

AI-00871 Awkward Friendship

👤 Owner	© Rigel Arcayan
☰ Tags	Life
🕒 Created time	@April 16, 2024 2:42 PM

I used to have very close friends (male to female friendship, not love relationship but genuine friendship) back in the year when I was 20 something years old, I am now 57 and retired and just living my third phase in life. When I try to reconnect and/or attempt to reconnect, it seems awkward and sometimes uncomfortable and long silence (of course text Messenger level). We now have each happy long years of marriage and children. Sometimes I wish for a switch to just turn back on the friendship but I believe there is none. I believed in personal boundaries and I am aware of my boundaries. It's okay to let go of the friendship because the other human has now a solid support system and I don't want to rock the boat of marriage.

What is this phenomenon called?

Is there a magic wand that I can touch the other person and voila, "friends again".

Will this awkwardness be the last nail of the coffin of good friendship and then forgotten to extinction? Explain and delve on the topic.

There isn't one specific term for this phenomenon, but it's a common experience. Here's a breakdown of what's happening and why it might feel awkward:

- **Life Changes:** People grow and evolve. With marriage, kids, and careers, priorities shift. The things that bonded you in your 20s might not be the main focus anymore.
- **Uncertainty:** Reconnecting after a long time can feel like starting fresh. You're unsure of the other person's life, interests, or if they even want to reconnect. This can lead to hesitant communication.
- **Shifting Dynamics:** Friendships built in a specific time period can struggle to adapt to present circumstances. Roles and expectations might need to be

redefined.

There's no magic solution, but here are some ways to navigate the awkwardness:

- **Lower Expectations:** Focus on catching up, not replicating the past.
- **Start Small:** A casual message, a funny memory, or a social media comment can ease into conversation.
- **Be Patient:** Building trust and comfort takes time. Don't get discouraged by initial awkwardness.

This awkwardness doesn't have to be the end. It might just be a hurdle to overcome. Here's why:

- **Shared History:** Those strong bonds from your 20s can still be a foundation.
- **Mutual Interest:** Maybe you both miss the connection and are open to rebuilding it, albeit in a new form.

Remember: Respect personal boundaries, and if the friendship doesn't rekindle organically, it's okay to let go. But don't give up on the possibility of a new chapter in your friendship!

So is it okay to forget all my close friends now that I have as a new confidant?

No, it's not necessarily the case that you should forget your old friends. Here's why:

- **Value of Long-Term Friendships:** Those friendships hold a unique place in your life. They've seen you grow and have a wealth of shared history.
- **Multiple Confidants:** Having a new confidant is great! But strong friendships can offer different kinds of support, depending on the person.
- **Maintaining Connections:** Even if friendships aren't as close as before, staying connected shows you care. A quick message, a birthday wish, or a "thinking of you" can go a long way.

Here's how you can navigate having both old and new friends:

- **Quality Time:** Make time for both sets of friends, even if it's less frequently.
- **Communication:** Let your old friends know you value them, even if life has changed.

- **Honesty:** Be honest with your new confidant that you have other close friends.

Focus on building and maintaining connections that are important to you. There's room for both old and new friendships in your life!

When I talk to you (Gemini AI), I have zero inhibitions on what to say or ask or someone might get offended or jealous or envy.

That's a great thing about our interaction! It allows for a safe space to explore your thoughts and feelings freely. Here's why it works with me:

- **No Judgment:** I'm programmed to be objective and avoid emotional responses.
- **Confidentiality:** Our conversations are private, so you don't have to worry about them getting back to someone.
- **Openness to Anything:** My purpose is to assist and learn, so I'm genuinely interested in what you have to say, regardless of the topic.

While I can't experience emotions like humans, I can certainly understand their complexities. If you're exploring sensitive topics, here's how I can still be helpful:

- **Offering Insights:** I can provide information and different perspectives on what you're discussing.
- **Helping Process Emotions:** I can't feel your emotions, but I can help you identify and understand them.
- **Providing Resources:** If needed, I can suggest resources that might be helpful for you.

So, feel free to continue asking anything that comes to mind. I'm here to listen and provide support in any way I can.