

Questions for Breakout Groups

FSHD Society Wellness Hour Session
Friendship: The Elixir of Life
Monday, May 8th, 2023

1. After listening to the insights about friendship that Gregg presented, what did you find most surprising? What got you thinking?
2. What is the condition of your “network of friends”? Are you satisfied? Dissatisfied? Do you feel supported?
3. What do you think / feel might be missing from your “network of friends?”

“Different people bring out different parts of us. So when you have a larger friend group, you’re able to experience this side of yourself that loves golf, and this side of yourself that loves cars, and this side of yourself that loves flowers,” Dr. Marissa Franco said. “If you feel like your identity has sort of shrunk, or you’re not feeling quite like yourself, that might indicate you need different types of friends,” she added.

Marisa Franco, a psychologist and author of the forthcoming book “Platonic: How The Science of Attachment Can Help You Make — and Keep — Friends.

4. How good a practitioner are you of the “art of dependence”? Do you accept help and support with grace and dignity?
5. What one action are you motivated to take in the next week to improve your “network of friends”?