



Robin and Philippe - Working on their Friendship

Transcript

Philippe: We usually meet and go out with a group, as a group, and it is something that is important for both of us, or him and for me, because we have relationship, extended relationship with the other people in the group as well. Greeting each other with a big hug and being just happy to be together and meet again and also working on the relationship.

For me, what I find, especially lately, I never had to work, actively work, on maintaining my relationships with my friends, my friendships. What I find is that with Robin actually I am learning to work on relationships. We both have a challenge in communicating. I know I do and I'm working on it. And he certainly does because he has a tendency sometimes to communicate more by gest and grunts than proper words and it's difficult eventually to have communication like this and relationship is nothing much else when communication...so what I do sometimes is I discuss with him about that, and I tell him "Look I'm not happy with the relationship the way it is. I want to change this. And so now I'm gonna ask you, when you do this **waves hand* or when you grunt, I'm going to ask you what you mean."

And he took it well, but he reacts quite well and um those things change. And what I see is that...

(to Robin) eh? And you know what I'm talking about eh? And what I find is that...

(to Robin) Yeah, you know what I'm talking about...

And what I find is that things do change, and he likes it and we both benefit out of it. We both learn something out of that. So we both get better out of it. We really get something out of that. And our relationship is better because we both feel better, we both communicate better and for me it's a tremendous lesson in life, honestly. It really is and I see that it's a basic need for both of us because he feels better out of it too and so do I.



That's definitely a very personal point that I get out of that relationship that's for sure. Besides the fact of simply, the simple pleasure of meeting again and again and again and receiving a huge smile, a big hug and that I don't get from too many other people.



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