

Categorizing Friendships

A Self-Culture Method for Relationship Clarity

Inspired by Chapter 11 from Victoria Lorient-Faibish's 1st book [Find Your Self-Culture](#)

As you evolve on your self-culture journey, your friendships will shift and that's okay. To stay emotionally grounded, it helps to consciously categorize your relationships based on trust, intimacy, and behavior, so you can set realistic expectations and avoid unnecessary pain.

This is not about judgment it's about clarity, boundaries, and emotional safety.

The 5 Categories of Friendship & Relationship Types

Group A: Soul-Level Friends

- 1 to 3 people in your life (if you're lucky)
- Tried and tested over time, safe, loyal, emotionally intimate
- You can be fully authentic and vulnerable
- Confidences are respected and protected
- Present for life's biggest milestones and moments

Group B: Close but Cautious Friends

- Long-time companions with warmth, but not full intimacy
- May have shown some problematic patterns (gossip, unreliability)
- Enjoyable but you feel the need to hold back a bit
- Adjust expectations to avoid disappointment
- Not recommended for mixing with business

Group C: Acquaintances and Social Friends

- Co-workers, friends of friends, downgraded B-group folks
- Friendly, light interactions low expectations
- Not emotionally safe for deep vulnerability
- Suitable for business relationships

Group D: Obligated Interactions

- People you're expected to be polite with (e.g., bosses, family members, neighbors)
- Courteous, respectful, but minimal personal sharing
- Zero personal expectations

Group E: Everyday Interactions

- Shopkeepers, people in passing
- Functional, polite interactions only
- Zero expectations or emotional investment

Key Insight: Set Expectations Based on Category

Most friendship pain comes from misaligned expectations. If someone belongs in Group C, but you expect Group A behavior, hurt is inevitable. You don't have to amputate relationships just re-categorize them.

Unless there is real abuse, downgrade instead of delete.

Case Study: Claire's Transformation

Claire felt deeply let down by friends. One best friend consistently gossiped, broke trust, and stood her up. She was ready to amputate everyone. But once she categorized her relationships using the A E method, she felt empowered.

She grieved the illusion of intimacy, moved that friend into Group C, and shifted her expectations. In doing so, she opened space to call in new, more aligned connections and finally felt emotionally safe.

Try This: Your Categorization Exercise

- List all current friendships and acquaintances
- Based on their actions, not hopes assign each a category
- Notice where expectations need adjusting
- Let go of guilt and embrace clarity

This practice helps you protect your energy, honor your heart, and build friendships that match your values.