

Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



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The Friendship Inventory

A friend who played scriptures on the drive to school solved a problem I hadn't yet learned to name, and friends further down the road have shaped me more than I can fully account for. But friendship cuts both ways: the voices closest to your life and your marriage matter more than you might think, and adult friendship doesn't happen to you — it has to be built. My grandmother said it plainly: you can always stay home. This worksheet is the inventory and the initiative plan.

Part One — Who's in the circle. The friends who are further along than me — who have already navigated terrain I'm entering — and what road they know: _____

The friends walking the same stretch I am: _____

The people I'm further along than, who might be asking questions I've already answered: _____

The gap this reveals — which of the three is thinnest right now: _____

Part Two — What the voices carry. Friendship shapes whatever it touches. Think about your closest few friendships and answer without flinching: After time with this person, do I come home more committed to what I'm building, or vaguely dissatisfied with it? _____

When I bring them a frustration about my spouse or family, do they widen the conversation — asking what part I own, what the other person might be experiencing, what repair might look like — or sharpen the grievance? _____



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Is there a friendship where my marriage gets casually dismantled, even affectionately? What boundary does that need — not necessarily ending the friendship, but deciding which frustrations belong inside the marriage: _____

And the mirror, because this cuts both ways: when friends bring me their hurts, am I the person who is for their marriage and their family, or do I reach for the satisfying criticism? The last time I had the chance, what I did: _____

Part Three — The initiative plan. Since COVID, more adults are isolated than they realize; we scroll more than we gather, and the world gets small without announcing it. Shared life has to be built, which means the first call, the first invitation, the yes when staying put would be easier.

One person I keep meaning to reach out to, and the specific invitation — not "we should get together sometime," which is how friendships politely die, but a date, a place, a thing: _____

One further-along person I could ask a real question, and the question: _____

One person behind me on the road I could turn around for. Someone out there is where you were five years ago. Who, and what's the something true you could say: _____

The standing structure that would make friendship automatic instead of aspirational — a monthly walk, a recurring dinner, the Saturday class with a friend that's worth the planning it takes: _____



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First date on the calendar: _____

Optional AI prompt: I want to be more intentional about friendship and I keep not following through. Here's my inventory: [paste your answers]. Help me figure out what's actually in the way — schedule, energy, the awkwardness of initiating after a long gap — and draft the first message to the person I named, in a warm voice that sounds like me and makes a specific invitation.



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