white snow. Getting lost up there could have been fatal.



The group had strengths and weaknesses. One of the men was a little slower, but persistent. Another member had an extremely low blood oxygen level but felt fit.

The men knew each other. They knew that they could trust each other and rely on each other. The four had been friends for 32 years. They had known each other since university. Their friendship also lasted because they went on an adventure trip every year, just between the 4 men. This kept the friendship fresh and alive. In 2019, they climbed over the Cho-La Pass. 5,420 metres. Together. Congratulations!

Your Level of Adventure

I chatted a bit with the four men during the ascent to Cho-La Pass, especially with Aaron and Paul. Well, chatted - the air was thin up there. Every breath was difficult, deep and long. There were only a few words we were able to exchange, but still, it was an interesting conversation.

Aaron is a professional skydiver. His company offers tandem jumps. A tandem jump goes something like this: Aaron, as a professional, jumps out of the aeroplane together with an inexperienced passenger. The passenger is tied to his stomach and enjoys his jump, usually screaming like hell. Aaron is responsible for everything else. In this way, Aaron jumps several times a day from a height of 4000 metres.

End of summer last year, Paul had visited Aaron at the airfield for the first time. He had successfully avoided it so far. For Paul skydiving is much more adventurous as for Aaron.



Paul was excited for weeks before his first jump. He had a huge adrenaline rush when the plane door opened, and he stared up into the open blue sky. He still talks about it today. Excitedly.

Aaron grinned. As always, he needed a cup of coffee to wake up in the morning before the first jump, just like millions of office workers. Paul only has to think about the jump and is fully awake.

Today is different. Paul and Aaron are going over the Cho-La Pass together. Neither of them has ever done this before. It's new for them. They planned and explored months in advance. They discussed it with their two long-time friends: What can we manage physically? Can I rely on the others again? Where will we sleep? What will we get to eat? Diarrhoea? Fever? Pain in the limbs? What happens when someone can't go on? It's an adventure!

Whether something is an adventure depends on personal habits and experiences. Whether you find the same activities exciting and worthwhile is also an indicator of whether a friendship can succeed.

Little and Big Adventures

It is not only an adventure when adrenalin is pumping through your veins at high pressure. It can also be something smaller, like one of the little everyday adventures: a trip to the countryside, a visit to a museum or a nice compliment to someone at the next table.

It is these little moments when you have to leave your comfort zone for some seconds that often distinguish a mediocre day from an eventful one.

You will find a few examples here. I'm sure you know better which of the following ideas are within or outside your personal comfort zone:

- Play frisbee in the park
- Making street music or simply playing the guitar on the pavement or in the park
- You cook dinner for friends and acquaintances
- Visiting an unusual restaurant
- Some friends do a culinary world tour in their home city
- Giving a speech in the public
- Giving compliments to strangers in the supermarket or at a party
- Doing a few pull-ups on a playground
- Spontaneously drop by a friend's house, ring the doorbell and ask if they fancy a coffee, an ice cream, a non-alcoholic beer, or join to play table tennis
- Speaking of table tennis: with friends bet money on random table tennis player in the park, let them know and clap for every point
- A night hike in the nearby forest
- Attend an ecstatic dance event or dance to the music of a street musician
- Giving money to a homeless person and chatting with them for a while

Your List of Adventures

I have a long list of adventures and things I want to do. I'm constantly telling friends and acquaintances about them. That's how we find out what we want to do together.

I love these moments when the other person says: I've always wanted to do that too!

Of course, my friends also have their own lists - and they tell me and others about it. We find the next adventures with ease. Someone always suggests something.

And that's why I'm asking you:

- What five adventures - big or small - would you like to experience this year?
- What ten big adventures would you like to experience for the rest of your life?
- What could be ten little everyday adventures for you?

A Shared Mission

Friendship thrives on many small daily and weekly adventures.

However, the ultimate kick for a friendship could be a shared mission^[8]. This can be leisure activities, social projects or big plans at work:

- A hike across the Alps in summer
- Helping the local kindergarten to renovate
- Passing an exam together
- Building a house together
- Working remotely from abroad
- Starting a business together
- ...

In a shared mission, you consciously commit yourselves to a project for a period of time and go through many stages together: planning, thinking ahead, trying things out, carrying out the project, perhaps failing from time to time and hopefully reaching a successful conclusion.

All of this is worthwhile for your friendship. You will probably still be talking enthusiastically about your mission and your adventures years later – like: “Ohhh! Do you remember, when ... “

In this respect, the annual tour of the four friends around Aaron and Paul, crossing Cho-La Pass, was also a joint mission. They do these missions annually. And it is never too small. What an adventurous friendship!



2 Self-Disclosure and Trust

Adventure is the first fundamental ingredient of a great friendship. The second one is **self-disclosure and trust**.

You Can Talk About Everything

Good friends can talk about everything.^[1] Everything, including uncomfortable things such as supposed weaknesses, issues concerning shame or politically unpopular topics.

Good friends get to know each other better and better over time and can almost predict what the other thinks or does (and hopefully they still get nicely surprised again and again). Good friends know many of their friend's strengths and weaknesses and have shown their own strengths and weaknesses to the other person – also the ones they are ashamed of.

Be As You Are

It is a process for friends to reach this depth. Usually, when people meet for the first time, they reveal very little about themselves at first. Only over time, they gradually reveal themselves - some more quickly, others more slowly. I would like to invite you to dare to talk and ask about personal topics rather quickly – and therefore connect to other people much better.

Self-disclosure means revealing something about yourself - thoughts or feelings that feel more confidential: Opinions, special interests, your financial situation, a difficult childhood, great experiences, fears, events in the family (for better or worse), sexual preferences or problems, travelling, adventures of course, successes, failures, plans and much more.

Some people ask: How do I know, if something is a real self-disclosure?

Usually, my answer is: When you think “I don’t want the other person to know about me, that ...”, than you know, the thought is heavy enough to be a real self-disclosure. It takes real effort to express the thought.

A good conversation with a lot of self-disclosure is: **Deep Talk**. Trust develops because you get to know each other more and more. You get a feeling for who the other person really is. This is the magic opposite of small talk which remains on the surface.

Remove the Cover

People often present themselves in social groups with a kind of protective shell: You pretend to be successful, you have children, your family, you do sports, at work everything is stress but fine, everything under control. In normal, everyday encounters, conversations often remain on the surface. There are rarely interesting starting points to really get to know each other.

Adults often have their façade, while children automatically show their vulnerable side - because they often can’t hide it. It is precisely this openness that invites people to get to know each other and supports starting a friendship.^[7]



In the early stages of getting to know someone, it is important to reveal something about yourself - so that a relationship can develop. It is best to take the first step yourself, or at least to reciprocate a self-disclosure.^[6]

The Right Moment

But what is the right moment? “Always”, I would like to reply. However, it’s like a slider.

Let’s take the adults who get to know each other at the door of the daycare centre while picking up their children. It would be considered strange by many people to talk straight away about your sexual preferences just to really reveal something.

It might be better to talk about your weekend plans at the door of the daycare centre and include one or two interesting details. There is room for more self-disclosure in a more private setting. Maybe you invite presumably interesting people for an ice-cream or for a dinner or Barbecue at your house.

More Private Settings

In his little book “Making friends made easy”^[11], Julius Detlef describes how he often invites friends and new acquaintances over for dinner. It was his method to build a good circle of friends.

Other people go for a (non-alcoholic) drink together or for a dinner at a restaurant or snack bar.

These more private gathering are a good place to reveal a lot more about yourself. Also, very private things. Personal topics are even expected so that a friendship can develop.

Friendship expert Wolfgang Krüger^[4] describes his own special kind of self-disclosure. He sits down with a new friend whom he really wants to get to know and flips pages of his photo albums. He talks about his life, his childhood and the highs and lows of important life events. He also asks the other person to talk about his life and to show photos in return.

The two spend a wonderful evening together, perhaps over a glass of red wine, during which they really get to know each other much better.



Risk and Opportunity

Self-disclosure carries the risk and the chance that my counterpart will either like or dislike me.

That is a good thing. I want the other person to like me - for who I actually am. If this is not the case, it is perhaps better that we do not deepen our friendship and maybe remain good and valued acquaintances. Acquaintances, who only come into contact on certain topics and events. Acquaintanceship also contains a lot of value.

Personally, I want to know who the other person is: what they like, what they do, how they feel - and then decide whether they are a good fit for my life as a friend or not.

To do this, the other person has to reveal himself - and I have to reveal myself to him. For sure, there is a certain risk, that the other person does not like me.

Beautiful and Interesting Moments

In most cases, self-disclosure is a magical and beautiful moment. It makes the connection honest, you come to get to know each other, you experience each other, you can relate to each other - better and better - and you communicate with the core, not the cover.

A friendship begins when you find beautiful or interesting things in common. A study has found that people find each other particularly likeable when they discover very specific things they have in common.

A lot of connection would be created when you really had to dare to reveal something about yourself and

were nevertheless accepted by the other person with this peculiarity.

Just like Sami and Michael: Micha told Sami that he felt shy (it was noticeable anyway!). Sami talked about how he thought he was lazy. It may appear superficial but revealing it to the other was really an effort for them. Furthermore, they found out that both wanted to change and work on themselves. Suddenly there was this feeling that two people are sitting together who could honestly talk about their weaknesses and still become friends. And they knew how they could support each other - and were willing to do so.

Vulnerability connects.

The Adventure of Self-Disclosure

Revealing yourself is often its own kind of adventure. Especially when self-disclosure is unfamiliar, one takes a little courage; sometimes, it takes more courage than jumping out of an aircraft with a parachute.

However, having the courage is worth it! Because the stronger the self-disclosure that works well, the stronger the connection afterwards. Please try it.

Tell It to Your Friends

I remember my first coaching session - as a coachee. Weeks before the coaching, I wrote a list of my problems, occasionally adding or removing items. Eventually, 13 problems of my life were on the list.

Initially, I planned to choose one of these problems to discuss it with my coach. In the end, I decided to read the entire list to him, hoping he would recognize a pattern. Spoiler alert: Everything on the list was somehow related to fear.

I was incredibly nervous about my coaching appointment. With a trembling voice, I read my list aloud to the coach. It was very difficult for me to talk so openly about my problems, especially mentioning all of them.

We talked about several problems. It was clear: this session was just a beginning. The best advice my coach

gave me that day was: why don't you read this list to your friends?

Until then: I didn't dare do that. I didn't even dare to read this list to my best friends.

So, I started with an acquaintance who didn't mean much to me at the time, Pierre. I thought: if it goes wrong, I've only lost a distant acquaintance. It still took courage read out loud the whole list to him. A lot of courage.

Pierre's reaction was extremely positive.

For example, at that time, I couldn't urinate at a urinal if other men were nearby. I couldn't even talk about it. It was embarrassing! Very embarrassing. Pierre also couldn't urinate when others were around. We laughed about it and shared what we had tried to overcome the problem.

After this conversation, we knew each other very well, and it almost felt like an old friendship.

The magic was: The problem of not being able to pee when others are around also started to disappear.



In this way, I spoke to two more acquaintances until I was finally ready to read the list to my best friend. And I also told other friends about it.

Not a single friend left. They all stayed. And most importantly, all the acquaintances and friendships grew in no time at all.

Perhaps, that was the big step towards self-disclosure that my friends had been waiting years for. Finally, they got it from me.

Really About Everything? - Politics, Religion, Money and Sexuality

There are topics that are often labelled as taboo: Politics, religion, sexuality, money, or, more recently, corona and vaccinations. I don't think much of taboos. In my opinion, one should always be able to talk about anything.

At the same time, one of my mentors said: Pick your battles wisely. I agree with that, too.

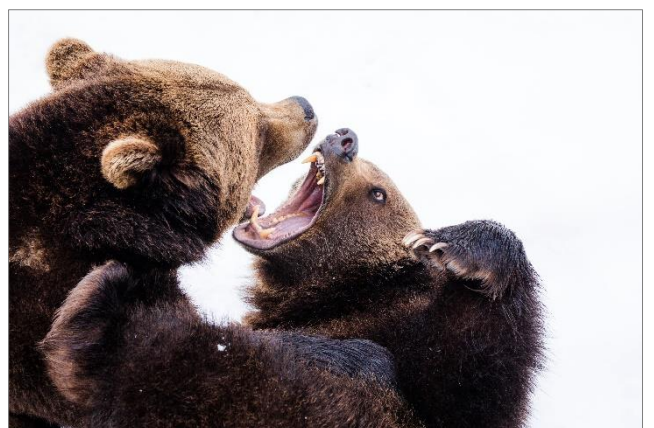
Taboo subjects are taboo subjects because they easily provoke conflicts or affect shame issues of many people.

In everyday life, it may be smart not to go into every conflict that is offered by another person; or offering conflicts by yourself.

However, in a friendship I hope for openness. In a good friendship, one should be able to talk about these so-called taboo subjects. Where else, if not in a friendship?

Of course, one can practice addressing so called taboo topics in a way that friends and acquaintances can deal with.

At the same time, this includes being able to tolerate the opinions of others, even if they are completely contrary. The sharing of opinions should not about being right, but about sharing. It is just comparison of one's views about the world.



Of course, a friendship can break apart or take a break for a while. However, I think that's better than hiding

your opinion for years. Because that would not be a friendship to the core, one to the cover.

If you realize that a topic is a real taboo for the other person or causes an argument and you still care a lot about the friendship, you can for sure avoid it. But generally, I would avoid that.

Philosophizing About the World

Friends are excellent partners for examining one's own views on the world.

I call it philosophizing: Developing an understanding of why different things happen in the world, how they are connected and how one should react to them.

Be it wars, diseases, gender, election results, the treatment of men or women, abortion, open or closed relationships ... In my eyes, it is healthy to have someone to talk freely about what you think and how you want to position yourself in a certain matter.

An intimate conversation often helps to re-categorize things that are incomprehensible, to gain a different perspective or to get some useful advice.

Simply exchanging ideas sometimes takes the pressure off the topic, or you receive agreement or at least emotional support from a friend.

The good thing is that friends often share similar values or views - consciously or unconsciously. Opinions cannot diverge too far, and a bridge is quickly built so that a meaningful exchange can take place.

By the way: as long as you are arguing about a topic, there is also a unifying element. Otherwise, you wouldn't be able to argue, you would just go your separate ways.

If an argument does start to boil over, I like to remind people of the words of my mentor: "Pick your battles wisely."

One of my favourite ways to end an argument in this case is, just to say (and feel it at least bit): "Yes, that's right, you're right."

3 Experiencing and Emotions

Disclosing yourself is very similar to another valuable ingredient for a legendary friendship: emotions and shared experiences.

Show Your Feelings

For a long time, it was frowned upon among men to show their feelings. When drunk it was normal to break free and go crazy. To show feelings was also normal during sports, when cheering, under stress or when one was in trouble. Not otherwise.

Men (and women) are often taught to keep their cool when they are brought up. The result: even in highly emotional moments, people try to suppress their emotions.

Sometimes, I have the impression that one has to be cool, strong and successful in order to be liked.

Cool, strong and successful are three incredibly great qualities, however, a human being would be incomplete. We are so much more.

Genuine friendship can arise when you show yourself - with your joy, your fear, your shame, your insecurities, your anger, your contentment, or your happiness.

People can connect better when they can relate to you, when they can feel you, because you reveal your feelings. For example, when you:

- tell vividly about your weekend
- dance to the music, freely, with joy, anger or ecstasy
- cry when you feel sad
- are angry about injustice
- sensually enjoy a meal or a fragrance
- admire a view with sparkling eyes
- do your tasks with enthusiasm or focus
- are insecure and still deliver your presentation

When someone shows their feelings, others can participate in their life and their feelings. One gets a sense of the other. They can empathize - and connect.



Olaf Releases His Tears

Olaf has been managing a large organization for years. He has hundreds of employees. One of his employees had passed away: she was popular, extremely hard-working and the good soul of the organization. Everyone liked her.

Her sudden death was a personal loss for many. Above all, people mourned because they would have liked this great woman to have lived more happy years, for her own sake.

There were 73 people at the funeral. Olaf was allowed to give one of the eulogies. He stood tensely in front of the mourners, trembling and trying not to take the lid off the valve. That was how he had learned to keep his facade. He said what people tend to say - not much personal.

But at some point, he couldn't. He started sobbing and just managed to say: "I don't know how I'm going to bear her death either."

Tears were running. The room was silent. Many joined in the weeping. The priest held the space. It was a dignified moment and a respectful farewell. An honest, connected one.

No one accused Olaf of being unmanly or not formal enough. On the contrary, the people were grateful for the tears he had allowed to let flow freely.

Experience Emotions Together

How does friendship arise? The answer is short and simple: friendship grows with many different shared emotions over time.

That's why shared adventures are so important! You feel something together: excitement and pleasant anticipation while planning, or action and adrenalin when carrying it out. Afterwards, you can celebrate successes together or lick your wounds, and finally, while chilling out, you can recharge your batteries together. Adventures are a great way to experience and feel something together.

There are also other ways - apart from adventures - to feel something together: Exceptionally beautiful moments, a special treat or pleasant company. Or a hilarious joke.

In addition to beautiful feelings, you can also connect with less beautiful feelings, for example fear, disgust, anxiety or anger. This also creates a sense of community; however, it is not my preferred method. I aim for a beautiful and pleasant life.

Here you will find a list of ways to act and feel together:

- enjoy delicious cheese with a smooth glass of red wine
- radiant joy in the sunshine
- cheerful joy when making music together
- surprising discoveries on a photo tour with friends
- despair because the elevator got stuck and the mechanic doesn't show up
- focus, tension and strength when playfighting or arm wrestling
- amusement when fooling around or making jokes
- connection and shared creative joy while cooking
- excitement, fun and a competitive spirit on a game's night, while playing soccer and doing any other playful competition
- Shared grief because someone special has died
- Sexual pleasure in a table dance bar, a swinger's club or in one of Berlin's sexual liberal clubs
- Adrenaline, solidarity and willpower when volunteering with the fire department



- Ecstasy and focus when arguing
- The warm feeling when making up and reconciling
- The motivation of doing something good when volunteering or having a beer with a lonely neighbour
- Shared grief because someone special has died



- Grounding and clarity while hiking in nature
- A quest for order when cleaning up together after a party
- Excitement, fear, fun and mischief when playing paintball
- The joy of a beautifully prepared coffee that tastes delicious
- The joy of a nice compliment: when giving the compliment, but also when receiving it

- A sense of belonging when going to the sauna together
- Courage when plunging into ice cold water, and a great feeling of success afterwards
- Tension, focus and an understanding silence when playing a board game together



The list could go on and on. I'm sure, you can think of many other feelings you have experienced already, or you would like to experience in other situations in the future.

Just one last remark: It is much better to create the situations yourself than to just consume them:

- It's better to make your own music than just listen to music (except you dance wildly)
- It's better to cook together than going to a restaurant
- It's better to play soccer yourself than watching soccer

Having sex is better than watching porn 😊. Most of the times.

Friendships arise faster, the more you go through different emotions together. It is better to do 20 different things together, than one thing 20 times.

As I write these lines, it is easy for me to highlight the big moments. However, often the small moments do it too - for example: the joy of a conversation when you discover something you have in common.

Like this: "You too? Wow! Interesting."

I love these moments of togetherness.

The Inner Children Get Along Well: Playful Moments

Oh, how do I describe it! Do you know these moments when you vibe magically with each other, when you can be like children: giggling, dancing around, joking, doing nonsense?

Outsiders might say: “Will they ever grow up?”

I say: “They are not supposed to!”

When grown up men duel with water pistols, laugh their heads off at a dirty joke, tickle each other, throw food at each other, have a snowball fight, or do hilarious butt bombs.

These are magical moments of friendship.



Humour and Irony

Men find it particularly important to joke with friends and make fun of each other.^[6]

A wonderful signal of connection is irony: someone claims something that does not correspond to their true opinion or conviction and lets this be recognized through body language, tonality or facial expressions. Or just because this person would never truly mean it.

The joke of irony lies in the fact that the listener and speaker know that it is not meant that way. An inside joke.

At the same time, the inside joke plays with the limits of what can be said in a humorous way.

Between good friends, this game goes on all the time. Well-placed irony is the humour of a well-established friendship. It is like: We understand each other.

Well-placed irony can also take the tension out of an unpleasant situation and handle it with a smile. The issue may not be resolved, but the mood is saved.

No Pressure

Dirk and Oliver want to go and leave the house. Dirk - as always - takes a little longer. Oliver wants to leave – as always – on time. Dirk is still hectically gathering his stuff – as always - and hasn't put his shoes on yet. Oliver is slightly annoyed.

Instead of lecturing Dirk, Oliver calmly sits down on the stool in the hallway and says slowly: “Don't be in any unnecessary hurry. Breath. We've got a lot of time,” and grins.

Dirk replies: “I know. That's why I'm taking so much of it. Enough for everyone.”

They both grin.

Dirk gets his things ready, and they keep their good mood. This is well placed irony among friends.

Pranks

Really good friendships tolerate good pranks, even celebrate it 🤪 - it shows that you get on so well that you can do questionable things with each other.

The Right Timing

When is the right time for irony and pranks? Always and never. You must try things out with each other to know how the other person reacts. So, start with irony and pranks rather quickly and notice how the other person reacts.

If it works, you are on the same wavelength. If it does not, then you have just found out.

“Das perfekte Geheimnis”

“Das perfekte Geheimnis” is a German remake of the Italian movie “Perfetti Sconosciuti”.

The plot: Four long-time friends are having dinner with their partners. Of course, the friends know a lot about each other. Simply real friends.

Bianca tests this and asks: “Quick info: if Simon is cheating on me, I’d like to know.”

Whereupon Rocco looks deep into Biancas eyes and says: “All right, if you really want to know ...” and then he pauses for three seconds. Everyone’s heart is pounding. Biancas boyfriend gets nervous.

And then, Rocco breaks the tension with a charming smile and says: “I got you.”

Tension released.

The movie “Das perfekte Geheimnis” is an extremely worthwhile movie about friendship, just like the movie “The Intouchables”, “The Wedding Ringer” or “The Eight Mountains”.

You can find more movie recommendations on www.abenteuer-freundschaft.de [German].

Hold the Silence Together

Talking is often a way of reducing tension with each other or working through one’s own insecurities^[9]: Am I ok for the other person?

Being able to remain silent with one another is therefore a great quality of good friendship^[4].

This doesn’t mean shy silence because you don’t know what to say, but a comfortable and familiar silence with each other, because you feel well without words.

Do you know moments like this?

4 Physical Closeness

To be honest, this fourth fundamental ingredient of a good friendship was unfamiliar to me for a long time. I am still a bit of a stranger to it until today.

However, it is important: physical closeness between men (and friends in general). Perhaps you are more familiar with physical closeness between friends than I am.

The first thing you might notice is that as soon as some men have had a good dose of alcohol, physical closeness is no longer a problem. They lie in each other’s arms, sing, sway or playfight. But as soon as they are sober again, the distance is back.

Maybe you can also see it at sport events, for example at the World Cup: After an important goal, the players run to the scorer, hug each other in a big pack, which eventually collapses under the mass of the team and a dozen of sweaty male bodies pile up. 60,000 people are watching. Nobody is thinking about sex - and yet there is great physical closeness between men.



Also seen often: When taking photos. Suddenly the people move closer, hold each other in their arms and it seems as if they are close friends. But as soon as the camera is gone, they take their distance again.

By physical closeness between men, I mean friendly closeness. Men often have reservations: “The fear of being perceived as homosexual is very common among men,” observes renowned men’s coach Björn Torsten Leimbach^[9].



Physical closeness is lived differently in other countries than Germany. In India, male friends walk hand in hand in public. In an Arabic hammam, it is normally that men are closer to each other. In both cases, it has nothing to do with homosexuality.

Male friends in France kiss each other on the cheek when greeting or saying goodbye. Spanish friends constantly touch each other during conversations.

Among women, for example, intimate hugs, cuddling or stroking each other are more common than among men. Male buddies in Western Europe would immediately keep their distance if offered such closeness.

And yet European men are also closer to each other when they feel a friendly bond.



Close Friends at a Birthday Party

Paul is a good friend of mine who has unfortunately been living in another city for years. However, he regularly invites me to his birthday party. Two years ago, I finally accepted the invitation and made an interesting discovery.

There were about 20 people, some of whom had known each other since school. Many of them had been through thick and thin with each other, had travelled to faraway countries together, had smoked weed and drunk, fought with others because of anger, fought over a girl and ended up sharing her, visited each other in hospital, helped each other move house and jumped off the 5-metre board.

At the birthday table, they sat so close together that everyone sat shoulder to shoulder, sometimes with their arms over each other's shoulders. We drank, smoked and chatted.

I felt like a stranger, even though I had met some of these people before because of my long friendship with Paul. I experimented with getting involved in this closeness and sitting shoulder to shoulder. It didn't seem strange to anyone. Only to me.

I quickly got used to it and was happy to be part of the group. The friendly closeness became more normal minute by the minute, we laughed, told each other private stories (who told me again that he was having erection problems?) - and I had a good reference for normal closeness between friends.

Thank you, Paul, for your persistent invitations!

Everyday Observations

The first thing one might notice is that people who feel connected are standing closer to each other while talking. In Germany, good friends are happy to stand 10 to 50 centimetres apart, whereas strangers are often 1.5 metres apart.

Friends can spontaneously drop by for a visit at home, whereas work colleagues, for example, cannot. They might call before, if the question coming around “is allowed” at all.

It is completely normal for friends to touch each other during a conversation: on the shoulder, on the forearm or simply to sit close together, closer than they would with strangers.

Touching is Important for Health

By the way, touching is important for your hormone balance. Pleasant human touch helps releasing the happiness hormone oxytocin, reduce stress and make you feel more relaxed ^[10]. Touch is vital.

Many people regularly touch each other in their intimate relationships. But why should you give your partner so much power (and responsibility) over your happiness when you can share the pleasures of touch on several shoulders, on friendly shoulders. For sure, it is a different kind of touch.



Physical Contact Between Male Friends

Men's coach Björn Thorsten Leimbach recommends - if it's not already normal in your life - active physical contact between male friends ^[9].

It should definitely be a hug to greet each other. Touching during conversation is also normal, as it is while doing sport or helping each other around the house. You can always wrestle and playfight anyway. If

you are supporting a sick or injured friend, touching him is more than normal too. Everyone enjoys a neck massage. Rubbing sunscreen is a good offer to help and anyhow much easier with help.

Perhaps, a certain physical closeness between men may be out of your comfort zone as it was for me (and still is in many situations). Hence, physical closeness could already be a little everyday adventure for you as it is for me. If yes, maybe you want to try it out 😊.

Friends can also be closer than strangers in other ways. For example, you can use the bathroom at the same time: one of you showers, the other brushes his teeth. You can stand next to each other at the urinal. Or you can share a tent or a hotel room on vacation.

If you want, stand arm in arm with a friend during a conversation in a group and carry on the conversation as normal. It may feel strange at first, but hopefully it will soon become normal.

Let's Go into the Tub

At another get-together of Paul's circle of friends, I saw two friends sharing a bathtub and enjoying a beer on the side. Other friends sat around, there were chatting and joking. The atmosphere was totally relaxed. Being close can be so normal and relaxed between friends.

5 Mutual Support

Because Micha was feeling shy, he set himself a goal for the new year: every month he throws a small party at his home - with friends, potential friends, new acquaintances, lots of girls and, of course, Sami.

The first parties went well. However, Micha still felt uncomfortable in his new role as a host. The preparation was still stressful for him. He also found it exhausting to always keep an eye on the guests. And he was still not used to social gatherings like this.

The party last night went exceptionally well. The guests had a great time, flirted with each other, played music, danced and two of them went off to a quiet room to discuss deep questions about their lives. Only Micha, as the host, felt uneasy.

Therefore, he wrote to Sami the next morning: “Hey Sami, good morning! Thanks for yesterday! The party was splendid! Only, I have one question: How did you perceive me? Was I somehow disengaged? Was I weird in any way?”

Sami called back immediately.

Of course they talked about last night, made fun of hilarious situations, chatted about the girls, and also talked about Micha’s doubts.

Getting and Giving Advice

Good friendship has a deeper core. This means that you can talk at length about very personal issues, take a close look at inner conflicts and perhaps discuss necessary change processes ^[7].

Many people take more than ten minutes for such a conversation, sometimes even an hour - this can be over dinner, over a (alcohol-free) beer, while jogging or on a hike. Good friends have such conversations frequently.

A sign of quality of a friendship is that the other person is genuinely interested in your own inner world and that you yourself are interested in the inner world of your friend.

A friend is also a good advisor because you can ask or tell them something in confidence, they may already know from your previous history or, of course, the goals you associate with your current issue.

Personal Goals

I think it is a very valuable idea for friends to talk about their goals in life and how they want to achieve them.

Who else do you want to talk to about your goals? If you don't talk to one or more of your friends about your goals, then the other options are to talk to your partner or a coach. Of course, you can and should also talk to them about your goals. However, I see your best friends in this role first and foremost.

Life Goals, Annual Goals

Sooner or later, many conversations lead to people talking about how they imagine their lives, or at least what kind of life they dream of: A house in the countryside? An apartment in the city? Or backpacking around the world for the next 30 years?

“How do you imagine your life?” is a perfectly legitimate question to ask a new acquaintance if you want to get to know each other better.

I hope you have an answer for yourself.

Good friends can go one step further. At the turn of the year, many people think about their goals they want to achieve or at least tackle in the next year.

It makes a lot of sense if friends reflect together on the previous year and discuss their goals for the next year. They can even reflect on their friendship and set friendship goals for the next year.

To do so, maybe one of the friends invites the others for dinner to his house.

Your Friends as an Accountability Group

Some friends form an accountability group with each other. They meet every week, or every two weeks or monthly and discuss their goals.

They discuss how they have pursued their goals in the last weeks, what successes and failures they have had and what they want to do in the next period.

When you finished talking about your goals, there is often time to ask for tips and advice on individual topics and questions, which can be professional (“My boss ...”) or personal (“I can’t pee ... you already know”). Just chatting and enjoying friends time is also an option.

You can imagine that this type of friends know each other and are capable of supporting each other very well.

In addition, regularly talking about your goals creates a certain commitment: “Jochen, didn't you want to ...?”



Competition

Men love competition. Healthy competition between men is one of the most fruitful forms of support you can give to each other.



Competing together to see who can achieve their goals sooner, lift more weights in the gym or conquer their dream woman first releases a lot of energy and creativity, which is very useful.

You get closer to your goals faster, and it is fun at the same time. And you are doing it together, because you give attention to each other.

Billions are invested in business and education to initiate playful competition to learn better, achieve

goals or encourage people to consume stuff. This can also be used among friends, in a good way!

It is a traditional, established, and tested form of friendship to compete in a healthy way.

In this sense, friends sprint to see who is the fastest. They make bets to push each other. They compete to see who can collect the most donations for a good cause or who can negotiate the higher salary at work.

Useful Criticism

A special friendship service can be well-placed criticism.

Perhaps you know your friend's goals. At the same time, you are surprised at how they stand in their own way when it comes to achieving them.

Well-meant feedback can work wonders and deepen the honesty and sincerity of your friendship.

Especially when a friend asks for advice, the solution is not always to tell your friend what to do, but also to - nicely - poke his nose into the way he creates his own problems.

Perhaps you could also recommend that your friend attends a workshop on a certain topic, reads a book or takes advantage of coaching or therapy.

You can imagine that I have of course presented this text to my friends and asked for feedback. I appreciate any praise. Of course! Compliments give me energy too! However, I rely on my friends' criticism: Where are the mistakes? Where have I forgotten something? Where is the text boring? What is too much?

As a reader, you benefit from my friends' honesty. You benefit from my friends' appraisal which kept me writing this eBook as well as from my friends' feedback on mistakes and strange sentences.

If you were able to take something good from this text, you and your (future) friends will benefit because my friends were honest with me. I wish you honest friends as well.

Yes, but ...

Between two prospective friends, I was able to experience how one gave the other well-intentioned and meaningful critique. It was about Anton and Jeremias.

The conversation was, that Anton asked Jeremias about his job. It was a normal conversation: What does he do? How much does he earn? What other goals does he have in this job? What do I need to be able to do that job too?

But no matter what Jeremias said, Anton always came back with a: “Yes, but ...”

For example: Jeremias mentioned his salary with total satisfaction. Anton said: “Yes, but you could earn much more somewhere else.”

This went on, sentence after sentence. What had Anton been up to?

Jeremias was getting annoyed. This style of conversation was getting on his nerves. At some point, Jeremias asked: “Anton, is it okay if I give you some feedback?”

Anton agreed. Jeremias shared his observation of the many “Yes, but ...” and how much it was annoying him.

Jeremias was aware that he was risking his acquaintance by giving that direct feedback. On the other hand, things couldn't go on like this.

That is why he said:

“I have the feeling that you are in an anti-mood today. Whatever I say, you answer with 'Yes, but'.

I find it difficult to have a conversation like that, even though, I really like you. I would like to communicate with you in a different way. Maybe it is even a part of me who contributes to that style of communication, and I can change something myself?

What do you think?”

Anton was extremely grateful for this feedback. He said that he didn't know why he was in such an anti-mood. He had even noticed it himself recently.

The moment was confidence-boosting between Anton and Jeremias. I smiled.

Now, Jeremias knew that he could be honest with Anton. And Anton could count on Jeremias to give him an honest opinion if necessary.

A very good foundation for a good friendship.

Praise and Compliments

Something else is even more important for your friends than encouraging critique. It is: compliments, compliments, compliments! Praise, praise, praise!

John Gottman has found out that for a successful relationship, you should have five to twenty times more positive interactions than negative ones.

I suppose, it will be similar in a friendship. Praise or compliments are particularly positive interactions. They count double, if you like.

In my opinion, it should be easy for you to give your friends compliments or praise, because they are your

friends for a good reason: you think they are good, and you like them.

So, you will always find something to appreciate and admire about them. Or you are simply happy that they are around you.

These are some praises or compliments you can give:

- This new jacket looks absolutely stunning on you!
- I admire how well you always plan our trips!
- I love having dinner at your place. It always tastes delicious, and I like the atmosphere in your flat!
- I enjoy our conversations; they mean a lot to me.
- I love your feedback: Your observations are always on spot.

- Thank you for coming back to me after our heated discussion yesterday. It's good to be friends with you.
- Beautiful apartment. Cozy!
- It's nice to know you. Our friendship is worth a lot to me.
- I like going out with you, it's always great fun.
- Nice to see you!
- I am happy that you are here and have time.

Basically, you can hand out your compliments like flyer distributors in the pedestrian zone: abundantly and in all directions. You should give at least five compliments a day, 20 is better.

There are two reasons for this.

Firstly, compliments feel good for the person receiving them. If people feel comfortable in your presence, they will be happy to come to you. A good strategy for making friends (if you need some...).

On the other hand, you need to focus on the positive to give compliments or praises. This lifts your own mood and quality of life because you must notice more of the good and excellent that happens around you.

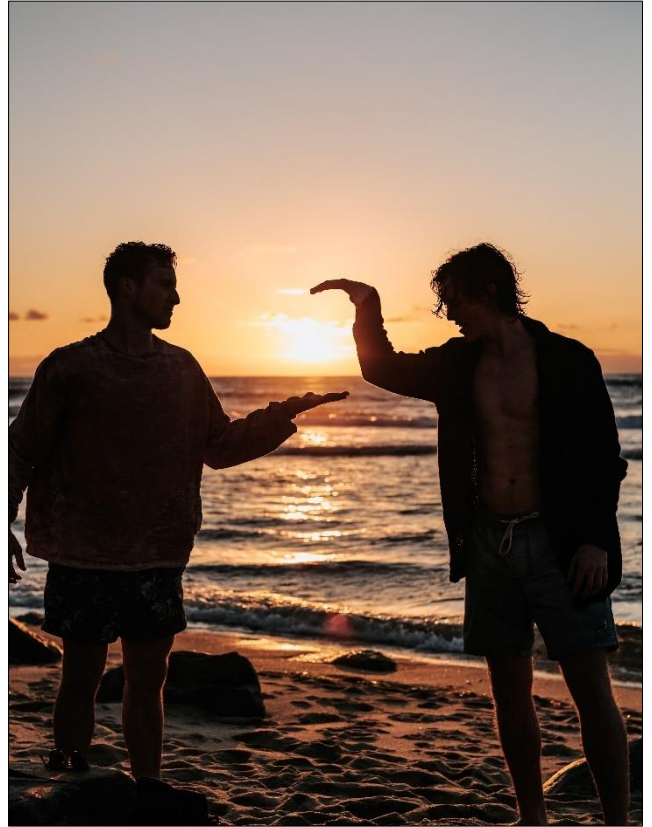
Compliments and praise are therefore an absolute win-win - for you, your friends and everyone around you.

*„An **Acquaintance**, that
begins with a **Compliment**,
is sure to develop into a real
Friendship.“*
Oscar Wilde

The Feeling of Being Great

A scientific study in Tacoma, Washington, brought astonishing things to light. The scientists determined why people become best friends. There is one criterion in particular that contributes to this: The feeling of being recognized and confirmed in one's own identity by the other person.^[6]

Being recognized in your own identity strengthens your self-esteem. There is a simple way to give the other person the feeling of being recognized and confirmed in their identity: Compliments and praise 😊.



The author of a compelling article on friendship therefore concludes: Apparently, we don't choose our friends because they are so great, but because they make us feel great.^[6]

*Little
Compliments
keep the
Friendship alive.*

I would like to add: Because we think people are great, we give them compliments and make them feel great - and that's why they choose us as friends.

My grandfather used to say: "Little compliments keep the friendship alive."

Mutual Support

Friends support each other wherever they can:

- borrowing a car
- helping with handyman work
- watering flowers while on vacation
- playing sports
- preparing for a party
- matching a friend with a woman
- making business contacts
- taking pictures for your online dating profile
- shopping for clothes
- advising each other in difficult situations

... you name it!

Every support is also a joint action. Being there for each other is fun, not only as the recipient of the service, but also as the giver.

Even make support epic

A friend of mine used to say: “Make it epic!”

What did he mean by that? Any ordinary joint activity and support is worth spicing it up a little: With fun, irony, compliments or adventure.

Enjoy it.

Let's Go to Brussels

When Micha lost his job, Sami had a spontaneous suggestion:

“We go to Brussels for a long weekend. We'll enjoy life in Brussels and get over the shock. Brussels is a beautiful old city, you get Belgian beer, good food and maybe we'll go out in the evening. Maybe we'll meet some nice women and have a legendary weekend?!”

Let's have a little adventure and then you'll have your head free for something new.

Are you in?”

For the Sake of Friendship

Branko explains: “Helping with the move was one of those student things. Back then, nobody had any money, and the move usually came as a surprise. So, one asked around to see who could spontaneously help with the move at the weekend.

There was often very little to carry: the most you had to do was clear out a room, at worst, a small kitchen or an old, heavy washing machine. Everyone had time. If you had been partying the day before, you could sober up nicely during the move. Afterwards, there often was pizza and a fun chat together.

But then my first job started. My time became more limited and money more abundant. When friends asked if I could help moving, I now declined. Especially when my friends were earning good money themselves.

I suggested: Take two packers with a truck or get a company to do the move for you. They are faster and, above all, cheaper than us highly paid software developers.

This also meant that a typical activity among friends was no longer performed.

Moving was always associated with golden bits of memories: When you carried the couch together that you had bought from a second-hand store back then and carried it home together in the rain, spent several sociable evenings on it, perhaps had sex with a friend of a friend on it and maybe even spent a few nights on it yourself - then you always carried a piece of history into the new apartment. That's no longer the case. Sadly.

That's why I started to like it again when people ask me to help them move. It doesn't have to be the whole move. But I'm happy to help with packing, putting up a cupboard, or doing something around the house. For the sake of friendship. It is nice to create something together and admire the new place together.”

On the Couch

Your couch can be a friendship machine. Yes, you heard that right.

I recommend: Have friends staying over more often or spend nights at your friends' houses yourself.

It creates a completely different connection when you spend time together in the evenings and mornings. You get to know each other better as you end the day together or prepare the next morning for the day ahead. The facade is basically gone, or at least harder to maintain.

Many people only have this experience when they go on vacation together - and it feels good. But it is much easier to stage this experience if you just do it at home.

You can do it out of necessity (which is the case for most people) or because you consciously decide to do it. Here are some of the "necessary" scenarios:

- Your buddy is stressed at home
- You don't have an apartment and need help
- Your buddy needs comfort because his girlfriend broke up with him or his father died
- You're just too drunk to drive home



And now for the more pleasant scenarios:

- You are visiting your friend in another city
- After a video evening, you simply close your eyes on your friend's couch while he gives you a blanket for the night

- Spend the night at your friend's house before a hike together so that you can quickly set off the next morning
- Or just because, you'll find a reason.

Pro tip: Have a few simple toothbrushes at home that you can give to friends if they are staying over spontaneously. The brushes will also be useful if you have taken a woman home for the night 😊.

The Franklin Effect

You may be hesitant to ask friends for advice or a favour because you think you might be a burden to them.

You don't need that. It is more the other way around: you will probably make yourself more popular and your friend or acquaintance will like it. This is called the Franklin effect.

The Franklin effect is named after Benjamin Franklin, one of the founding fathers of the USA. It is said that he asked people for a favour in order to win them over. Sounds strange? Be surprised.

The story goes that Benjamin Franklin wanted to win over a political rival on an important issue. Benjamin was very interested in books, among other things he was a printer, wrote books himself and opened the first lending library in the US. He knew that his former rival owned a rare book.

Benjamin asked him if he could borrow this rare book. The man is said to have felt very appreciative of the question.



This kind of offer worked. A few weeks later, the two were working extremely well together.

Scientific studies support this observation that people are more likely to like you if you ask them for a favour. Asking for a favour might be perceived like a compliment or praise.

That is why some salespeople ask their customers for a favour, so that the customers are more well-disposed to them ("May I ask you a favour ..."). This works surprisingly well often.

This insight is not an invitation to manipulate people mercilessly according to this principle (you want to win friends, not manipulate your fellow human beings!).

But it should make one thing clear to you: You are welcome to ask for advice and support and it is highly probable that it will even deepen your friendship. Scientifically proven.

6 Everyday Friendship

We have now worked through the first five fundamental ingredients of a legendary friendship. One is still open. This ingredient may appear ordinary, yet it plays a vital role: a friendly everyday life.



Friendships need excitement and adventure. At the same time friendships also need boredom, or at least some peace, chillout-time and reliability. The daily pace of life.

Friendship doesn't always have to be exciting, profound or super-epic. It can also be normal. Just everyday life. Eating out together, working out, relaxing in the sauna, coming over for dinner, watching a video, chatting about the day's events, meeting up in a café, watching soccer, weekly dance classes, working together from home, going on a little trip on Sundays, talking about work or going for a walk after work.

Regular Appointments - You Know What You have

Some friendships have something like regular appointments. The friends know when they are going to meet and what they are going to do. Would you like to have some examples?

- Fitness studio on Monday evening at 7 pm
- Playing cards on Tuesday evening
- Making music on Wednesday
- Beer with friends on Thursday
- Darts meeting on Friday
- Soccer training on Saturday afternoon
- Dinner with friends on Sunday evening

Of course you should not have an appointment every day, that would be friendship stress. But one, or perhaps two appointments a week are a good base line.

In Germany it used to be the social consensus: people met on Sunday mornings at church, or Sunday evenings at the famous crime series named "Tatort". Today, there are many more options and hence many friendships must create their own rhythms.

Wolfgang Krüger, the friendship expert, goes to the movies with friends once a month. He uses the occasion to also invite acquaintances.^[4]

Regular appointments make being together predictable and easy. Everyone knows that the date is coming up, what to do once there, one can prepare for it, and, above all, one can look forward to it. Organization and coordination require little effort because everyone knows when and how to meet. The people involved plan for it and everyone knows what needs to be done. It is like a friendship ritual.

How Florian Organizes his Circle of Friends

Florian meets up with friends every Monday to work out. It all started with André. Florian picks up André at 7:30 p.m. and they go jogging comfortably at the sports field. They run about 5km and just run slowly so they can still have a good conversation: job, family, new acquaintances, vacation plans - whatever there is to talk about. After running, they go to the nearby outdoor gym for a few strength training exercises until around 9 pm: Pull-ups, press-ups, some exercises for the back and some for the future sixpack.

In the beginning, it was only André and Florian meeting. But now, several friends come along. They know that they meet at 7.30 pm. If one of them doesn't show up, he leaves a message on the Monday-Sports-WhatsApp-Group.

José is also part of the group. José only comes along irregularly. Instead, Florian and José usually meet up on Sunday evenings to dance bachata.

Another shared meeting point is Ecstatic Dance. Florian writes a message in the WhatsApp-Group and asks who is coming along. Every now and then, someone else takes the initiative.

The monthly dinner group, which usually takes place at Florian's house, is popular. It's quite uncomplicated. Invitations are sent out on the first Thursday evening of the month. Everyone brings something to eat or drink. Florian just has to tidy up the apartment before and after. At the dinner, they chat, get to know each other, reflect on past events or plan future adventures together. Most of the time they just chat, gossip and laugh. It's nice to hang out together.

still, not all Germans are like that – I just use some observations to make a point.

What were those days when one simply went to his or her friend's house, rang the doorbell and asked on the intercom if your friend was coming out to play?



Today, it is normal for many people to make appointments with friends well in advance - for example, a barbecue in three weeks on Saturday. At least in Germany.

In Spain, I was told, things are much more spontaneous: Ralf suggested a barbecue there for the weekend after next - and received questionable looks from his Spanish friends.

Why was he thinking about what to do in over a week's time? It is much more normal in Spain to send a WhatsApp message in the morning or at lunchtime asking if you want to do something in the evening.

The message sounds something like this: "Barbecue at my place tonight? Bring what you have. I look forward to seeing you! Hasta esta noche. 🍷🍎🍷"

Works much better.

Allegedly, this is also possible in Germany again:

- "6pm for table tennis. Are you there?"
- "Fancy a coffee? I'm in the neighbourhood right now. Do you want to join?"
- Or: Just ring the bell. Be a hero. Ringing the bell is the new vinyl.

Long Live Spontaneity!

Oh, the Germans are so busy. This section is a comparison of German culture to other cultures. And

Sami & Michael

Sami and Michael always meet up on Sundays to go jogging. Their friends know that. Sometimes they come

along, sometimes they don't. After jogging, they go for breakfast together.

In winter, they also go ice bathing, which is both a test of courage and an adventure, and good for their health. Unfortunately, they must drive a bit out of town to go ice bathing, so they usually only do it once a month. But the Sunday date for jogging is fixed!

Friendships Are Like Catchy Tunes

Torsten grew up in a village, now he lives in a huge city.

He says: "When I grew up, it was normal, that someone from the team used to ring the bell on Saturday mornings, usually Thomas. I looked out of the window; Thomas was holding the ball up and I knew that we would be meeting on the sports field in half an hour. He collected the others the same way.

Were we friends? At least we hung out together regularly. They were just the ones who were there. And we got along with each other.

Today, I am only in contact with René from the team. He has also moved away and now lives in Canada. We talk on the phone, sometimes. It is exciting how he organizes his life. Every few years I fly to Canada. There we go on an adventure in the Canadian wilderness. We lose a few pounds while hiking, and above all we renew our friendship."

Torsten now lives in a big city in Germany. He builds up his circle of friends in a different way. However, he would be right back at a game on the old football pitch, if Thomas would ring the bell and present the ball!"

Friendships are like a melody that you like to hum again and again - even if it was a long time ago.

Conclusion, Remark and Tasks for You

Now you know the six secrets of legendary friendships. It took two years of research with experts, friends, and authors to define these six ingredients.

It was clear that as soon as the results is compiled, many people would say: "That's exactly how it is. No surprise! Quite simple, really!" Hence, that makes good research!

So far, there is no good book, website or online course that really helps people to develop good friendships. The goal of "Legendary Friends" (or as it is named in German "Abenteuer Freundschaft") is, to provide theory and training on friendship and how to become good friends.

Therapists Recommend Good Friends

Therapist told me, that for people with depression, one of the treatment methods is to build a good and stable circle of friends.

Of course, I immediately asked the therapists: "So, what is your advice? How should your clients build up a circle of friends? What does the specialist literature say?" - The answer was always: "There is not really anything." It seems that there is not much out there on the topic of friendship.

By the way, the first therapist I spoke to about this topic immediately signed up for the newsletter and downloaded this eBook.

The Quest for Belonging

Many studies show: Friendships and good social relationships are very important to 85% of people - more than a good intimate relationship or success at work. ^[1]

The quest for connection and belonging is one of the most important motivations for people ^[3], perhaps for you too.

Much of what we do every day - a new car, more money, career advancement, a great vacation, fine wine, being sporty - is often about connecting with the right people and being attractive to them.

Why should you put a lot of effort and money into all these things above, when you can directly learn how to make friends – and have these friendships more honestly, more direct and more as a real friendship?

Many people feel how beautiful and pleasant, good friendships are. After all, friends enrich life, give it meaning and they are just fun to be with.

That is why you can find out how to have good friendships, find the right friends and improve your friendships on www.legendary-friends.com and its German origin www.abenteuer-freundschaft.de.

Tasks for You

Some readers have asked me: What can I do now? Do you have specific tasks for me? What can I do differently in my life so that I have more or better friendships (or even a best friend or at least good acquaintances)?

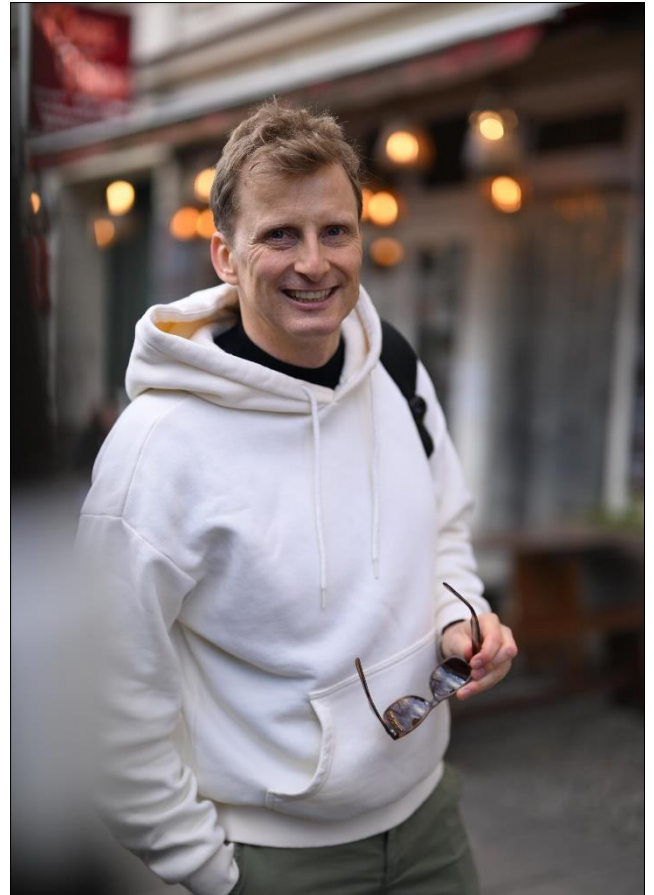
Therefore, you will find some tasks here.

First, Two Tasks for our Collaboration:

1. Subscribe to the newsletter of **Legendary Friends** if you have not done so yet.

You will receive regular updates on how you can improve your friendships. Many of the topics in this eBook are covered in more depth in the newsletter. You will also receive tips on how to meet the right people who can become your friends.

2. Send me your questions and comments about this eBook. If you find a spelling mistake (or several), please send them all. Thank you! Of course, I also love to hear acknowledgements and compliments, especially if this eBook has helped you. I think would be great!



The author: Georg Preller. Photo taken by **Marius Bauer**

What Can You Do for Yourself and Your (Future) Friends?

3. **Adventures:** Create a list of 15 adventures that you would like to experience with your (future) friends. Invite friends and acquaintances on these adventures.
4. **Compliments:** Give at least 5 compliments a day. Not just to (potential) friends, but to all kind of people. If you find it difficult to give compliments spontaneously, you can prepare a list of 20 compliments that you could distribute to most people.
5. **Self-disclosure:** Make a list of your weaknesses, topics you are ashamed of and your struggles - things you might not tell straight away. Tell friends and acquaintances about them. You may also ask your friends and acquaintances for advice on how you could tackle some of these issues.
6. **Personal development:** Attend personal development workshops, read books or watch video-

courses. I would be surprised if you haven't done this yet and have come across this eBook anyway. Congratulations in this case!

7. Talk about Friendship: Talk to your friends and acquaintances about what friendship means to them and what is important to them. This can be one of the most important conversations you can have. Talk about why you are friends and what you like and dislike about each other. Send them this eBook and use the content as a starter for your conversation: Where do you agree and what would like to integrate into your friendship? Where do you disagree?

8. Subscribe to the newsletter 😊

In this eBook, you have received numerous suggestions on how a legendary friendship can work. At www.legendarly-friends.com and its German speaking companion www.abenteuer-freundschaft.de you will find articles that expand on all of this; for example:

- Interesting adventures with friends
- How to give compliments in a good way
- How and where to meet people
- How to have a good deep talk among friends

Legendary Friends

Find the right friends, maintain and deepen your friendships – for all of this, you can find good advice and ideas at: www.legendarly-friends.com. You can subscribe to the newsletter right on the homepage.

Legendary Friends writes from real life, combined with psychologically sound approaches. With these tips you can improve your friendships and make new friends.

I'm delighted that you are a part of it. Thank you.

Impress:

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You are welcome to recommend us. Feel free to send this free guide to friends and recommend our newsletter.

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