

Branching Out



Providing support and encouragement through the joys and challenges of this transition.

FRIENDSHIPS

*“A friend is one who knows all about you
and likes you anyhow”*

Christi Mary Warner

Anticipating the empty nest and sitting in the empty nest we need our friends.

Friends soothe us, act as a sounding board, offer views for us that we can't see, give us a kick start when we are dragging and simply are our playmates, maybe no longer on the school yard, maybe on the golf course, spa, hiking, or telephone.

For some of us, our children are on the count down of hugs goodbye to long time friends. Parents will be leaving their school community as graduation nears. Empty nesters have been on the re-evaluation of friendships and seeking ways to make new friends. Some of us are selling our homes and moving to a new land. In our changes, we all need just one good friendship.

What friend touches your heart and why?

What kind of friend are you?

How do you want to bring in some rituals for your family with friends before your kids fly?

What friendships do you need to re-kindle?

How do you make new friends?

Which friends do you need to let go of and offer some closure to them about your decision; isn't that an uncomfortable thought. We were better at making that

conversation happen when we knew it was time to stop dating someone, but we aren't so great at knowing how to do that in friendships.

I invite you to make some quiet time to value the friends you have and to brainstorm the changes you need to step into, little by little.

When I am in my head and can't drop into my heart, I use music...then I start writing...or I start walking with my I-pod of quiet music and stuff some Kleenex in my pocket.

I need to give myself time and reflect before I move into action when it comes to uncomfortable decisions, like letting go of a friendship that has lived its life and needs to transform.

*Wisdom looks to see the jewel or flower
Shining beyond unexpected places
or secure positions.*

Spanish saying

*To receive everything, One must open
One's hand and give.*

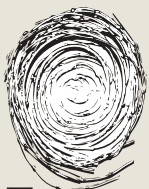
Taisen Deshimaru

May your friendships deepen and include laughter, wisdom, and new views.

Take care,

Natalie

Emptynestsupport.com



Empty
n e s t
Support Services

*Individual Consultations • Phone Consultations
Support Groups • Speaker Engagements*

P.O. Box 11684 • Ventura Blvd., Suite 960 • Studio City, CA 91604
(800) 446-3310 toll-free • (818) 763-0188 local • (818) 763-1743 fax
nataliecaine@earthlink.net • www.emptynestsupport.com