

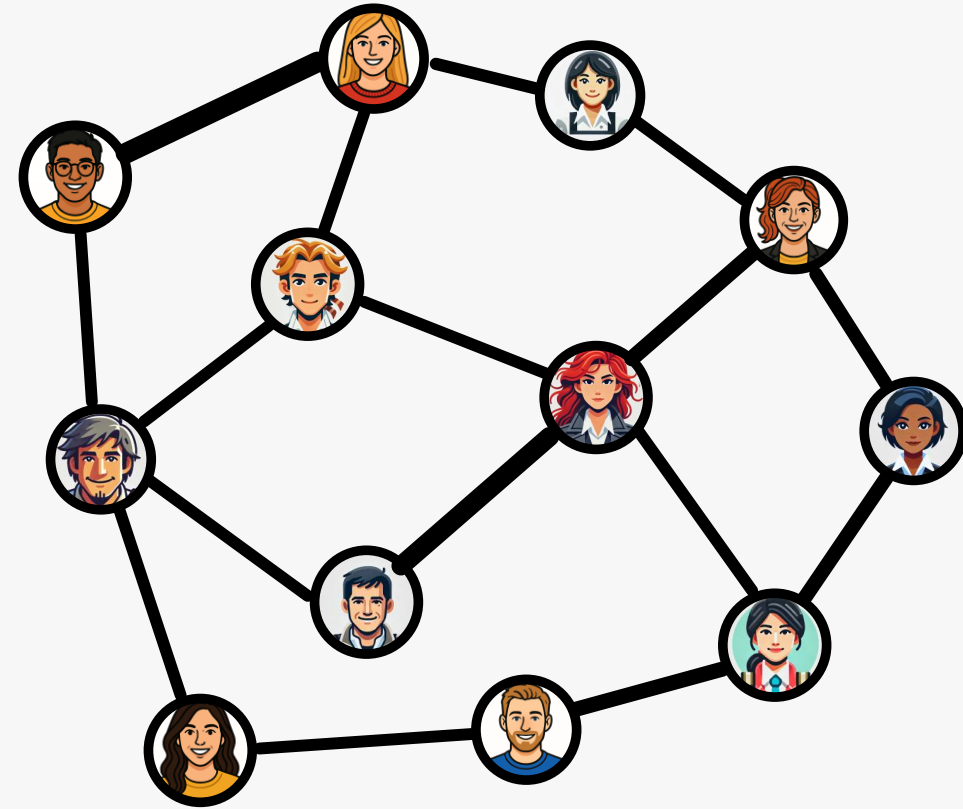
INITIATIVE

GEM EINSAMKEIT

Social connections - core

How to engage with your core connections

Christian Langkamp

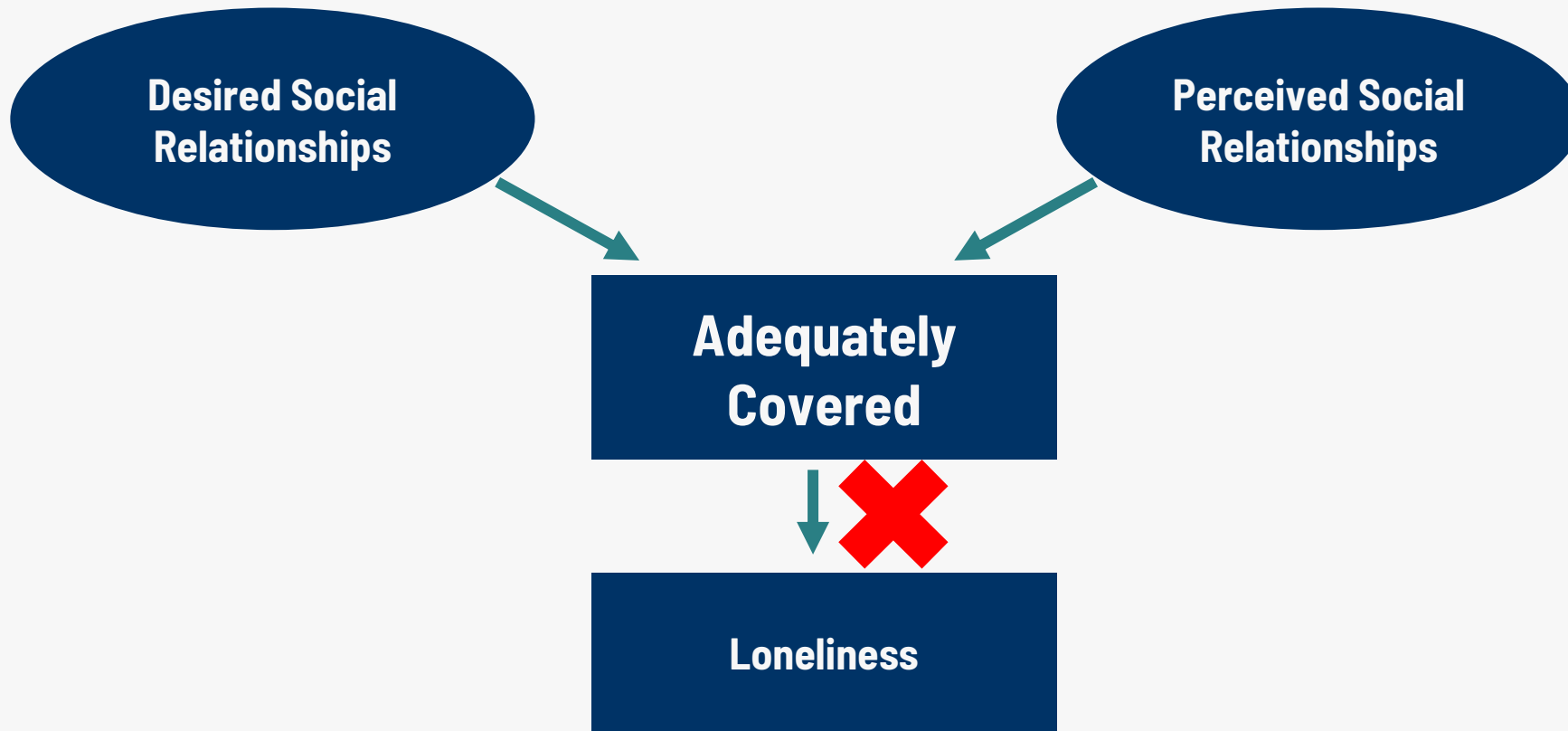


Member of

GILC

GLOBAL INITIATIVE ON
LONELINESS AND CONNECTION

What is loneliness

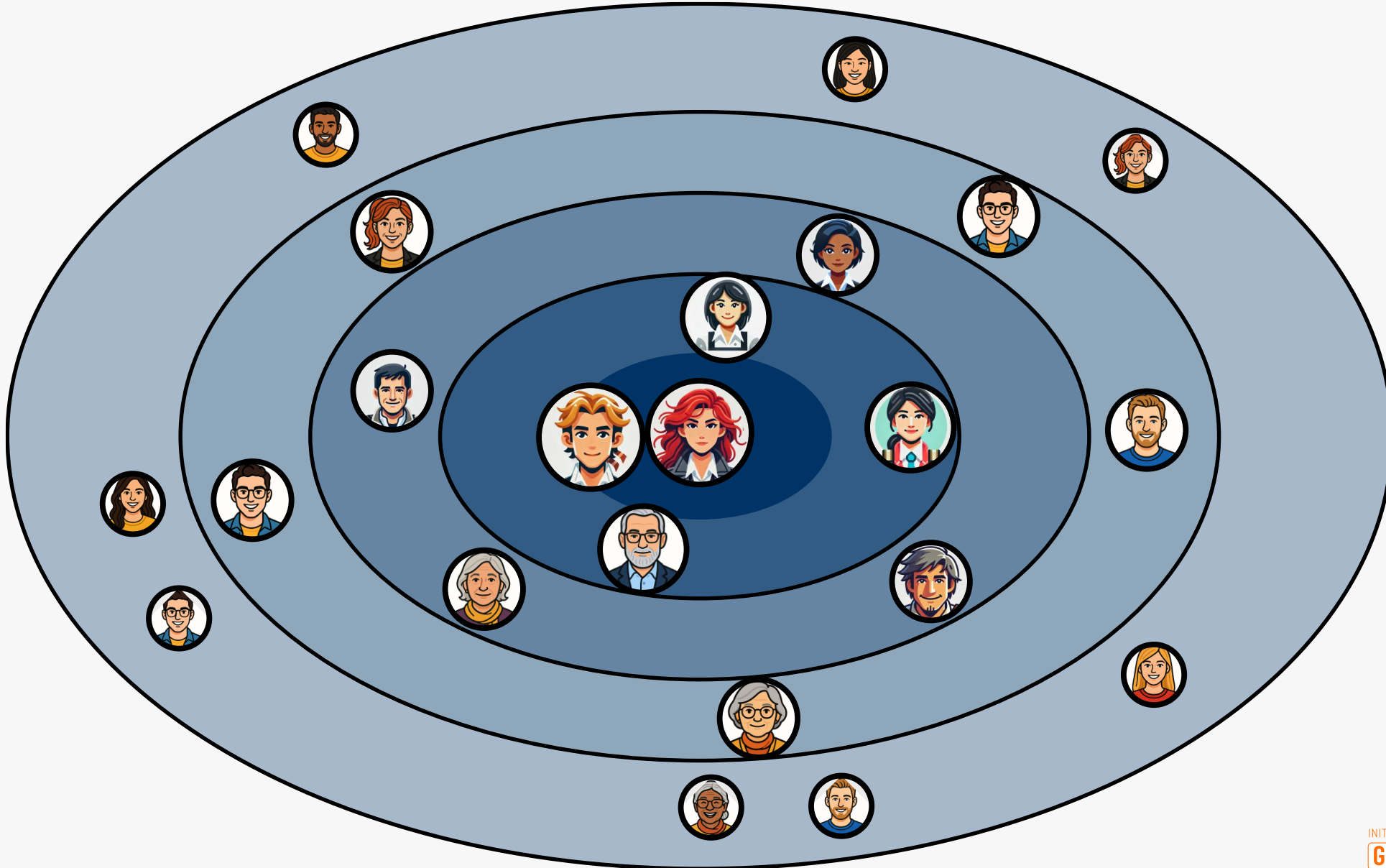


Subjective
Quality > Quantity
Can be painful
Involuntary

Analogous to hunger/thirst: energy needs relative to consumed food
Enough or not enough – in the latter case, signal to seek food

Luhmann / Peplau / Perlmann

Dunbar circles



Dunbar circles II - capacities



1.5 Intimate circle

5 Best friends – Support group

15 Close friends/friends
– social friends circle

50 friendly acquaintances –
close social environment

150 friendly acquaintances –
general social environment

What is good connection

PPR – perceived partner responsiveness



Knowing and Caring (Asatryan)

Open questions and genuine interest

Listening with curiosity and intent

Showing warmth and caring

Acceptance and respect

Superficial Contact

Written and formal communication

Status Updates

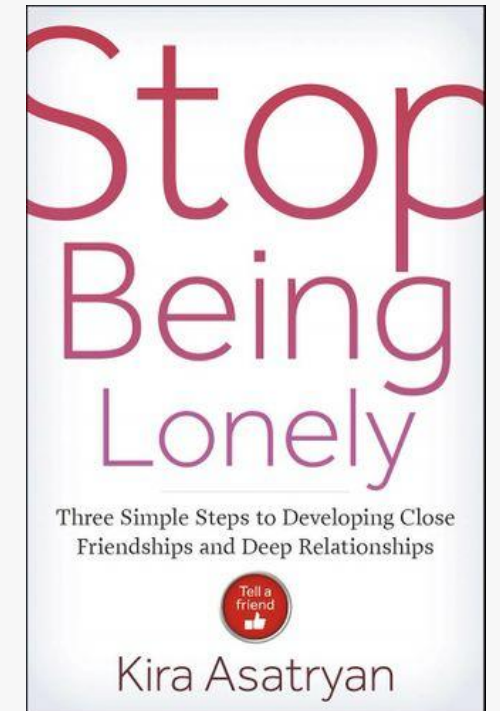
Closed short questions

Intimacy as an Interpersonal Process

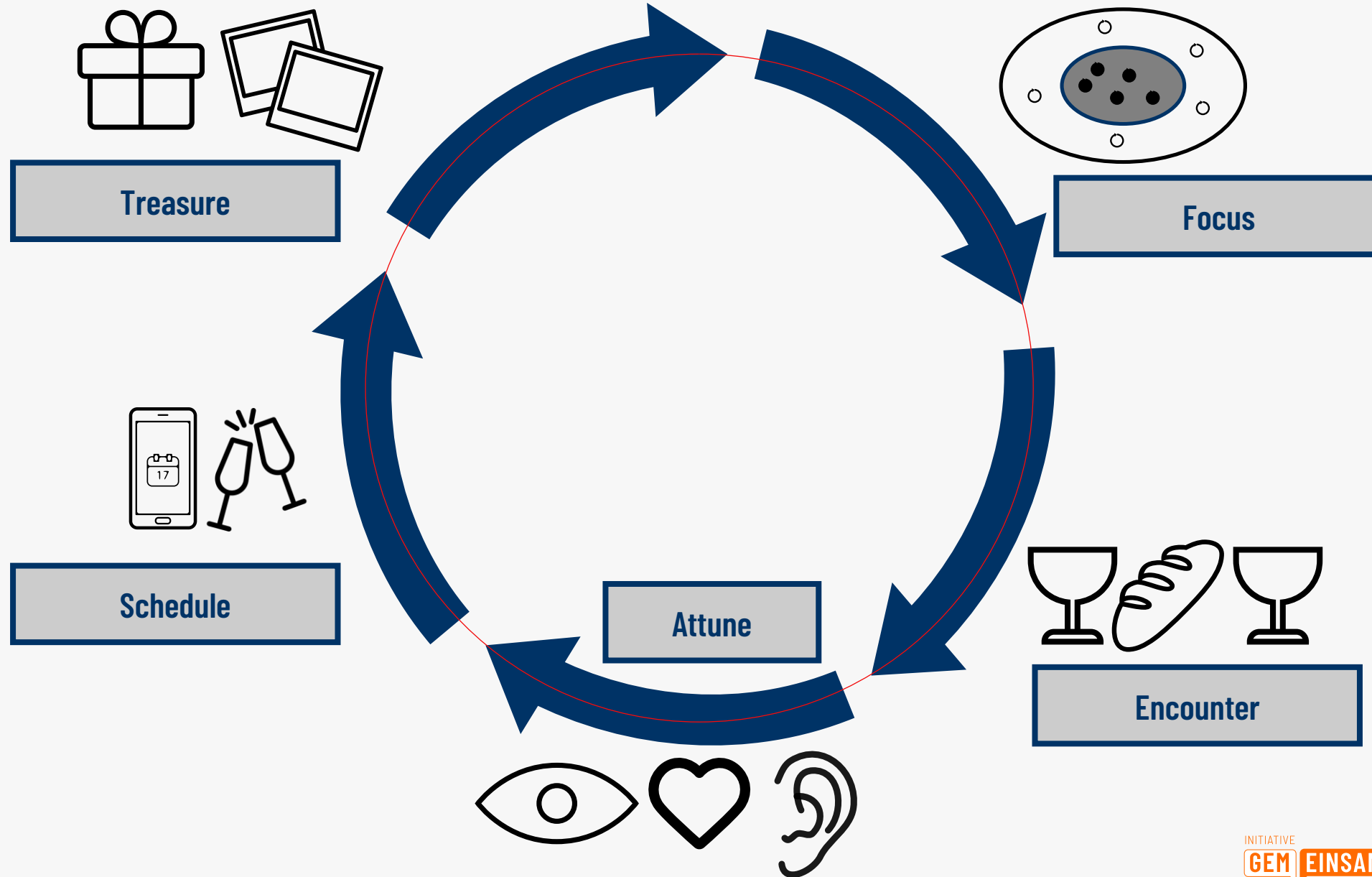
HARRY T. REIS
University of Rochester, New York, USA
and
PHILLIP SHAVER*
University of Denver, Colorado, USA

ABSTRACT

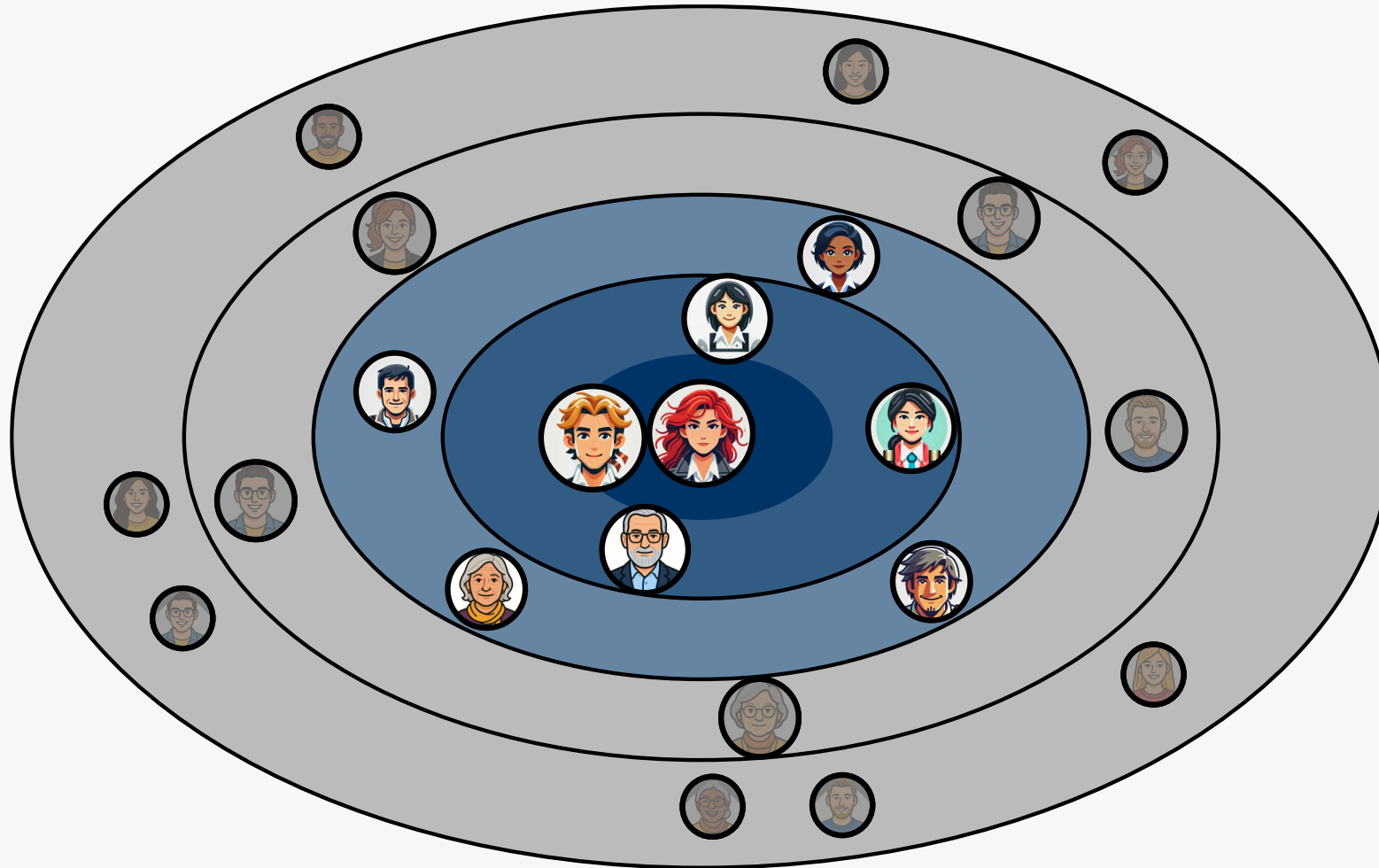
In this chapter, we propose a model of the intimacy process. The process begins when one person expresses personally revealing feelings or information to another. It continues when the listener responds supportively and empathically. For an interaction to become intimate, the discloser must feel understood, validated, and cared for.



FEAST - **F**ocus **E**ncounter **A**ttune **S**chedule **T**reasure



Focus – choose your core few



1.5 Intimate circle

5 Best friends – Support group

15 Close friends/friends
– social friends circle

Friend—ship
Be—friend
Girl—friend
Friend—ly
Good—friend
Best—friends
Friend—request
Old—friend

'The secrets of lasting friendships ... fascinating'
New York Times

Friends
Understanding the Power of our Most Important Relationships
Robin Dunbar

Protected time windows

Seasonal refresh

Load balancing

One eye to emerging friends too

GENEINSAMKEIT

TALK TO THAT ONE

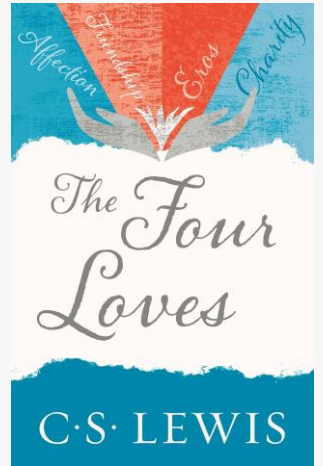
Engage

Face 2 Face or Object-Focused

Enjoyment and Topic-Flow

Shared food and drink

Especially when the whole group is together, each bringing out all that is best, wisest, or funniest in all the others. Those are the golden sessions; when four or five of us after a hard day's walking have come to our inn; when our slippers are on, our feet spread out towards the blaze and our drinks at our elbows; when the whole world, and something beyond the world, opens itself to our minds as we talk; and no one has any claim on or any responsibility for another, but all are freemen and equals as if we had first met an hour ago, while at the same time an affection mellowed by the years enfolds us. C.S. Lewis



Mutual responsiveness

Co-presence and acknowledgement

Joint attention - no digital distraction



Attune – developing the connection in the moment



Understand

Empathy and Patience

Listening to understand

Clarifying terms and paraphrasing

Low self-pivoting

Toleration of ambiguity



See and Validate

Humility and recognition

Naming feelings in context

Affirming legitimacy

Status symmetry - Equality

Affect resonance



Care and Support

Benevolence and Kindness

Help proportionality

Boundary respecting care

No-strings Generosity

Prompt repair moves

WE NEED TO TALK

HOW TO HAVE CONVERSATIONS THAT MATTER

CELESTE HEADLEE

THEODORE ZELDIN

Conversation
How Talk Can Change Your Life



"A brilliant mini-treatise on why and how we talk to one another"
Sunday Times



Schedule - book before we part - turn a toast into a date



Toast (Ritual)

To meeting soon

Commitment ambiguity

Privacy anxiety

Cost - time friction



Commit (Specificity)

Monday in three weeks?

Flake anxiety

Device drag (TV, PC, Mobile)

Attention decay

Home-Lite-Protocol

BYO add-on Guests bring whatever is making it lightest on host

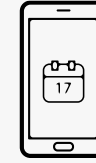
Alcohol optional - early start for families

Host effort budget: Max 30 min prep,

Max 10 min clean, ideally shared

Set End Time Fix, linger if flow

Relocation option without added one-sided expense to third place



Capture (Fixture)

Invite sent

Burden creep

Repeatability

Home-Lite or Third Place

Good friends don't look how tidy the place is, they bring wine

Treasure - memory work - creating the story treasure

Encode the moment

Co-author the story

Archive

Retrieve

Mark it

Retell it

Save it

Return to it

Naming the moment

Mutual recount

Private album

Anniversary toast

Sensory anchor

Inside joke

Artifact collection

Recall cue

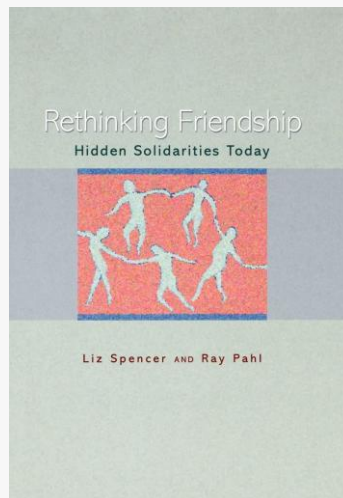
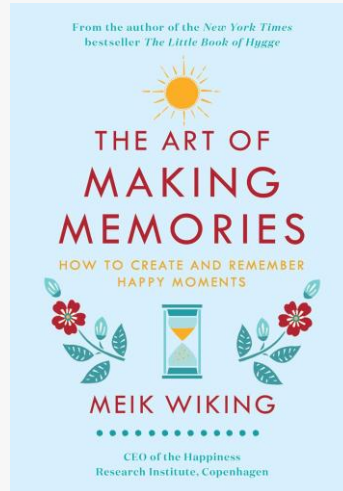
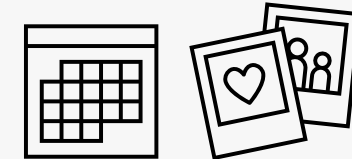
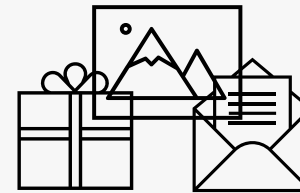
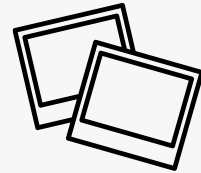
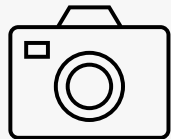
Noting the emotion

Select and caption

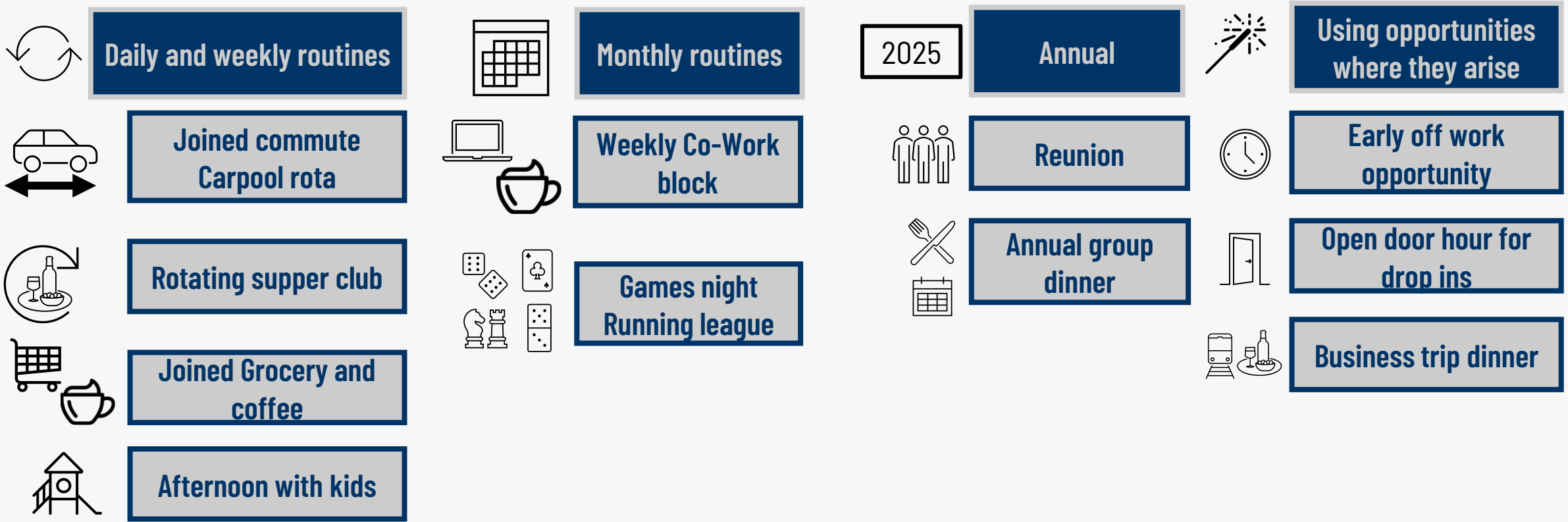
Tradition

Story for others

Gratitude note



Standing contexts and embracing spontaneity



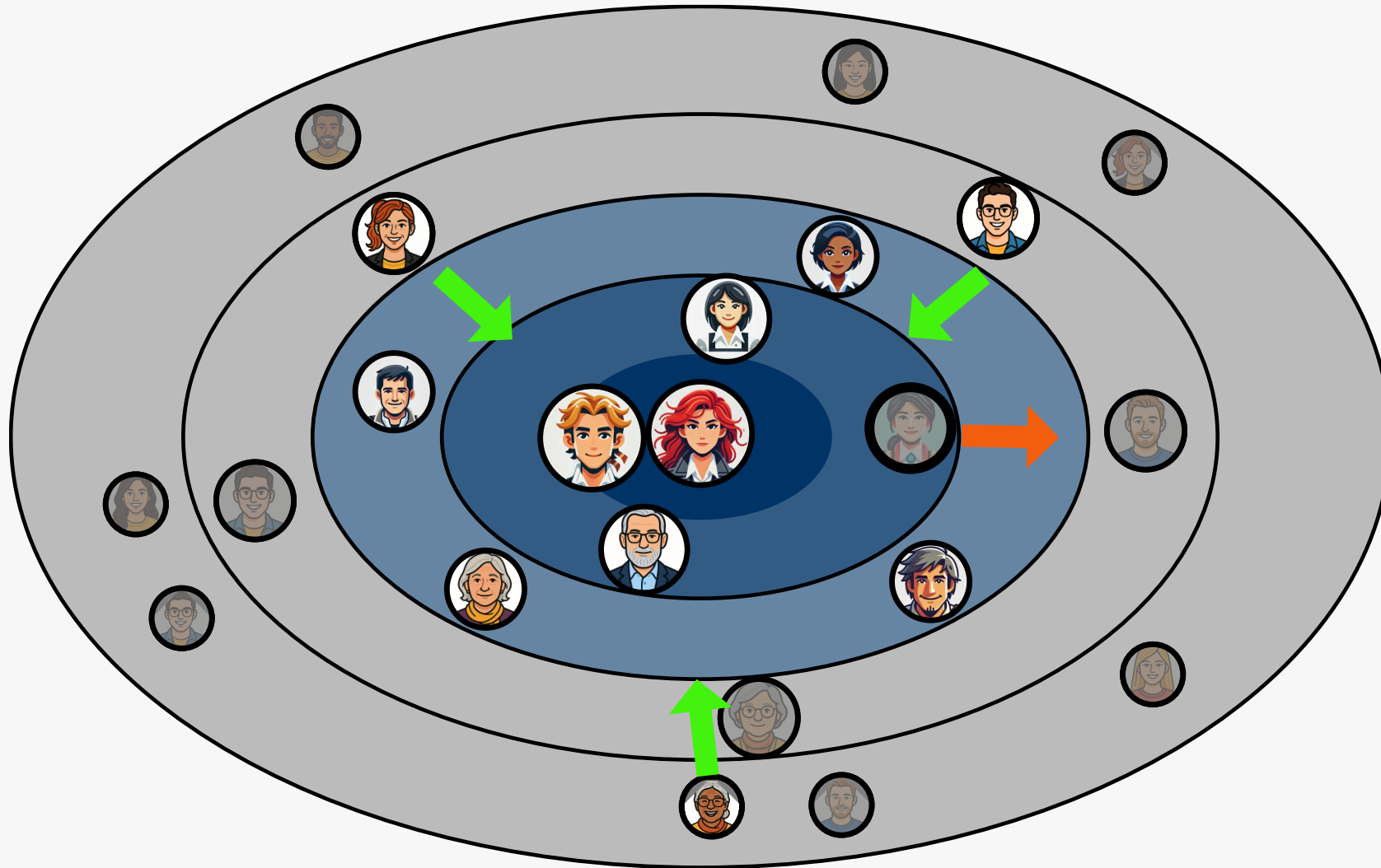
The secret is aiming for regularity (reducing cost of arranging), but embracing the power of intentional spontaneity at the same time.

Common activities – come together for a purpose

	Learn and grow		Create and build		Move together		Serve together
	Join class/workshop (language, cooking)		DIY Project		Run/ride/hike		Volunteer shift (soup kitchen, garden)
	Book or Podcast club		Creativity and Painting		Joined regular sport		Neighborhood "Adopt a block"
	Skill swap ("teach me X")		Photo walk&edit club		Accountability buddy		Church community
			Getting the band together		Train for goal		Termed role at civic office or sports club
			Write together				Event stewardship

What can I do together with the friend that I would otherwise do alone

Refresh and additions



Keep a seat at the table free – and remember – it takes time

To develop a core friendship takes often hundreds of hours (Hall 2018)

How many hours does it take to make a friend?

Jeffrey A. Hall
University of Kansas, USA

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Abstract

The question of this investigation is, how many hours does it take to make a new friend? Drawing from Dunbar's social brain hypothesis and Communicate Bond Belong theory, friendship status was examined as a function of hours together, shared activities, and everyday talk. In Study 1, MTurk participants ($N = 355$) who had recently relocated estimated time spent with a new acquaintance. Hours together was associated with closer friendships. Time spent engaging in leisure activities also predicted closeness. In Study 2, first-year students ($N = 112$) reported the number of hours spent with two new acquaintances three times over 9 weeks. Hours together was associated changes in closeness between waves. Two types of everyday talk predicted changes in closeness.

Core circle extremely stable
1–3 % change p.a.

Support circle and general friends
≈50 % in 7 years

Changes in personal relationships: How social contexts affect the emergence and discontinuation of relationships



Gerald Mollenhorst^{a,b,*}, Beate Volker^a, Henk Flap^a

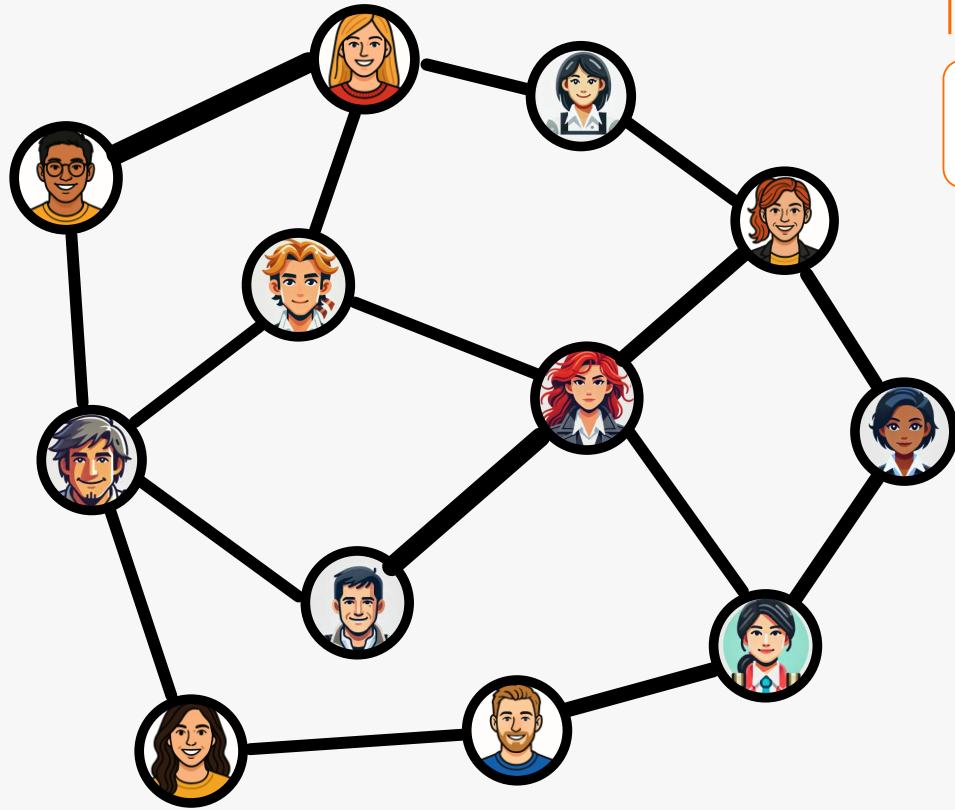
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Keywords:
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Network changes
Meeting opportunities
Path-dependency

ABSTRACT

Although the average number of confidants and practical helpers in Dutch networks only slightly changes over seven years, we found considerable changes among these relationships over these years. To explain the stability of existing relationships as well as the emergence of new ones, we paid attention to meeting opportunities in specific social contexts, such as the work place, family, sports clubs, voluntary associations, and the neighborhood. Notably, we found that a lack of meeting opportunities is an important reason why many personal relationships are discontinued, and that a path-dependent use of social contexts makes new relationships more likely to emerge in a specific context if existing network members are already met in that context. Finally, it is proposed that care should be taken when interpreting changes in personal networks if one relies on information about networks that are delineated using only one name-generating question.



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LONELINESS AND CONNECTION

**Protect time with your core group –
treat it like sleep or exercise!**

Meet regularly, make it fixed and show up!

Thank you for your attention

& great that you were here

Christian Langkamp

christian@initiative-gemeinsamkeit.de