

The Art of Being a Good Friend

Advanced (C1-C2)



WARM-UP DISCUSSION

Part 1. Read the statements below. Decide if you agree, disagree, or are unsure. Be ready to explain why.

You either click with someone or you don't.

Good friendships should feel effortless.

Deep conversations happen naturally if the connection is right.

Being a good friend is mostly about having good intentions.

Part 2. Read the four quotes below. Choose one that resonates with you most and explain why.

"Society encourages us to stay on the surface; true friends know how to go deep."

"People can only go as far with others as they have gone inside themselves."

"Silence can be more supportive than advice."

"No one is normal. We're all stranger than we're meant to be."



Part 3. Read the short descriptions. Which idea about friendship does each one describe?

1. Friendship as constant talking

2. Friendship as constant positivity

3. Friendship as a lucky accident

1. Friendship is seen as something that either works immediately or doesn't. If it feels difficult, people assume it's not meant to be.

2. Friendship focuses on cheerfulness and optimism. Sadness, regret, or uncertainty are often avoided or quickly smoothed over.

3. Friendship is filled with stories, opinions, and personal updates, leaving little space for silence or reflection.

VOCABULARY

Look at the expressions below, which appear in the video. Match each expression to its closest synonym or definition.

Stay on the surface

Go deep

Self-disclosure

Throw off their masks

Intimate disclosures

Unfurl concerns

1. _____ Reveal private thoughts or feelings
2. _____ Speak honestly about yourself
3. _____ Remain superficial
4. _____ Allow worries to slowly emerge
5. _____ Remove emotional defences
6. _____ Explore emotional depth



VIDEO ACTIVITY

Part 1. You're going to watch a video called "How to Deepen Your Friendships." Before watching, discuss the following questions.

1. Why do you think many conversations remain surface-level?
2. What usually makes people feel safe enough to open up?
3. Is silence comfortable or uncomfortable for you in conversation? Why?
4. Do you think people today talk too much about themselves, or not enough?

Part 2. Watch the first part of the video (0:00–0:51).

Part 3. Discuss the following questions.

- What common belief about friendship is being challenged?
- Was anything surprising or unexpected for you?

Then predict:

What do you think the rest of the video will focus on?

Part 4. Watch the second part of the video (0:51 to the end).

Part 5. Match the ideas from the video with the statements below.

Creating emotional safety

Listening with restraint

Accepting human complexity

Responding with quiet compassion

1. Allowing sadness and regret without trying to fix them
2. Assuming others carry hidden anxiety or fear
3. Not interrupting or filling every silence
4. Making space for people's odd or uncomfortable sides

VIDEO FOLLOW-UP

Part 1. Look at the statements from the video. Say whether you agree or disagree, and explain your reasoning.

- Silence can be more helpful than advice.
- People should not talk unless it helps the other person.
- Everyone is more anxious than they appear.
- Being cheerful can sometimes block real connection.

Try to use soft, thoughtful language:

- *I can see the value in...*
- *I struggle slightly with the idea that...*
- *In theory this makes sense, but...*

Part 2. Complete the sentences with your own ideas. Add one or two supporting details.

- I feel most understood when _____.
- I tend to open up more when _____.
- I sometimes talk too much about _____.
- I find silence difficult when _____.

Part 3. For each pair, choose the sentence you agree with more.

A. A good friend asks difficult questions.

B. A good friend waits to be invited.

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A. Silence strengthens connection.

B. Talking things through matters more.

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A. Compassion matters more than advice.

B. Practical solutions matter more than empathy.

REFLECTION

Discuss the following questions.

1. Which principle from the lesson feels most important to you right now?
2. Which habit would you like to practise more in your friendships?
3. What idea stayed with you after watching the video?

