



I'm Jai. My mission is to help others escape soul crushing loneliness and find true friendships.

[www.debugreality.com](http://www.debugreality.com)

"Incredible insights"

- Jeb

"Opens up a whole new world for me about friendship"

- Gus

"Profound and accessible!"

- Kate

# FRIENDFULNESS HACK

3 STEPS

## 1. CHANGE UP YOUR STRATEGY

As a young boy I remember going to a new preschool. It was small and dark inside with a dusty smell. I was pretty excited to play with all the other kids but when I tried they weren't interested, probably they were focused on their game but for me I remember a deep feeling of being rejected. I don't remember much more that happened at that age. I'm sure I made one or two friends but that was the start of my struggles to make friends I had learned it may be too painful to try and that maybe staying alone was the better option.

At that age I only really had one strategy when it came to friends - the showing off strategy! It goes like this, find someone you want to be friends with then show off so much they want to hang out with you because you are so cool. When you are 4 it sometimes works.

As I grew older, I never really learned any other strategies and unfortunately no one ever taught me. Showing off might work when you are 4 but when you are 40 people just think you are an arrogant prick. Looking back I can certainly see myself either avoiding or botching most social situations. At a party I'd normally hang around the edge. When I did find the courage to talk to someone, they would quickly make an excuse to disengage. Probably because I just kept talking about how good I was.

I always thought it was just me, that I was bad at socialising and unlikable. I never realised it was just that I'd not learnt the skills most people learn. I was living in the social world as a 4-year-old and thinking that was all there was to learn.

And I'm not alone! I'm sure you've met tons of people, (mostly guys), with a similar strategy and they are generally unlikable. The things we are not taught growing up but take for granted are some the most destructive forces in our lives.

The first step is this - next time you are in a new social situation take note on how you act and what you think about. When did you learn this strategy in your life? How effective is it? Now observe other peoples' strategies. Lastly try something different, a different approach or attitude, try a few and see what works for you. What's your most effective strategy?



## 2. BE A BETTER FRIEND

As a teenager I was terribly lonely - I lived alone on a farm with my father who I didn't get along with - we barely spoke. My loneliness was so strong it was like an endless empty pit in my heart. When I went to a party or even at school, I would see people that I wanted to be friends with yet be unable to approach them. All I could think of was how much I wanted to not be alone and how much it would hurt if I tried to make a friend and failed.

The crazy thing is most people feel like this to some extent - we all have a desire to be part of a group and a fear of rejection. It is built into our genetics as a social species. I gained this understanding later in life and it helped me to flip my perspective, instead of needing someone to fill my loneliness I asked myself how can I help fill the loneliness in others, instead of approaching others wanting something I approached others with something to give and with that one flip of perspective the fear mostly vanished. This is a much better strategy to making friends than trying to show off.

This is the second step - next time you want to make some new friends know they have the same social need to belong and fear of rejection you do. Approach them with an offer not an ask and make it about making them feel accepted not about you needing acceptance.

## 3. HAVE FUN WITH IT

With dating, as with many things, I was very late to the party. With the deep pit of loneliness in my heart the need to find a partner in life was often overwhelming. If approaching someone to make friends was hard approaching someone I "liked" was basically impossible. There was too much skin in the game, the expectations that I would find someone to fill my pit of loneliness was too intense. The more I liked someone the more desperate I was to have, control, absorb and consume them. This was a totally losing strategy and I never got far with any romance. The painful thing was I was aware of it and still couldn't stop being consumed by it.

What did I do to transform being a complete failure at the dating game into being a success? I changed my mind set by destroying my expectations. Instead of going on a first date expecting to find a soul mate to fill my loneliness and make me happy, I decided to approach it as an opportunity to enjoy meeting someone new, getting to know them and having a fun time and who knows maybe making a friend.

We all experience this at some point for example when watching a new movie. When our friends tell us it is the most amazing movie, but we find it was just average, we are filled with disappointment. On the other hand, if our friends tell us the movie is just average, but we really enjoy it, we are filled with surprise and joy. By going into social experiences expecting average, we will either get an average experience without disappointment or we will be pleasantly surprised and joyful.

This is the final step - so next time you are in a social situation if it is just making friends or finding your soulmate really examine what your expected outcomes are and destroy them. Instead focus on having some fun and enjoying the experience and making it great for them too! Who knows you might be pleasantly surprised! 😊

## NEXT

- Share this course someone else needs this insight today!  
<https://www.debugreality.com/find-your-tribe>
- Checkout and help out with [my first book](#)
- Read [my blogs](#) for more wisdom from me.
- Finally join my [Discord community](#) to ask questions and help others.

# WORKBOOK

Make these steps a part of your life. Fill out the below questions to begin your transformation!

## STEP 1

What strategies from your childhood are you still using to make friends? Describe how effective they are.

Observe or learn about other strategies – which strategies do you want to try? How did it go?

It may take more than one attempt at a strategy to see if it fits so you may want to keep a journal of progress.

## STEP 2

Picture someone you want to talk to being as lonely or lonelier than yourself. Does doing this reduce the social anxiety?

What makes you a good friend, what can you offer others?

How does starting a conversation with something to offer change how you feel?

## STEP 3

What expectations do you take into a social situation?

What expectations will you take in next time?

How does this change how you feel about meeting new people?