



How to Deal with “No One Wants to Be My Friend”

David Loy: Hi and welcome to *In the Loop* with Andy Andrews, I’m your host David Loy. And with me, once again, is our good friend, Andy Andrews. Andy how are you?

Andy Andrews: I’m doing great David. How are you?

David: I’m great. I thought I change it up a little bit. You know, give a little dramatic intro, something like that. I don’t know.

Andy: Yeah, it’s kind of dramatic.

David: That’s about as much drama as I can bring, sorry.

Andy: You know who was the greatest at that dramatic thing? It was almost, you can’t say, it was over done because he was like the very best, that’s Paul Harvey.

David: Yes, absolutely.

Andy: And boy that drama you know, it was like, *a woman standing at her sink, she looked outside and out on her window was a racoon. A racoon? Page 3.*

It was like, where does all this coming from. But you couldn’t wait to hear what he was gonna say.

David: Yes, and you know, there are shades of Zig Ziglar in that. I would love to hear you at some point do a conversation between Paul Harvey and Zig Ziglar.

Andy: That would be good wouldn't it. Conversation between, I'll have to work on that. I used to do a conversation between Floyd the barber and the Godfather, so that. Oh, yeah, Don Corleone. *Opie Taylor stole some bubblegum from me.*

David: That is fantastic. Oh, we need to do more episodes with unique conversations from

Andy: I know, and I know that I have very odd mind and people who have read *The Final Summit*, they'll go, wow, what a great idea to put Joan of Arc and Winston Churchill, they're in the same room with Abraham Lincoln and all three of them talking. You know, I say, thank you very much, thank you. And I want to say, you think that's something, you should hear Floyd the barber and the Godfather, or something like that.

David: And that is, that brings me to the audiobook for *The Final Summit*.

Andy: I loved doing that.

David: Well I was about to say, that was dramatic in itself, because you have to switch back and forth, at the drop of a hat because the conversation, the dialog, goes back and forth so quickly in some of those scenes.

Andy: Yeah, people ask, how we do that. I'm amazed, I never really think about it but I do the audio, I do the voice on all the audiobooks. And I don't just read them, I do the voices. And so, people say, so do you like, do all the voices and then come back or do you? And no, I just read it and I do the voices. And so, you know,

I did that with the boys growing up and so when I got the opportunity to do that, I just loved it. I really, really enjoy doing that. I did several books in Chicago and now I do them in Nashville, and just really, really enjoy doing that. But I got to tell you this, when I did the audio for *The Lost Choice*, which, *The Lost Choice* to me, and that's just like, that's a movie waiting to happen. I really like that book. My wife loves *The Lost Choice*. And, but when I did that audio, I came out of the studio after two days, and I said, I'm never writing a book with that many characters in it, again. Because you know, you get to the end of the second day and the engineer tap on the glass and go, your 17 year old girl there is starting to sound like the same guy from, oh my gosh. You know, your Australian lady is talking like the Jewish man here. And so you do kind of get brain dead after a while.

David: And it all gets mixed together. And it's not like you take two weeks to do those books. They're usually done in a few days.

Andy: Yeah, we did, really three days is the most we have ever taken to do that. But I really like it. I hope people enjoy those and I know you can download them on iTunes and audible.com, and a lot of different places, as well as getting the packs of CD's.

David: Absolutely. From our website, from andyandrews.com, those are all available there. So stay tuned I guess possibly for something else, for Floyd, the barber and Don Corleone. And I'm putting it in, that's my request, Paul Harvey and Zig Ziglar.

Andy: Ok, alright. I'll try to figure that out.

David: Yes, that's fantastic. Alright, let's get back to, oh gosh, that was a little bit of a rabbit trail. I think it was my fault.

Andy: A little bit of a rabbit trail.

David: We've got a really good question from our friend John today that came in by email. So let me read this to you Andy and we'll get you thoughts. But this is about John's five-year-old son. So let me read this to you.

Andy: Ok.

David: Hey Andy and David, long time no speak. I hope you're both doing well. I'm loving the podcast and since Andy has helped me with parenting in the past, I knew he was the right person for this question. My son is five years old and he's in kindergarten. He's doing well and loves it. But he comes home saying, that he has trouble making friends. He has friend from church but his best friend recently moved away. How can I help my five year old when he says that no one wants to be his friend. It breaks my heart for him and I'm not sure if there are steps I can walk him through or if I need to let him learn and walk through this on his own. Thanks. From John.

Andy that's interesting, you've got a couple of boys, I'm sure you've been in some unique situations with them as they were growing up. So first of all, how do you help a five year old that's struggling to make friends and then I think the second part of John's question is very interesting there. How do you decide what to step in and help your kids with versus what to let them learn on their own?

Andy: Uh, I hear that and I just, I just want to like lay down and cry, for John, because I know that little boy, just like, there's nothing, I'm sure John would

rather like take on monsters than have that little boy come home and say, I can't make friends. And so, boy, you're talking about like, this little kid has your heart, and he's just going back and forth in kindergarten every day. There is something that you can do. And once again it's a thinking process. It's a focusing process. I do have two boys and one of them, and they're so different. It's funny to us, like, I'm sure those of you who have kids know how different they can turn out. You look and go, man, do you guys have the same parents, how do you do this? Because we have one boy who is very cautious, he's very analytical. He's more introspective. And then we have Adam. Then we have the wild man from Alabama. You know, Adam, Lord I hate to say this, but I see so much of me in Adam.

David: Oh no.

Andy: Oh yeah. Because Adam, man, he is kind of, he's crazy, funny, he is witty and he is, he's not going to get in trouble because he can just stand right in front of you and just make you laugh. And so, but he is, he's very, very sensitive to people's feelings, how they feel, he's sensitive to how he feels. And he's a lot more likely to just like jump of the end of the dock, in the wintertime, with his clothes on, then anybody else. I mean, he's just like, he's not scared of anything, and he's very spur of the moment type of deal. But Adam would talk to me sometimes about, that, you know, he felt kind of sad or that he was scared about going to somebody's house. And a lot of times, I would look, you know, your first reaction is, what are you scared about? Nothing to be scared about. Go do something, go play. You ain't got nothing to be scared about, quit talking to be about this. You know, that's kind of what you want to say because you wanna go, what, you're scared to go to house? And or what do you mean you're sad? What you're gonna be sad about? And we forget that a lot of how kids begin thinking, how they think, it really stays with them and it translates into teen years and into adulthood.

And so one of the things that, if you David, if you remember me talking to John, if you haven't seen this, gosh, I don't know where, actually this is, but the idea that our thinking is at the foundation of everything. It's our thinking. And so our thinking, people think it's our choices, people assume it's our choices, but it's our thinking, because our thinking, how you think, what you think, how much you think about, all that determines every choice you'll ever make, choices or they choose. Well they choose an action, actions yields results, and the results are our reputation that kind of becomes our culture, corporately or family wise. And so, this idea about our thinking and how our thinking determines our choices, here's what I want you to understand. This is God's greatest paradox. It's the universal paradox, because our thinking determines everything about us. You know, as a man thinketh, so is he. Our thinking is the foundation of everything. And yet, even though our thinking determines the choices we make, we are still able to choose how we think. And so, what I'm saying, is, to train your five year olds thinking, ok. And to do that John, you're gonna have to determine what is he thinking, what is he thinking about? And I want to tell you, I'll tell you what he's thinking about. And this is, I don't mean to make this sound rude or anything, because this is nothing against your five year old, this is like 99,8% of every adult you've run into in your life. But here's what he's thinking about. He's thinking about himself. That's what he's thinking about. I am having trouble making friends, I'm not having fun, I don't like it at kindergarten, you know, my friend moved away. And here is what you can do as a dad to direct that and here is the bottom, I guess the base principle to me or the thing that I have seen John. and this is, I really have always thought of this in adult terms. And really never kind of consider it with somebody as young as five, even though I've certainly considered it with my boys. I just, I guess I didn't catch on to this before they were past five. But the bottom line principle that guides this whole thing, that affects this whole thing, is, when people are disgruntled or depressed, and look, don't send me letters, I'm not

talking about clinical depression or anything like that. I'm just talking about out of sorts sad, you know, this kind of daily thing. When people are disgruntled or somewhat depressed, in almost every case, they are thinking more about themselves, how they feel, what they want, what they had, what they don't have, they're thinking more about themselves, then they are thinking about whom they can serve. And who they can affect, and how they can help.

And so, I know that in my own life, I have really tough time writing if I'm under a deadline that is imposed by the publisher and you know, money's at risk, and contracts stuff and bla bla. I have a hard time doing that, and being really productive. But if I can get into mindset of figuring out something, how to say something that will change the lives of a million families and if I know three of four families or three of four dads or moms, or teenagers, if I know certain people that while this, once they hear this, their whole life will change. Well man, I can really write. And I can burn a midnight oil. But I've gotten my mind off myself and my own issues and my own problems, and my own fears. And I've put my mind on, accomplishing something for somebody else. Now, I know that, in Adam's case, well, I remember him saying that he was scared about going over and spending the night with somebody. And I remember he was, Adam feels everything and he examines every feeling. It's very, it's amazing to me. You know, where Austin is not, Austin is more, I'm not even gonna think about how I feel, I'm just gonna put my head down and get this done. But Adam examines every feeling. And so, a lot of times he will allow his feelings to stop him. So here he is, scared to go to somebody's house and spend the night, and nervous about it. And so he ask me rather than saying the things he always said, he came and said, dad, why am I so scared about this? Why do I feel like, I'm not going to have fun? And I thought, that is a dadgum great question. Because the answer will free him up. You know, the quality of your answers can always be determined by the quality of

your questions. And I never thought to go to him and say, Adam do you know why you are concerned about this? Do you know why you're nervous? But he said, dad, why am I so nervous? And I knew immediately. I said, Adam, the reason buddy that you are nervous about it, is because, you are thinking about the wrong things. And he kind of squinted and he said, what do you mean? And I said, you're thinking about, I'm gonna miss Austin and mom and dad. Wonder what mom and dad are going to do while I'm gone? Am I going to miss, is momma going to make a macaroni and cheese and that's my favorite and I would miss it. And so, am I going to get scared, is somebody going to, you know, am I not going to be able to get home? I said, that's what you're thinking about right? He said, right. I said, well let me tell you what you're not thinking about? I said, because, you know how, if I came up to you and said, Adam, sit down buddy, let's think about fishing for a minute, what is the biggest fish that you haven't caught, that you would like to catch? You know, if I said, then we would choose to think about fishing, we would think about fishing right? He said, right. I said, you know how, you say to me sometimes, dad, what is a fish that you've never caught, that you'd like to catch? You know how you ask me that? He said, I do. I said, ok, what you're doing is, you are giving me something and because you kind of pointed me to that direction, I am choosing to think about that. And so, you can choose to think about one thing and choose to think about other. Now you are choosing to think about the things that scare you, the things that make you nervous. I said, here's what you're not thinking about. You're not thinking, oh my gosh, this is a birthday party. And a birthday party spend the night, is so much better than a regular spend the night. But a birthday party, the parents of the kid you're spending the night with, they usually do something special. I wonder where we're gonna go out to eat? We're probably go out to eat. Or maybe they'll make something special there. You know, they live over on this cool place, will we get to have a campfire? I bet we'll get to have a campfire. We get to stay up late. Because it's a slumber

party, we get to stay up late. And school is not in, it's a Friday night, so we can stay up as long as we want. And I wonder what kind of movies we're gonna get to watch? Oh my gosh, with those three guys. You know, I went skating with those three guys yesterday, and we skated for two hours and Adam do you know how much you had in two hours? He said, yes sir. I said, with those three guys, now you're gonna spend 12 hours with them.

So you're about to have six times as much fun as you had skating yesterday. And so all of a sudden, he's smiling as I'm saying this. I say, you know, they have that cool dock and they have that cool boat. I wonder if Mr. John will give you a ride on the boat? I wonder if you guys are get to fish of the dock, I wonder. I said, all these things are possible for you. And he said, wow that's great. Well, I would just put in his mind John, the choice he can make, what to think. Now, your little guy is five, and so, here is a way, if my boy was five and I was dealing this, here's what I would say. I would not talk to him a lot about no one wanting to be his friend or why, certainly don't say why is that? Because then they'll say, well I'm ugly, nobody likes me, whatever it is. I mean, you don't wanna ask questions, remember the quality of your question, determines the quality of your answer. And so you wanna ask good questions with him. And the questions would be, something like, how many kids are in your class? Is there somebody that you see that they seem kind of sad sometimes? How can you make them laugh? I ask the boys every single day, every single day, I say, what is the funniest thing that happen in school today?

David: That's a great question.

Andy: The funniest thing, tell me the funniest thing. You know, sometimes they'll go, nothing really. Really? Oh my gosh, it was that boring for six hours, you didn't laugh, nobody smiled, really, you walked down the entire? You walked down the

hallway, stay in class after class and nobody smile? I didn't say hilarious, I say the funniest of the day, tell me the funniest of the day? Well dad, I'm not really sure. Well think. Here, let me just pull the car off the side of the road and give you some time to think. And they'll roll their eyes and laugh you know. But you want to direct their thinking, ok. Because most of us have kids who come home from school, how was school? Um, well. Is that, you can't tell me more than that? Well that's really what there is. Alright, well, we got so and so. And that's all we talk about it. Or we say, what's your homework? I mean, let's ask some questions that will get them to thinking and get them to remember, hey some of this is fun, some of this is hilarious.

David: Yeah, and to think about it from that positive perspective initially as opposed to how they're thinking about it, the inward negative perspective.

Andy: And John, the bottom line, the bottom line is to help your boy in his thinking, in this area. What you want to do is ask him questions and direct his thinking, not on whether anybody wants to be his friend or not, what you want to direct his thinking on, is on how to be the greatest friend in the class? How can he be the greatest friend to all those other kids. John Hirschbeck who was a major league baseball umpire, John told me something one time, I'm always asking people about their kids and John by the way is the guy, if you wonder which umpire? He's the guy Roberto Alomar spit in his face.

David: Oh, I remember that, wow.

Andy: But I asked John something one time and I never will forget his answer. John told me that he would always say to his kids, he said, did you pay attention to the kid in the corner today? Did you pay attention to the kid who was on the edge of the group? Did you pay attention to the kid who was on the outside looking

in? He said, because there's always that kid. He said, every class, every group, every playground, always has that kid.

David: That's a great question.

Andy: And you want to be the one to make them feel welcome, to make them feel great. Ultimately John, this is not going to be a problem because you're going to shift your child's thinking. And because your child is going to start thinking about the other kids and how he can be a friend, he's going to end up with more friends than he can handle. And he's going to have to like pair them down and you guys are going to have to say no, no, you can't ask 20 kids to your spend the night party. We can't do that. He'll have more friends than he can deal with or you can deal with. But just direct his thoughts. You are an awesome dad and you can do that.

David: That's great. Wow, John, thank you for that question. Andy thank you for your thoughts and your insights there. That's really good stuff. I'm excited to hear some feedback on this. And if you've got a question, feel free to call us, leave us a voicemail 1800 726 2639, that's 1800 726 Andy. Leave us your name, where you're calling from and your question. And that could be used on a future episode. And again, just a friendly reminder, if you find value in this podcast and in the topics we're discussing with Andy, please do share it with your friends, this is a free resource, it's a great conversation, it's place to engage in topics of discussion, and situations that people are going through. And we're excited to be doing it and we want others to know about it. So feel free to share it, send it to your friends and Andy thank you again for your time. We'll talk to you next week.

Andy: Thank you buddy.

Would you like to run something by Andy? Contact us and your question might be featured on the show!

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