



Tool Transcript

Leave (Old) Friendships

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In this call we learn how to know when it's time to move on from a friendship. Jayson gives personal examples of how he left old friendships in the past and different approaches to take that ultimately lead to valuing yourself more.

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How to leave your friends behind. Old friends, maybe even family members, yikes! This is an uncomfortable conversation perhaps, like a lot of relationship topics, yeah? Okay, you've heard that quote maybe that, 'you are the average of the five people that you spend the most time with', heard that one? I think it has been quoted by maybe Jim Rohn, some personal growth guy. More old school but I really like some of his stuff.

Consider that, you're the average of the five people that you spend the most time with... You're the average of the five people that you spend the most time with.

And then slice that up and you're the average of that. So that might feel really aligned for you and it might feel really bad because you hang out with people that don't nourish you or energise you and you might think that you're better than them but if you're rolling with people who are living a pretty flat, complacent life, that might say something about your life. If you hang around people who don't challenge themselves, that might say something about you. If you are hanging around people who are at the cutting edge of whatever they are into and whatever you are into, that might say something about you, yeah? It does say something about you.

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So, I think it's trustworthy that we tend to draw in the people we need and their comes a time when it's time to jump ship and go to the next party or the next friend group or the next circle and because people don't know what to do or how to do it and they don't really give themselves permission to do it, it can be kind of daunting and you can stay stuck in your friend group and then complain; start complaining about your friends. You know it's probably time to move on when you avoid returning their calls or your slow to. You check out during their time to connect and talk on the phone or in person, maybe your multi-tasking, maybe your mind is on something else. You're listening, you're nodding your head, you going, 'a huh, a huh, a huh,' but you and this person have kind of trained each other how to relate and unless you train them on the new way of relating the default is to just keep relating the way we always have related, right?

3:39

For guys, this is really common to relate around work politics or sports or something like that, stuff that doesn't have a lot of meaning and that gets really boring if you are into growth and development. I mean, I love watching a good football game honestly but it's so low down on my 'POS' that I find it really not that engaging because I don't know who the players are, I don't really know what's going on but put me in front of a TV and I can enjoy myself but to spend hours talking about, it isn't really satisfying for me.

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You also know it's time to move on when you don't feel safe to open up because you know they're going to 'Frack' on you and 'Fracking' is a term I shared in my indestructible partnerships class today and it's the new version of 'Frapping'. So, I want you to let go of 'Frapping' and it's 'Fracking'. Just like the environmental issue, 'Fracking'. Fracking is no fixing, no rescuing, no giving advice, no complaining and no killing their experience. So, you ever hang around someone and and you talk about being depressed or sad or having a hard day and you're feeling really vulnerable or you feel like giving up or you feel super inadequate or worthless that day and you share that with them and what do they do? They just want to pick you up, 'Hey, no, you're fine. C'mon, you're okay. Everything is okay, c'mon, you can do this,' or, they change the subject or they don't call you back because they're just like, 'Woah, what's going on with them.' Those are all signs that you're probably with someone who can't handle you in your full expression or experience and that person either needs to be trained or you need to move on.

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You also know it's time to consider moving on when it becomes clear that they're not into growth and development. We're into growth and development and we're coming out of the closet about that and so that's apart of the thing that we care most about in life. If I interviewed all of you, you would probably all agree that growing and developing yourself, at least in the relationship department is high on your priorities and values, right? That's important to you. So when you hang around someone who is talking about the latest political thing, that's important to them. Which is again, not right or wrong, it's just their POS and that's all that they want to talk about and they don't want to take ownership or speak about the deeper, vulnerability of their experience in relationship to politics, that's going to be harder for you to connect with and it will bore you and be less interesting to you.

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There comes a time when it's just clear in your development that your friends can't really hang with the new and improving or new, evolving you. That is the moment when it's time to evaluate your friendship. There becomes a fork in the road, stay on the train or jump ship, differentiate again and move to the next peer group. So, I can tell you just a couple of quick stories here --- this is like my life. If I look back on my life, I consistently and continually jump friend groups, starting probably in elementary school is the earliest that I can remember of kind of creating my own friend group and being in the popular kid crowd and then I got in a fight in 6th grade and I think I lost the fight and so I went into 7th grade with no friends. None of those kids would talk to me, so I had no friends in 7th grade. So, me being kind of scrappy, it took me a few weeks to find a couple of friends and

then my friends were kind of nerdy, dorky kids and I guess I was a nerdy, dorky kid.

By 9th grade I was tired of that and I wanted to be in the cool kid crowd, I wanted to be in the cool group. I have this memory that is so clear...it's 9th grade, my middle school went through 9th grade so I didn't start high school until 10th grade. So, it's 9th grade and there's the football team, all the kind of student body officer kids, the popular kids; they're all sitting at one humongous table and all of the girls. They always sat on one end of the cafeteria and I was sitting next to that table with my two kind of dorky friends, Trent and Phil. And, literally one day without saying a word to Trent or Phil, I pick up my lunch tray and I just left them and I went over and I sat right next to a couple of kids in my neighbourhood that were in the cool kid crowd and I just sat next to them. I just plopped myself down and I don't remember what I said but from that day forward I just kind of barged my way into that crowd and never even looked back and I didn't talk to those kids anymore. It was kind of intense. That's a pretty harsh way of moving to the next friend group and that's what I did because I didn't have the tools, I didn't know how to talk, I didn't know how to communicate and you know, that's what kids do sometimes.

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Then I did that again in High School, I did it again in Freshmen year of College, I did it again a couple of times in my 20's and I just left friend groups. I got a little more skillful as I went along but I still was pretty unskillful to the point where I was in my mid-twenties, I was the Best Man at a friends wedding and then in my 30's when I started working on myself I stopped returning this guys call and he

just called me out hard. He left me a kind of long message and shamed me about how he couldn't believe how I was the Best Man at his wedding and how I was treating him like this. I was too gripped and scared and again, I didn't have the adequate tools to kind of speak it a caring way. I just sort of bailed and left once again. I did this with girlfriends too. I was just kind of a mess relationally and I just didn't know how but the one thing I'll give myself is that I kept trusting myself to move on. The impulse to grow and develop myself and to follow what I cared most about and to be around the people that I wanted to be around; that is a very trustworthy part of myself that I really appreciate and respect. My 'How' could be argued with, right?

11:22

So, I say that all because I want you to hear that sometimes we just have to move on and it can be kind of messy and there's an open loop there and there is no conversation and it's totally unskillful. Sometimes, that's just how it has to go down and I don't think that's bad or wrong. To be in my integrity these days, I prefer to be just direct with people and I still get scared to tell the truth with certain people, especially, my closest friends. And, I'm in a current evolving phase again in my life that there maybe some friends that I currently leave behind and if I look closely at it, I would say in a way I am but they'll always be in my heart but I may not spend a lot of time with them anymore and that's okay with me. Even if they silently judge me or hate me, and that's also okay.

12:19

So, I continue to get more comfortable in these transitions with friendships and I'm saying all of this because if you care about growing in this relationship way

and this will happen in other areas of your life. If you really want to grow in other areas: financially or spiritually or you have a family. You know, if you want to grow yourself, you will outgrow friends. It doesn't mean that you're going to leave them. You might be the style of personality that keeps your friends, like my Sister who has pretty much kept every friend she's ever had. So she has a massive friend network and she stays in touch with all of them and it's kind of like a second job for her but she's an Enneagram Two and she's really good at that and she likes it, so it works for her, it wouldn't work for me. It works for her. So, you may be like that.

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I have a couple of friends that also still stay in touch with friends from elementary school, friends from college, friends from high school. They're not super tight with them but they stay in touch and occasionally they go to a college reunion party weekend or they go somewhere and they have to adjust, they kind of join their friends field when they do that. My twentieth high school reunion was a couple of years back and I honestly had an amazing time. It was probably one of the funnest nights of the year for me. I flew back to my home town in Salt Lake City and I hadn't seen some of these people, literally since High School and I couldn't care a less about most of them. I stayed up late until like four in the morning partying and drinking and smoking and laughing with kids that I grew up with down the street, like three houses down. One guy is gay and came out of the closet, another guy died a couple of months later...it was just insane. We were laughing so hard about the most amazing times. And, I haven't talked to any of them since that High School reunion and it's fine. It kind of works for all of us. We know that we're not in each other's lives but I'm looking forward to my thirtieth

High School reunion because I'm going to party down with these people and I'm going to laugh and I'm going to stay up late and have fun.

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You know, there is no right way here. There's a lot of options but the important point is that you stay true to yourself and if you're feeling the itch and you're feeling constricted by some of your relationships or family friendships - it's probably time for you to move on or make a move outward, away from them and start to see what happens. Start to experiment with slowly moving on. Of course, I like as I said to invite someone to come along with me if I really, really love them and care about them - I'm like, 'Hey, this is where I'm going. I'm going to the Moon, do you want to come with me?' 'On the way to the Moon, it's going to be edgy, it's going to be intense, you have to be real, you to to talk about uncomfortable stuff and here's some of the ground rules. Do you want to come? Do you want to play this game with me as we go to the moon?' And by Moon, I just mean to the next developmental stage or step in my life, right. And, sometimes, a friend will be like, 'Hell yeah! But I'm feeling insecure, what do I do? Where do I start?' So, sometimes we can bring a friend or two along with us but most of the time we're going to leave people behind.

16:12

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16:25

This comes down to valuing yourself, really, and valuing your time. We all are pretty busy these days, it seems like we're all getting busier. Our schedules are

so full and so intense and for a lot of us. So, I'm not willing to spend thirty minutes of my time with someone that I don't see as benefiting my life in some way. Some people are going to perceive that as me being a total asshole or a narcissistic or self-centered or egotistical and all I think about is myself - that's okay. I've been judged a lot these days and I'm getting more comfortable with it. So, apart of it is being willing to stand in the face of someone projecting all their unfinished shit all over you and being really hurt and wanting you to stay stuck with them where they're at and that's just normal. Plan on people not cheering you on when you go to the next level. I have rarely been cheered on because part of where they're at developmentally is that their consciousness or whatever their development --- they're not able to hold a bigger perspective and see multiple perspectives at the same time and cheer you on. It's hard for them. Some people can do it and it's challenging. So, just watch any expectations the you have.

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