

Worksheet: Adult Friendships (B2-C1)

Article

At first glance, many adults assume friendship should look tidy: a dependable circle, regular plans, and a group chat that can go quiet. When real life does not match that picture, they often let things slide and tell themselves it is temporary. Weeks turn into months, and people drift apart without a dramatic argument. The irony is that most friendships are built from small, repeated moments, not big declarations. The hardest part is deciding to reach out when you fear you might be bothering someone.

Research on social connection keeps returning to the same ingredients: proximity, repetition, and a little willingness to be awkward. Two people can hit it off in a new job, but the bond only deepens if they keep in touch and show up again later. That is why simple routines matter. A short walk, a monthly lunch, or a message that is not a favour can make time for closeness without turning it into a project. Without that effort, even promising connections can fall by the wayside.

The stakes are not only emotional. Chronic loneliness is linked to stress and inflammation, while steady contact can take the edge off daily pressure. Yet the solution is rarely a sudden social makeover. It is more intentional: choose a few people, nurture those relationships, and accept that seasons change. A friendship network may always be a patchwork rather than a single group, but it can still feel steadier when you treat it as something worth protecting.

True / False

1. The article suggests many adults feel pressure to have a tidy, dependable circle of friends.
2. It says people always drift apart because of a dramatic argument.
3. Reaching out can feel difficult because people worry about bothering others.
4. The text claims proximity and repetition do not matter for friendship.
5. The article argues that people can hit it off but still need to show up later.
6. Keeping in touch is presented as a routine that supports long-term closeness.
7. The article says loneliness is only an emotional issue, not linked to health.
8. It recommends nurturing a few friendships rather than chasing a perfect group.

Phrase Match

Match each phrase (1-10) to the correct definition (A-J).

Phrases	Definitions
1. go quiet	A. to stay in contact with someone
2. let things slide	B. to arrive and take part reliably
3. drift apart	C. to reduce stress or intensity slightly
4. reach out	D. to stop being active or responsive
5. hit it off	E. to find time in your schedule for something
6. keep in touch	F. to like someone quickly and connect easily
7. show up	G. to be abandoned or forgotten over time
8. make time for	H. to gradually become less close
9. fall by the wayside	I. to ignore small duties or problems for a while
10. take the edge off	J. to contact someone to reconnect or offer support

Synonym Match

Match each word (1-10) to the closest synonym (A-J).

Words	Synonyms
1. dependable	A. doing something again and again
2. temporary	B. closeness in distance
3. irony	C. more stable
4. proximity	D. socially uncomfortable
5. repetition	E. reliable
6. awkward	F. care for and help grow
7. intentional	G. a situation that is strangely opposite
8. nurture	H. done on purpose
9. inflammation	I. not permanent
10. steadier	J. swelling in the body

Discussion Questions

Student A (personal experience)

1. Do your friendships tend to go quiet during busy periods? Why?
2. When you let things slide, what usually gets pushed to the side first?
3. Have you ever drifted apart from someone you used to see often?
4. When was the last time you reached out to an old friend?
5. Where have you hit it off with someone quickly (work, sport, neighbours)?
6. How do you keep in touch with friends who live far away?
7. What helps you show up consistently for people you care about?
8. What is one simple way you could make time for friendship this month?

Student B (opinions and deeper discussion)

1. Does the idea of a perfect friend group create unnecessary pressure for adults?
2. What matters more for friendship: proximity or shared values? Explain.
3. Should people schedule friendship like an appointment, or does that feel unnatural?
4. Why do promising friendships fall by the wayside so easily in adult life?
5. Is reaching out first a sign of strength, neediness, or maturity?
6. How much responsibility do employers have for social connection at work?
7. Do you think social contact can genuinely take the edge off stress? Why?
8. What does an intentional approach to friendship look like without becoming transactional?

Answer Key

True / False: T, F, T, F, T, T, F, T

Phrase Match: 1-D, 2-I, 3-H, 4-J, 5-F, 6-A, 7-B, 8-E, 9-G, 10-C

Synonym Match: 1-E, 2-I, 3-G, 4-B, 5-A, 6-D, 7-H, 8-F, 9-J, 10-C