

# Principle # 9: Strengthen Social Connections

Love is all-important. Being part of a community of family, friends and neighbors provides joy and emotional strength. Learn to overcome fears of rejection and be a friend to all. Service is an integral part of the spiritual path and increases self-confidence. Perform acts of kindness for those around you every day.

*This is my commandment, that ye love one another, as I have loved you. (John 15:12)*

# We All Need Other People



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# Friendships Can Bring Joy

President David O. McKay: To live, laugh, love one's friends, and be loved by them is to bask in the sunshine of life.



# Styles of Relationship Poker



Timid

Impulsive

Balanced risk-taker

# Relationship Etiquette

Be respectful

Be sensitive

Recognize group hierarchies  
(Don't take over)

Be cool!



# Learn to Be Safe



Rejection can hurt!



# The Seven Levels of Social Intimacy

1. Saying hello
2. Getting acquainted
3. Becoming friendly
4. Casual friendship
5. Good friend
6. Close friend
7. Committed relationship

# Read the Signs

What social signals am I receiving?





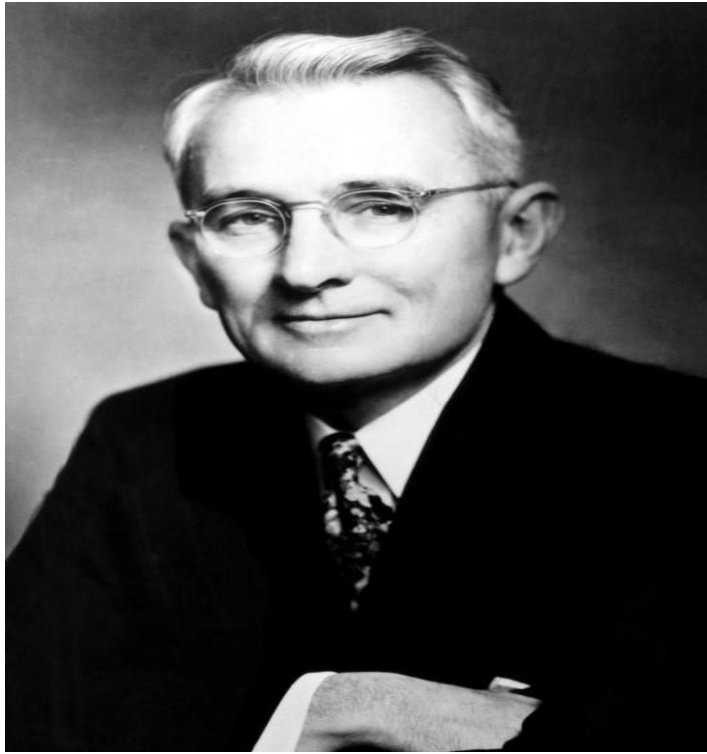
# Accept the Level of Friendship Offered



Each person has different tastes. Once we give up the unrealistic idea that all people must like us, we can relax and try to find people we are compatible with. Popularity is not a measure of worth.

# How to Win Friends and Influence People

## Dale Carnegie



### Making Connections

1. Be genuinely interested
2. Be a good listener
3. Talk about others' interests
4. Give compliments
5. Let people know you like them

# Achievable Goals

## Self focused goals:

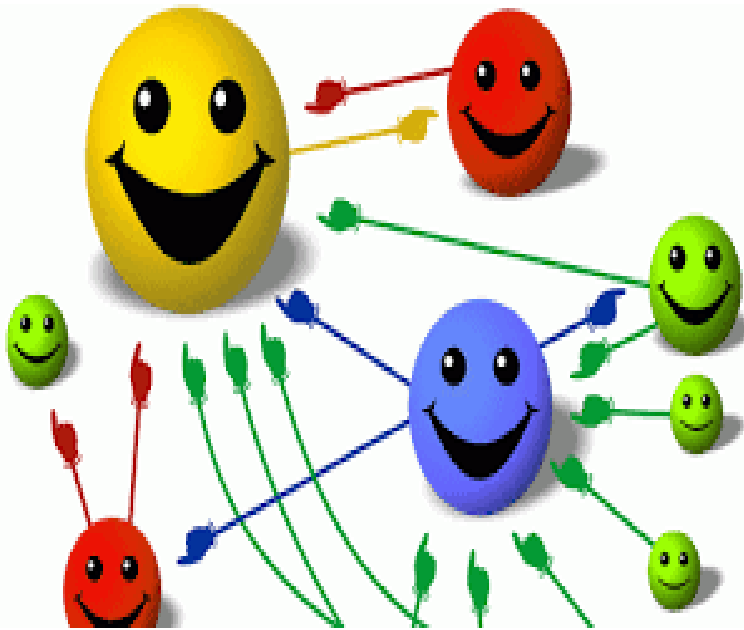
Popularity

Be my best friend

## Other focused goals:

Love others and let them know they are important

Make social connections and enjoy the moment



# Five Aspects of Strengthening Relationships

Friendliness, sensitivity, communication,  
charity, character



*Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. (Matthew 22:37-39)*

# Friendliness



Say hello

Smile

Greet people by name

Wish them well

# Sensitivity

- Recognize social signals and body language.
- Checking in – asking how others are doing in a sincere accepting manner.
- Courteousness – please and thank you, find ways to express appreciation.
- Accept feedback and requests. Be cooperative.
- Place others' need and wishes on a high level.
- Be cautious about making jokes at others' expense.
- Acknowledge growth, change, and improvement in others.

Elder Neil Maxwell: Remember the simple but searching self-query suggested earlier: "Whose needs am I trying to meet?" To answer honestly is to achieve some emancipating empathy."



# Communication

- Seek first to understand.
- Listen before speaking.
- Inspire versus criticize.
- Strive for balance in speaking, only taking your portion of the conversation.
- Be a good listener and remember to actively engage others.

*Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:*

*And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.  
(Ephesians 4:31-32)*

# Charity



Pierre Anthien

**Elder Bruce R. McConkie:**  
Above all the attributes of godliness and perfection, charity is the one most devoutly to be desired. Charity is more than love, far more; it is everlasting love, perfect love, the pure love of Christ which endureth forever. It is love so centered in righteousness that the possessor has no aim or desire except for the eternal welfare of his own soul and for the souls of those around him.

# Character



Character implies a built-in consistency. Controlling one's temper, making sacrifices, honesty, dependability, and loyalty are always mini-victories over the impulses of the moment.