

Do we choose our friends or do friendships just happen?



MY THOUGHTS

I actually believe that we choose our friends because if their interest does not align with yours in any way shape or form, then your not going to connect with that person. When you first interact with that person it is up to you to decide whether you want that person to be in your life or not. You don't just randomly give a person your number once you start talking to them. You wait until you feel comfortable around them, then you decide if you want them to have or not.

Evidence One: Friendology: The Science of Friendship

“When it comes down to it, the people we like to be around are those who make us feel good about who we are, what we believe, and what we enjoy doing. Although not every friend will meet all of those preferences all of the time, the ones who support the aspects of our identities that matter the most are the ones we are most likely to count among our collection of good friends.”

<https://www.psychologytoday.com/us/blog/lifetime-connections/201805/friendology-the-science-friendship#:~:text=In%20fact%2C%20research%20tends%20to,in%20their%20level%20of%20attractiveness.>

EVIDENCE TWO: HOW WE CHOOSE OUR FRIENDS ?

Researchers said that we also consciously choose our friends, especially best friends, based on the same criteria that make two nations international allies. We choose people who we feel will stand behind and defend us when necessary. In turn, we defend them with the same ferocious loyalty.

<https://www.lovebutton.org/how-we-choose-our-friends/#:~:text=Researchers%20said%20that%20we%20also,with%20the%20same%20ferocious%20loyalty.>