THE 5 COMPONENTS OF FRIENDSHIP (

INSTRUMENTAL SUPPORT

offering practical help without expecting anything in return

COMPANIONSHIP

hanging out

SELF DISCLOSURE

sharing personal information you wouldn't with a stranger

CONFLICT RESOLUTION

fixing a fight

VALIDATION

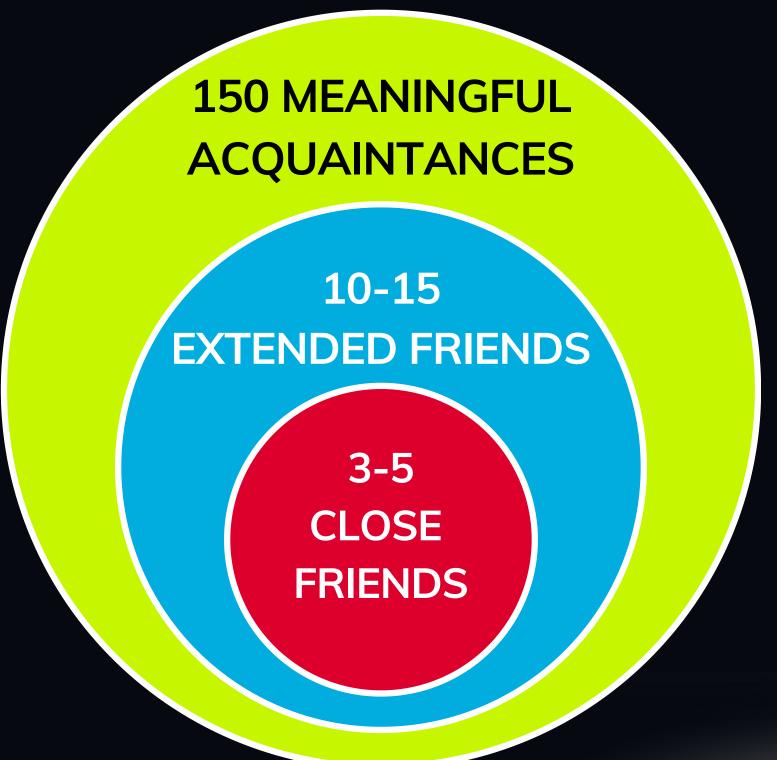
acknowledging someone else's experience as true





THE 5 COMPONENTS OF FRIENDSHIP (







GREATER 2025