

Business English *with Christina*

Christina (00:00):

What makes a good friend? You know, friendships are a very important part of our life. We all need at least one good friend that we can count on to lift us up, to share the difficult moments with us, and just to be there and have fun with. And in this episode, Andrew, who's one of the coaches on my team and I, we discuss the question of what makes a good friend. And you're gonna find that maybe the qualities are maybe not what you think they, they would be. So listen for this episode and we're gonna talk about what makes a good friend. Welcome to the Faster Fluency Conversation Club podcast by business English with Christina. If you want to be confident speaking English network with professionals around the world and practice speaking to become fluent faster, join us. We have nine conversation sessions every week, plus podcast listeners get a 50% discount on the first month of membership with the discount code FFCC50. The link to join is in the show notes. Now let's go. Hi, Andrew. How are you doing today?

Andrew (01:15):

Good, and you?

Christina (01:16):

Doing well. Doing well. Very interesting topic. I think today it's talking about something that's, I would say a little different from maybe the more businessy topics that we've been discussing. But I feel like it's an important one because it is something that affects your wellbeing and its friendship and what makes a good friend. You know, I've actually read that social connections and having, having those social connections is one of the biggest, has one of the biggest impacts on our health. And of course, you know, for being productive and, and feeling good at work and getting things done, you need to be healthy. So so kind of, kind of related back to the business, business topics, but in a more personal way, I would say. So I don't, I'm gonna ask you

Andrew (02:06):

The question. We don't live for business. We, we do business Yeah. To live. So, exactly.

Christina (02:12):

I, yeah, I totally agree. You know, we're not, we're not machines and, and we have, you know, feelings and friendships and and having relationships and I mean, you can become friends with your coworkers. So yeah, we're gonna talk about what makes a good friend no matter where they come from, and yeah. So in, in your opinion, what makes a good friend?

Andrew (02:34):

Well I'd say it's, it's not an easy topic because Mm. You know, it, it varies a lot from person to person. And the other thing is, of course, there's no such thing as an ideal friend. You know,

Christina (02:48):

Nobody's perfect.

Andrew (02:49):

Yeah. Go through your life. You have good friends, and then sometimes they're no longer good friends. You lose sight of them. And sometimes, and you still maybe stay friends, but you know, you, you don't have anything in common anymore because you don't do things together. And then other times they, they, they disappoint you for one reason, for another, or they move away from you. So, you know, there isn't an ideal friend. Right, right. Yeah. There's no, there's no recipe for relationships as such, but I would say that. Right. I'd say, you know, thinking about it a little bit and after reading a bit about it, like one does, you know mm-hmm. <Affirmative>, think about this topic. I'd say the first thing is, let's look at it from a different angle. Mm-Hmm. <affirmative> is, is the friendship is do you have a good friendship?

(03:40):

Is it, is the person that you are thinking of a good friend? And how would you sort of judge that? And I'd say there's two things that matter. One is, do you feel safe with them? Mm-Hmm. <affirmative>, right? Yeah. And the second one is, do they energize you? Do you feel energized after being Right. Right. Mm-hmm. Those two things I think are essential within them. There are many other criteria that Right.

Will make you feel, you know, that will, that will feed them. But I think the most important one, the most important ones are those two. Mm-Hmm. so, you know, and two other things that are important to other conditions, let's say conditions. Mm-Hmm. <affirmative> because that isn't enough in itself, being safe. Right. Energized is not enough. Yeah. Is it reciprocal, you know? Mm-Hmm. Yeah. Are you, do you both feel that you are you know, that, that you, everyone is giving as much as the other, you know? Mm-Hmm.

Christina (04:50):

So that there's like sort of some, some give and take in the relationship. Yes. Meaning like, give and take. I, I bring, I give you things, not, not like physically, I, I don't give you objects, but I bring something Yes. Into your life. I enrich your life in some way. Yes. and you enrich my life in some way. Yes. yeah. Okay.

Andrew (05:07):

Yes. And, and, and you know, the feeling of reciproc,

Christina (05:12):

It's a hard one to say Rest,

Andrew (05:14):

Ity.

Christina (05:14):

Sorry. Reciprocity. Reciprocity. So yeah, that's

Andrew (05:17):

A difficult one to say. So it's a

Christina (05:18):

Hard one to say. Just say it

Andrew (05:19):

Again. Reciprocity. Right? Reciprocity. So the feeling of reciprocity is very important. And it, you know, it does mean that in some cases it's difficult to have a relationship with someone. You're on a very different scale. For example, if, can you be really a very good friend with a very famous celebrity, difficult, can you be

right If you are, if you're just an ordinary person, can you be a friend with a very rich person? If you're not very rich yourself, you know? Right. Probably not very easily. Okay. I would say,

Christina (05:57):

You know Right. Kind where you're kind of like on the same, on the same level. Yeah. Yeah. In terms of maybe like lifestyle or interest or, and I, I wouldn't say when you say on the same level, I like, I don't feel like money is the criteria, but it's just the fact that someone who is very rich and someone who has sort of a normal income. Exactly. It's not the money that makes the difference, it's the lifestyle. Yes. But, and you could say maybe on the same level, it could also be in terms of like interest. I mean, for an example, somebody who's very, let's say frugal or conscious of the environment and ecology or something else compared to someone who likes to, you know, take the plane for every vacation and buy lots of stuff and consume lots of things. Mm-Hmm. They're just not on the same level in terms of lifestyle. And it's gonna be hard to really, you know, be, have a lot in common. I think with, with those

Andrew (06:54):

Different types of people. It's not the money itself, it's what that money does. Right. And what

Christina (06:57):

Exactly Right.

Andrew (06:58):

And how it separates people. So it's possible. I think it's possible, but I would say it's more difficult. Right?

Christina (07:04):

Right.

Andrew (07:05):

Exactly. It creates barriers. And the other thing that is absolutely necessary with friendship is that it's consistent. So consistency is really important that it's regular because you need time to build trust, to build friendship, to build common and shared memories and so on. So, you know, if you've got those two criteria, the

fact that it's reciprocal, that you both feel it's reciprocal and that it's consistent mm-hmm. <Affirmative>, then I think you have the basis for a good friendship. Yeah,

Christina (07:34):

I agree.

Andrew (07:35):

We can maybe, if you want, we can look more into what does that mean to feel safe and what does it mean to feel energized?

Christina (07:43):

Mm. Well it could be, I mean, very briefly, I would say like, to feel safe means that you feel like you can talk to the person. I don't wanna say about anything. 'cause Sometimes there's just topics, you know, you don't wanna share with other people. Absolutely. Where you feel like if you, if you have something that you want to share with someone or you want to talk about, you feel like you can share that with them you

Andrew (08:07):

Can, you can trust them from that point of view, and they listen

Christina (08:10):

And Yeah. You, they listen. Yeah. You can really Mm. Right. Exactly. So I would say that, and the other one would feel energized, I would say. Yeah. It, it's this idea of you, you come, you know, maybe you're, you go and you see this person, or you, you go out together or whatever and you come away feeling, you know, not like it drained your energy, but you Yeah. You feel like it gave you energy. Mm-Hmm. rather than taking your energy, I would say.

Andrew (08:41):

Yeah. I would say. Yeah. Yeah. First of all, it's, you know, is it fun to be with that person? It's not fun.

Christina (08:47):

Yeah. Yeah. Right.

Andrew (08:48):

<Laugh>, it's not gonna help. I'd say that you, like, you need to like, and admire them a bit. You, that you need to have some sort of res, you know, big respect for them and think, wow, you know you need to, I think also laugh with them. You know, there's somebody who makes you laugh with whom you laugh, and also someone you learn things from that they challenge you, that you know, not challenge you in a, in a, in a, in a bad way, but challenge you, you know, make you think and make you kind of

Christina (09:20):

Push you a little bit to maybe and encourage you and, and support

Andrew (09:24):

You. Be very honest with you, you know, as well. Right. Same time. Yes. But be in a positive way, you know? And, and the, that they're feeling safe. Do they, do you feel this person has your back? Do you trust them? Do you think they're honest and loyal, right? Mm-Hmm. <affirmative> do you feel comfortable with them? Is it something that you feel comfortable, somebody you feel comfortable? Do they, do you feel that they support you? You can rely on them, right? Do they respect your boundaries? This is very important. Mm-Hmm. Do they not? Do they, are they very respectful with you? I think that's really important and are right. Yeah. Right. Yeah. I think boundaries, you respecting boundaries is a very important thing. And you know, another one, are they dependable? Are they somebody that you know you can rely on every time? Mm-Hmm. <affirmative>. Yeah.

Christina (10:19):

And Exactly.

Andrew (10:20):

You've not feel judged by them. That's right. All those, all of those things are sort of part of feeling safe.

Christina (10:28):

What makes a good friend. Yeah. Yeah. No, I agree. Yeah. Okay. Alright, well thank you Andrew. And yeah. And we'll we'll see you in fluency Club. Thank you for listening this week. If you want to do more than just listen and you want to practice speaking vocabulary and get the confidence in English that you need for

your career, become a member of the Faster Fluency Conversation Club today. And if you want to try the Club, we'll give you a guest invitation to a free first session so that you can see for yourself how awesome this club is. To arrange your guest invitation, email us at contact@christinarebuffet.com and just ask, we'll take care of you.