

 **COMPARE OPTIONS**

**PROBLEM:** I feel lonely. I don't spend much time with friends.

(want/need) Want more friendship and fun.

**QUESTION:** How can I spend more time with friends?

**SOLUTIONS:** S1. option1 → (short-term result) → +pros. -cons. (c)concerns. \$cost. •irrelevant  
S1. option1: stay the same → (easy) → +comfortable. -still lonely.

S2. option2: text friends → (effort) → +more conversations. +more friendships. (c)maybe rejected.

S3. option3: set up a monthly get together → (effort) → +see friends regularly. +fun. -takes time.  
\$planning (30min/month)

S4. option4: Join a club or group → (effort) → +new friendships. +new activities. (c)outside comfort zone.


S5. option5: Volunteer → (effort) → +help others. +meet people. +purpose. -time commitment  
•some may think it's weird. BB. doesn't matter what people think.

S6. option6: make a list of people to contact → (effort) → +organize friendships. +more opportunities.  
\$planning (60min).

 main Goals,Needs,Purpose: Friendship. Community. Help others. Fun.


specific GOAL,NEED,WANT: want more friendships and social activities

criteria (if helpful): wise, love, Godpleasing, beneficial,

 S+ Solution: (best option) Set up a monthly get-together.

Reason: helps me spend more time with friends and is realistic to maintain.

Step1: Text 3 friends. Step2: Pick a date and place. Step3: Meet monthly.

extra space for more options or  B/BB thoughts. (B=Thought. BB=Truth)

B. Nobody wants to spend time with me.

BB. Some people may be busy, but many friendships grow when I reach out.

B. If I text first, I'll look needy.

BB. Friends often appreciate someone taking the initiative.

P → S1,S2,S3 → Goal

PS123

  Strong emotion or uncertainty? → See next page (B/BB)

