Different Types of Friendships: Understanding Your Social Circle

From casual acquaintances to lifelong bonds: How to recognize and nurture the various connections in your life

> Friendships, like facets of a precious stone, come in various forms, each reflecting a unique aspect of our social needs and personal growth. From the casual acquaintance who brightens your day to the lifelong confidant who knows your soul, understanding the different types of friendships can enrich your life immeasurably. This article explores the diverse landscape of friendships, offering insights into recognizing, nurturing, and navigating the various connections that shape our social world.

The Casual Acquaintance: Expanding Your Horizons

The world is full of people, and not every interaction needs to blossom into a deep, meaningful friendship. In fact, a significant portion of our social circle is made up of casual acquaintances – those individuals we encounter in the periphery of our lives, contributing to our sense of community and offering a chance to broaden our horizons. Think of the barista who knows your usual order at the local coffee shop, the friendly face you always see using the elliptical next to you at the gym, or the person you regularly exchange pleasantries with while walking your dog. These are the people who populate

the edges of our social world, and while these connections might not involve deep emotional bonds, they still play a vital role in our daily lives.

Casual acquaintanceships are typically built on shared activities, routines, or locations. They’re the result of consistent, albeit brief, interactions within a specific context. You see the same person at yoga class every week, or you both frequent the same bookstore. This shared experience creates a foundation for interaction, even if the conversation remains light and focused on the immediate environment. It’s unlikely you'll be sharing your deepest fears or celebrating major life milestones with a casual acquaintance, but that doesn’t diminish the value of the connection.

Maintaining a friendly and approachable demeanor is key to fostering positive interactions with casual acquaintances. A simple smile, a warm greeting, and engaging in light conversation can transform these brief encounters into pleasant experiences. Asking the barista how their day is going, or commenting on the weather with your gym buddy creates a sense of connection and shows that you recognize them as an individual. The effort required is minimal, but the impact can be significant, contributing to a more positive and enjoyable environment for everyone involved. These small, consistent acts of kindness can also lead to unexpected benefits, from learning about a new restaurant in the neighborhood from the barista, to discovering a shared interest in a particular author with someone at the bookstore.

While casual acquaintances are not considered close friends, it's important to recognize that they can broaden your social circle and expose you to diverse perspectives. Each person you encounter has a unique background, experiences, and opinions. Even a brief conversation can offer a glimpse into a different way of thinking or introduce you to something new. Perhaps the person you chat with at the dog park is a talented artist, or the individual you see at the library works in a field you know nothing about. These connections can be a source of unexpected learning and inspiration, expanding your

understanding of the world around you.

Consider your casual acquaintances as potential future friendships, but understand that the connection may remain superficial – and that's perfectly okay. Not every interaction needs to evolve into a deep, meaningful relationship. The purpose of these connections is often to simply add a touch of positivity and connection to your daily life. However, it's worth noting that some casual acquaintances can blossom into closer friendships over time. If you find yourself consistently enjoying the company of a particular acquaintance, and you discover shared interests beyond the initial context, there's no harm in suggesting a more formal outing, such as grabbing coffee or attending an event together.

Remembering small details about your casual acquaintances, such as their name or their favorite drink, demonstrates that you are attentive and approachable. It shows that you see them as individuals, not just anonymous faces in the crowd. This simple act of remembering and acknowledging details can make a significant difference in the quality of your interactions and strengthen the sense of connection. For instance, remembering the barista's name and asking how their weekend was can transform a routine transaction into a more personal and meaningful exchange.

Ultimately, casual acquaintances contribute to a sense of community and belonging, even if they lack the depth of closer friendships. They create a feeling of connection and familiarity in your daily life, making you feel more integrated into your surroundings. These connections remind us that we are not alone and that we are part of a larger social fabric. Acknowledging and valuing these relationships can significantly enhance your overall well-being and contribute to a more positive and fulfilling life. So, next time you're grabbing your morning coffee or hitting the gym, take a moment to appreciate the casual acquaintances who make your world a little bit brighter.

The Activity-Based Buddy: Sharing Interests and Hobbies

Within the fascinating landscape of friendships, a common and often incredibly rewarding type is the activity-based buddy. These are the friends you connect with primarily, and sometimes exclusively, through a specific hobby, sport, or shared interest. Think of the person you always see at your weekly pottery class, the fellow hiker you regularly encounter on the trails, or the teammate you share both victories and defeats with on the softball field. These friendships aren't necessarily built on deep emotional intimacy or shared life experiences outside of the activity itself, but rather on the mutual enjoyment and camaraderie derived from pursuing a common passion. They represent a vital part of a well-rounded social circle, offering a unique form of connection and support.

These friendships often revolve entirely around the shared activity. Your conversations might center on techniques in your chosen craft, strategies for the next game, or the latest developments in your shared interest. For example, members of a book club may only interact during meetings to discuss the assigned reading, never venturing into personal matters or socializing outside of the group. Similarly, a hiking group might consist of individuals from vastly different backgrounds, united solely by their love of nature and physical activity. The strength of the bond in these relationships frequently depends on the level of enjoyment and engagement each person derives from the shared activity. If the activity becomes less enjoyable, or if one person’s skill level or enthusiasm diverges significantly from the group, it can potentially weaken the friendship.

However, even within these seemingly straightforward relationships, potential challenges can arise. Disagreements during the activity, be it a debate over a plot point in a book or a contentious call during a sports game, can sometimes strain the friendship. This highlights the critical importance of good sportsmanship, open communication, and a willingness to compromise. Learning to navigate these minor conflicts constructively is

crucial for maintaining a positive and enjoyable environment for everyone involved. Remember, the primary purpose is to share a passion, and allowing disagreements to overshadow the fun can ultimately undermine the entire experience. A good approach is to set some ground rules for respectful communication early on, addressing potential conflict scenarios proactively.

It's important to recognize that activity-based friendships might not extend beyond the shared activity. This doesn't diminish their value. These connections provide valuable social interaction, a sense of belonging, and a supportive environment for pursuing your passions. They also expose you to individuals with similar interests, expanding your social circle and potentially opening doors to new experiences and perspectives. You might learn new techniques, discover hidden talents, or simply gain a deeper appreciation for your hobby.

Ultimately, it's essential to appreciate the value of these connections for what they are: enriching and supportive relationships built on shared interests. Avoid placing unrealistic expectations on these friendships, and understand that they might not fulfill all your emotional needs. Expecting an activity-based buddy to become your confidant or a source of emotional support outside of the shared activity can lead to disappointment. Instead, value these connections for the joy, camaraderie, and shared passion they bring to your life. Embrace the opportunity to learn, grow, and connect with others who share your enthusiasm, and recognize that these relationships, while perhaps not as deep as some, are a vital and valuable part of a fulfilling social life. Cherishing these connections for their unique contributions can significantly enhance your overall well-being and broaden your horizons.

The Close Confidant: Sharing Your Inner World

Close confidants: they're the cornerstones of a truly fulfilling life, the individuals to whom you entrust the map of your inner world, complete with all its hidden pathways, unexpected turns, and sparkling, precious landmarks. These aren't just acquaintances; they are the people you implicitly trust with your deepest thoughts, your most vulnerable feelings, and the secret hopes you might whisper only to the stars. They represent a level of connection that transcends casual friendship, characterized by a profound emotional intimacy, a deep well of empathy, and unwavering mutual respect. They're the first people who spring to mind when something amazing happens – you know they'll share your joy with genuine enthusiasm. Conversely, they're the individuals you instinctively reach out to when the ground feels shaky beneath your feet, knowing they'll offer not just a comforting word, but tangible support and a shoulder to lean on. Understanding friendships at this level is about recognizing the delicate dance of reciprocity, where both parties are equally willing to give and receive, to listen and to be heard, to uplift and be uplifted.

Building a friendship of this caliber is not a sprint, but a marathon. It takes time, vulnerability, and a consistent, conscious effort from both sides. Think of it like nurturing a delicate plant: it needs consistent watering (effort), sunlight (positive interactions), and protection from harsh weather (understanding and forgiveness). You can't simply declare someone your close confidant; you must gradually reveal yourself, layer by layer, allowing them to see the authentic you – flaws and all. This process of self-disclosure fosters a sense of trust and creates space for genuine connection to flourish. It also involves actively listening and understanding the other person's inner world, validating their feelings, and showing genuine interest in their experiences. It's about creating a safe space where vulnerability is not only accepted but encouraged. For example, sharing a past struggle and how you overcame it can open the door for your friend to share their

own similar experiences, forging a deeper bond through shared understanding.

Maintaining this level of intimacy requires a commitment to open and honest communication. Disagreements and conflicts are inevitable in any relationship, but it’s how you navigate these challenges that truly defines the strength of the bond. Constructive communication, where you express your needs and concerns respectfully while actively listening to your friend's perspective, is crucial for resolving conflicts and strengthening the friendship. Avoiding passive-aggressive behavior or bottling up your emotions can create resentment and erode the foundation of trust. Instead, address issues directly and with empathy, focusing on finding solutions that work for both of you. For instance, if your friend consistently cancels plans at the last minute, instead of getting angry, you could gently express how that makes you feel and discuss ways to find a compromise that respects both of your needs.

Ultimately, these close friendships form the bedrock of your social circle, providing a profound sense of belonging and unconditional acceptance. They are the people who know you best, who celebrate your triumphs as their own, and who offer unwavering support during your darkest hours. They remind you of your worth when you doubt yourself, challenge you to grow when you become stagnant, and provide a safe haven where you can be authentically yourself, without fear of judgment. Consider the impact of having someone who truly believes in you, even when you don't believe in yourself. That kind of support is invaluable. These friendships are invaluable resources for navigating life's inevitable challenges and celebrating its fleeting triumphs. They offer perspective, wisdom, and a constant reminder that you are not alone on your journey. Nurturing these connections is an investment in your own well-being and a source of enduring happiness. Cherishing these friendships is not a luxury, but a necessity for a truly fulfilling life.

The Lifelong Bond: Enduring Through Time and Distance

Within the intricate tapestry of our social lives, certain threads are woven with an exceptional strength, creating bonds that endure the inevitable trials of time and distance. These are the lifelong friendships, the steadfast companions who remain by our side through thick and thin, offering unwavering support and a sense of belonging that transcends geographical boundaries and life's ever-shifting landscapes. They are more than just friends; they are chosen family, confidants, and anchors in a world of constant change. Recognizing and cherishing these exceptional connections is crucial for our overall well-being and a fulfilling life.

Lifelong bonds are not simply friendships that have lasted a long time; they are relationships characterized by a unique resilience and depth. They are the friendships that withstand the tests of time, distance, and changing life circumstances, emerging stronger and more meaningful with each passing year. Think of childhood friends who, despite pursuing different paths and living in different cities, still feel an instant connection when they reunite. Or consider college roommates who, decades later, can still reminisce about shared experiences and inside jokes as if no time has passed. These friendships are built on a foundation of mutual respect, trust, and a genuine affection that transcends superficiality.

These friendships are often rooted in shared experiences, values, and a deep understanding of one another. The shared history creates a reservoir of memories and a common language that strengthens the bond. Imagine two friends who navigated the challenges of starting their careers together, supporting each other through job rejections and celebrating each other’s successes. Their shared struggles and triumphs forge an unbreakable connection, providing a sense of camaraderie and shared identity. Similarly, friends who share core values, such as honesty, loyalty, and compassion, are more likely

to maintain a lasting bond. This alignment of values creates a sense of harmony and understanding, minimizing conflict and fostering a deeper connection. Moreover, a deep understanding of one another – quirks, flaws, and all – allows for unconditional acceptance and unwavering support.

Even with periods of separation, the connection remains strong and easily rekindled. Life inevitably pulls us in different directions, leading to periods of separation from even our closest friends. Careers, family obligations, and personal aspirations can take us to different corners of the world. However, the hallmark of a lifelong friendship is the ability to seamlessly reconnect, regardless of the time or distance that has separated you. It’s the feeling that you can pick up right where you left off, as if no time has passed. This ease of reconnection stems from the deep foundation of trust and understanding that underlies the friendship. There's no need for lengthy explanations or apologies; the connection is simply there, waiting to be reignited.

These relationships provide a sense of continuity and stability in an ever-changing world. In a world where everything seems to be in constant flux, lifelong friendships offer a sense of grounding and permanence. They serve as a reminder of who we are, where we come from, and what truly matters in life. They offer a safe haven in the storm, a source of comfort and support when we feel lost or overwhelmed. The familiarity and consistency of these relationships provide a sense of security and belonging, helping us navigate the challenges and uncertainties of life with greater confidence.

Nurturing these friendships requires ongoing effort, communication, and a willingness to adapt to each other's evolving needs. While lifelong friendships are inherently resilient, they still require conscious effort to maintain. This involves staying in touch regularly, even when life gets busy, making an effort to visit each other when possible, and being there for each other during times of need. It also means being willing to adapt to each other's evolving needs and circumstances. As we grow and change, our priorities and

perspectives may shift. It's important to be understanding and supportive of these changes, and to adjust the friendship accordingly. Sometimes, this may mean redefining the terms of the friendship or finding new ways to connect.

They serve as a reminder of your past, a support system in the present, and a source of comfort for the future. Lifelong friends are the keepers of our stories, the witnesses to our triumphs and failures. They remind us of who we were, who we are, and who we aspire to be. They provide a valuable perspective on our lives, offering insights and advice that only someone who truly knows us can provide. In the present, they serve as a reliable support system, offering a shoulder to cry on, a listening ear, and unwavering encouragement. And in the future, they offer the comfort of knowing that we will never be alone, that we will always have someone to share our joys and sorrows with.

Lifelong friends often become like family, offering unconditional love and unwavering loyalty. At their core, lifelong friendships transcend the traditional definition of friendship and evolve into something akin to familial bonds. They offer unconditional love, unwavering loyalty, and a deep sense of belonging. They are the people we can count on to be there for us, no matter what, offering support without judgment and understanding without reservation. They are the family we choose, the people who make our lives richer, more meaningful, and more complete. Cultivating and cherishing these lifelong bonds is one of the most rewarding investments we can make in our own happiness and well-being.

Navigating Friendship Challenges: Conflict and Change

Friendships, in all their wonderful forms, aren't always smooth sailing. Just like any close relationship, they inevitably encounter bumps in the road. Conflicts, disagreements, and shifts in life circumstances are all part and parcel of the friendship experience. Understanding how to navigate these challenges is vital to maintaining healthy and

fulfilling connections with the people we care about. This section will explore common friendship hurdles and offer strategies for dealing with them effectively.

One of the most common challenges in any friendship, regardless of whether it's a casual acquaintance or a lifelong bond, is conflict. Disagreements are unavoidable; we're all individuals with unique perspectives, values, and communication styles. The key isn't to avoid conflict altogether (which is unrealistic), but to address it constructively. This begins with open and honest communication. Instead of letting resentment simmer or engaging in passive-aggressive behavior, try to express your feelings calmly and directly. Use "I" statements to articulate how you feel without placing blame. For example, instead of saying "You always ignore my texts," try "I feel ignored when my texts aren't answered promptly." This approach invites a conversation rather than an argument.

Equally important is empathy. Try to see the situation from your friend's point of view. Are they under stress at work? Are they dealing with personal issues that might be affecting their behavior? Understanding their perspective can help you approach the conflict with more compassion and find a mutually agreeable solution. It's also crucial to be willing to compromise. No one is always right, and a healthy friendship requires give and take. Be prepared to meet your friend halfway and find a resolution that works for both of you, even if it means making some concessions. Sometimes, it may even be necessary to agree to disagree, especially on topics that are deeply held beliefs. What is crucial is respecting each other's differing viewpoints.

Beyond direct conflict, changes in life circumstances can also significantly impact friendships. Moving to a new city, starting a new job with demanding hours, or welcoming a baby into the family can all strain even the strongest bonds. These life changes often require adjustments in priorities and available time, which can lead to feelings of neglect or disconnection in a friendship. The key here is adaptation and a proactive effort to stay connected. If you've moved away, schedule regular video calls or plan visits whenever

possible. If you're overwhelmed with work, carve out small pockets of time for quick check-ins or virtual coffee dates. Simple gestures, like sending a thoughtful text message or sharing an article you think your friend would enjoy, can go a long way in maintaining the connection. Being understanding and supportive of each other’s changing lives is paramount. Remember, friendships evolve; they might not always look the same, but the core values of care and support can endure.

However, it's also important to acknowledge that some friendships naturally fade away. As we grow and evolve, our interests and life paths may diverge. What once brought us together might no longer be relevant, and that's okay. There's no need to feel guilty or like a failure if a friendship gradually drifts apart. Sometimes, forcing a connection that no longer feels natural can be more harmful than letting it go.

Finally, understanding friendships also means recognizing when a relationship is no longer healthy or beneficial. This can be a difficult realization, but it's essential for your own well-being. Toxic friendships can be draining, manipulative, or even abusive. If a friend consistently puts you down, disregards your boundaries, or makes you feel bad about yourself, it may be time to re-evaluate the relationship. Setting boundaries is crucial in any friendship, but especially in one that's causing you distress. This might involve limiting contact, saying no to requests you're not comfortable with, or directly communicating your needs and expectations. Prioritizing your own well-being is not selfish; it's necessary. If a friendship is consistently detrimental to your mental or emotional health, distancing yourself, or even ending the friendship, might be the healthiest option. Understanding the different dynamics within your social circle, including when to address conflict, adapt to change, or even step away, is fundamental to cultivating a fulfilling and supportive network of friends.

The Role of Social Media: Connecting and Disconnecting

Social media has undeniably revolutionized how we interact, and its impact on friendships is a complex tapestry of connection and disconnection. On the one hand, platforms like Facebook, Instagram, and WhatsApp can be invaluable tools for maintaining contact with friends, especially those who live far away. Think about it: life takes us on different paths, and sometimes our closest companions move across the country or even the globe. Social media allows us to stay updated on their lives, share milestones, and even participate in virtual events together. A quick message, a shared meme, or a video call can bridge the geographical distance and keep the embers of friendship glowing. It’s a fantastic way to stay in the loop and show you care, even when physical proximity isn't possible. For instance, imagine a group of college friends scattered across different states after graduation. A dedicated group chat allows them to share work updates, celebrate birthdays with virtual parties, and offer support during challenging times, effectively maintaining a bond that might otherwise fade.

However, relying solely on social media for communication can easily lead to superficial interactions and a feeling of distance even when you are "connected." Scrolling through someone’s feed might give you a snapshot of their life, but it doesn't replace the depth of a heartfelt conversation or the shared experience of a real-world activity. Consider the difference between "liking" a friend's vacation photos and actually sitting down with them to hear all about their adventures, the funny stories, and the challenges they faced. The online interaction is fleeting, while the in-person conversation creates a deeper, more meaningful connection. It's crucial to remember that social media often presents a curated version of reality, which can hinder genuine understanding and empathy within a friendship. We must, therefore, cultivate the conscious habit of stepping away from the screen and reaching out for a proper conversation.

It's important to balance online interactions with face-to-face conversations and shared activities to avoid the pitfalls of superficial connection. Make an effort to schedule regular meetups, even if it's just a coffee date or a quick lunch. These in-person interactions provide opportunities for deeper conversations, shared laughter, and the creation of lasting memories. Remember those college friends? They also plan an annual weekend trip to reconnect in person, solidifying their bond beyond the digital realm. This balance ensures that your friendships are nourished by both online convenience and offline authenticity.

Furthermore, social media can also create unrealistic expectations and comparisons, potentially impacting self-esteem and relationship satisfaction. The highlight reels that often dominate social media feeds can lead to feelings of inadequacy or envy, causing friction within friendships. Comparing your own life to the carefully curated online personas of your friends can breed resentment and diminish your appreciation for your own experiences. It's easy to fall into the trap of thinking everyone else is living a perfect life when, in reality, everyone faces challenges and insecurities. The pressure to present a flawless image online can also discourage vulnerability and honesty, which are essential ingredients for strong, healthy friendships.

Therefore, be mindful of the impact social media has on your friendships and prioritize authentic connection over online validation. Before posting, ask yourself if you're seeking genuine engagement or just chasing likes and comments. Be present and engaged when interacting with friends online, rather than passively scrolling through feeds. Remember, a genuine compliment or a heartfelt message can be more meaningful than a thousand emojis. Prioritize quality over quantity in your online interactions and cultivate a healthy skepticism towards the curated realities presented on social media.

Ultimately, using social media to enhance, not replace, real-life interactions is key to fostering meaningful friendships. Think of it as a tool to supplement your relationships,

providing a convenient way to stay in touch and share experiences, but never allowing it to become the primary source of connection. Social media should serve as a bridge that enhances your social circle, but not something that defines or limits it. By being mindful of its potential pitfalls and consciously prioritizing authentic connection, you can leverage social media to strengthen your friendships and build a more fulfilling social life. So, the next time you think of reaching out to a friend, consider picking up the phone or suggesting a meetup instead of just sending a quick message online. The effort will be well worth it in the long run.

Nurturing Your Social Circle: Investing in Meaningful Connections

Building and maintaining a vibrant social circle isn't something that happens by accident. It requires intentional effort, conscious choices, and a willingness to invest in the relationships that matter most to you. Think of your social circle like a garden; it needs regular tending, watering, and weeding to flourish. Ignoring it will lead to neglect, withering connections, and ultimately, a less fulfilling life. This section explores the vital role of nurturing your social circle and offers practical steps for cultivating meaningful friendships that contribute to your overall well-being and happiness. Research by Holt-Lunstad et al. [1] shows that strong social connections are correlated with a 50% increased likelihood of longevity.

One of the most crucial aspects of nurturing friendships is prioritizing quality time. In today's busy world, it's easy to let social connections fall by the wayside, replaced by work, errands, and endless to-do lists. However, making a conscious effort to carve out time for friends – even if it's just a quick phone call, a virtual coffee date, or a monthly game night – can make a significant difference. It's not just about the quantity of time spent, but the quality. Put away your phone, truly listen to what your friend is saying, and

be present in the moment. Engage in meaningful conversations that go beyond superficial small talk. Share your thoughts and feelings, and encourage your friends to do the same. Deeper conversations build stronger bonds and foster a sense of intimacy and connection. Consider scheduling regular get-togethers, like a weekly walk, a monthly book club, or even just a standing coffee date. Consistency is key to building and maintaining strong relationships.

Furthermore, offering support to your friends is paramount. Friendships are built on mutual support and understanding. Be there for your friends during difficult times, offering a listening ear, a shoulder to cry on, or practical assistance when needed. Celebrate their successes, big and small, and let them know you're genuinely happy for them. Being a good listener, showing empathy, and celebrating each other's wins creates a positive and supportive environment where friendships can thrive. Remember, support doesn't always have to be grand gestures; sometimes, simply sending a thoughtful text message, offering to run an errand, or providing a word of encouragement can make a world of difference.

Actively seeking out new connections is also an important aspect of nurturing your social circle. While maintaining existing friendships is vital, expanding your network can enrich your life in countless ways. Joining clubs, volunteering, taking classes, or attending social events can expose you to new people with diverse perspectives and interests. Don't be afraid to strike up conversations with strangers, attend networking events, or even reconnect with old acquaintances. A broader social circle can provide new opportunities, introduce you to different cultures and ideas, and ultimately, make your life more fulfilling. Remember that building new friendships takes time and effort, so be patient and persistent.

It’s important to remember that friendships are reciprocal relationships. They require mutual effort, commitment, and a willingness to give as much as you receive. Be proactive

in reaching out to your friends, initiating plans, and offering support. Don't expect your friends to always be the ones making the effort. A healthy friendship is a two-way street where both parties feel valued, appreciated, and supported. If you find yourself consistently putting in more effort than your friend, it may be time to re-evaluate the relationship.

Ultimately, nurturing your social circle is an investment in your own well-being and happiness. Strong social connections have been linked to numerous health benefits, including reduced stress, improved mood, and even increased longevity. By prioritizing your friendships, investing in meaningful connections, and actively seeking out new relationships, you're not only enriching the lives of those around you but also creating a support system that will sustain you through life's ups and downs. Showing genuine interest in the lives of your friends, remembering important dates, and asking about their families and interests all contribute to a stronger, more fulfilling friendship. When you take the time to nurture your social circle, you are cultivating a network of support, companionship, and love that will enhance your life in countless ways.

Conclusion

Understanding the different types of friendships, from casual acquaintances to lifelong bonds, is key to building a fulfilling social life. Each type of friendship offers unique benefits and contributes to our overall well-being. While casual acquaintances expand our horizons, activity-based buddies share our passions, close confidants offer unwavering support, and lifelong friends provide a sense of belonging and continuity. Navigating the challenges of friendships, balancing the role of social media, and actively nurturing our social circle are essential for maintaining healthy and meaningful connections. So, take a moment to reflect on your own friendships and consider how you can invest in these valuable relationships. Reach out to a friend, schedule a meetup, or simply offer a listening ear. Your efforts will be rewarded with a richer, more connected, and happier

life.

References

1. Holt-Lunstad, J., Smith, T. B., Baker, M., Harris, T., & Stephenson, D. (2015). Loneliness and social isolation as risk factors for mortality: a meta-analytic review. Perspectives on Psychological Science, 10(2), 227-237.