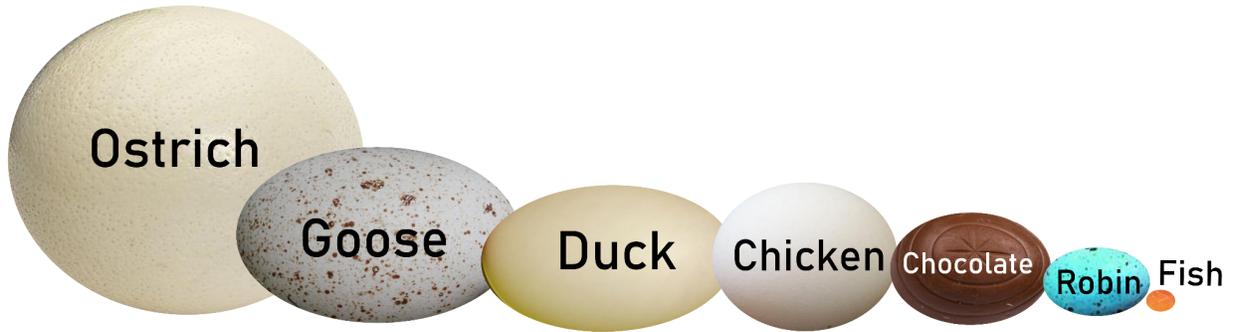


# Eggs

*Relationships (non-family/non-romantic)*





## **Type: Ostrich Egg - Best Friends**

**Brief Description:** They intimately know each other's preferences, personalities, strengths, and weaknesses. A deep and equal time and energy commitment to the friendship has existed for a long time. They want the best for each other and can celebrate their friend's growth and success. Despite life challenges and disagreements, they can maintain a healthy, productive friendship.

**Quantity:** 1-4

### **Capacities needed to be an ostrich egg:**

- know you for a significant amount of time
- create and maintain a physically and emotionally safe environment
- show authenticity, honesty, reliability, and responsibility in the relationship
- confront and disagree with you in a healthy, respectful manner
- genuinely celebrate your successes
- enjoy deep, meaningful conversations
- let go of hurts
- initiate regular contact with you and balance their give and take
- show loyalty and commitment
- respect you and can keep your private information confidential
- encourage your growth and development
- share similar spiritual values
- value the relationship immensely
- know how to build and maintain healthy relationships
- enjoy your differences and seek to understand your perspectives
- listen deeply and empathetically
- create an enjoyable, comfortable atmosphere
- protect the friendship (not possessive)
- encourage you to have strong relationships with other people
- endure hardships in the relationship
- fun and adventurous (not a must, but it's nice)



## **Type: Goose Egg - Close Friends**

**Brief Description:** They are close friends and value relationships. Both equally invest time and energy toward enjoying and building the relationship.

**Quantity:** 2-5

### **Capacities needed to be a goose egg:**

- maintain a physically and emotionally safe environment
- show authenticity, honesty, reliability, and responsibility in the relationship
- disagree with you in a healthy, respectful manner
- enjoy meaningful conversations
- initiate contact with you and balance their give and take
- respect you and can keep your private information confidential
- celebrate your successes
- share similar spiritual values
- enjoy your differences and seek to understand your perspectives
- empathy
- create an enjoyable, comfortable atmosphere

### **Boundaries & Expectation:**

- Don't share your most tender and vulnerable emotions and circumstances with them.
- Don't expect them to be readily available or prioritize you over ostrich eggs in their life.
- Don't expect them to have a significant amount of time to give to the relationship.

### **When can a Goose Egg become an Ostrich Egg?**

A Goose Egg must have the desire and capacities of an Ostrich Egg to become one. Check the list of capacities an Ostrich Egg possesses and compare it to your friend. You also need to know the Goose Egg for quite a while before considering if they can be an Ostrich Egg.



## **Type: Duck Egg - Becoming Friends**

**Brief Description:** Their interactions are build around getting to know each other better. Both of them have the time, energy, and desire to invest in developing a friendship.

**Quantity:** 3-6

### **Capacities needed to be a duck egg:**

- maintain a physically and emotionally safe environment
- consistently disply authenticity and honesty
- enjoy meaningful conversations
- initiate contact with you and balance their give and take
- act responsibly and reliably
- keep your private information confidential
- seek to understand your perspectives
- empathy
- create an enjoyable, comfortable atmosphere

### **Boundaries & Expectation:**

- Refrain from sharing “handle with care” information, unless you are testing to see if they can become a goose egg. Even then, make sure you're not extraordinarily tender around what you share.
- Don't expect them to always be readily available or to prioritize you over ostrich and goose eggs in their life.
- Expect their reactions and responses to show they don't know you very well.
- Don't expect them to give significant time and energy to the relationship.

### **When can a Duck Egg become a Goose Egg?**

A Duck Egg must have the desire and capacities of a Goose Egg to become one. Check the list of capacities for a Goose Egg and compare it to your friend. You also need to have spent time getting to know the Duck Egg for awhile before you should consider if they can be a Goose Egg.



## **Type: Chicken Egg - Proximity Relationships**

**Brief Description:** They share in a regular activity or interest. Both of them desire to communicate with each other beyond what is absolutely required by the mutual activity.

**Example:** Someone in an exercise class, a fellow volunteer, a co-worker, etc.

**Quantity:** Unlimited

### **Capacities needed to be a chicken egg:**

- demonstrate honesty
- initiate communication with you
- show reliability to the group interest or activity
- display empathy toward others
- create a pleasant and engaging atmosphere around them
- treat others with respect and consideration
- celebrate the success of the group or others
- physically safe

### **Boundaries & Expectation:**

- Refrain from sharing "handle with care" information.
- Don't expect them to provide emotional support.
- Expect to have to be the one to ask them to do something outside of your mutual activity.
- Don't expect them to be readily available.
- Don't expect them to treat you like a friend.

### **When can a Chicken Egg become a Duck Egg?**

A Chicken Egg must have the capacity and desire to get to know you outside of your shared topic. Once you get to know them more, you can check and make sure they have the capacities of a Duck Egg. If not, keep them as a Chicken Egg.



## **Type: Chocolate Egg - Fun People**

**Brief Description:** They find sharing a particular activity or interest enjoyable. The activity is the focus and not a specific person. Each would engage in the activity or pursue the interest with or without the other person.

**Examples:** Walking partner, kayaking buddy, fellow video gamer, etc.

**Quantity:** Unlimited

### **Capacities needed to be a chocolate egg:**

- create a fun, pleasant, and engaging atmosphere around themselves
- treat others with kindness and respect

### **Boundaries & Expectation:**

- Refrain from sharing “handle with care” information unless it is directly related to the service they are providing.
- Don’t expect them to provide emotional support.
- Expect to have to be the one to initiate.
- Invite them to activities where you can still enjoy the activity whether they participate or not.
- Don’t expect them to have time for you consistently.
- Don’t expect them to treat you like a friend.

### **When can a Chocolate Egg become a Chicken or Duck Egg?**

Most Chocolate Eggs need to stay Chocolate Eggs because while these people are fun to be around, they are not safe enough for our “handle with care” information. If you enjoy being with someone who seems to be emotionally safe, then they would be considered a Duck Egg.



## **Type: Robin Egg - Professionals**

**Brief Description:** These are service providers that you frequently see. The relationship is confined to the services they provide. There is no expectation of friendship.

**Examples:** Stylist, message therapist, counselor, fitness instructor, nurse, etc.

**Quantity:** Unlimited

Capacities needed to be a robin egg:

- maintain a physically safe environment
- provide an emotionally safe, warm relationship (depending on service they are providing)
- value and respect others
- preform reliably and responsibly
- provide honest, ethical, confidential, and skilled services
- maintain the boundaries of the relationship

### **Boundaries & Expectation:**

- Don't expect them to be involved with your life apart from the service they are providing.
- Don't expect them to be mutually engaged with you.
- Refrain from sharing "handle with care" information unless it is directly related to the service they are providing.

### **When can a Robin Egg become another type of Egg?**

It's best to keep Robin Eggs as Robin Eggs. Sometimes by the very nature of the service they provide, they can feel like bigger eggs at times. If you start to have expectations that they will respond like a Chicken, Duck, Goose, or Ostrich egg, you will likely end up frustrated and hurt.



## **Type: Fish Egg - Strangers and Acquaintances**

**Brief Description:** These are people we bump into in our everyday lives that we have some type of interaction with. You may see them only once or several times.

**Examples:** Stranger at the park, a person at church you met once before, the cashier at the grocery store

**Quantity:** Unlimited; Seek these connections often

### **Capacities needed to be a fish egg:**

- maintain a physically safe environment
- willingness to communicate

### **Boundaries & Expectation:**

- Refrain from sharing detailed personal information.
- Don't expect them to communicate with you except briefly on occasion.

### **When can a Fish Egg become a Chicken or Duck Egg?**

If the Fish egg is interested in talking or meeting again, you can then explore if they have the capacity to be a Chicken or Duck egg.