Drawing	Name	B ("I don't want to be a burden")
	Activated Role	Recent college graduate trying to maintain long-distance friendships
	Goal	Their goal is to maintain long-distance friendships.
	Motivation	● They love their friends <3 ● They need human connection
	Conflict	● They don't always want to be the first person to reach out. ● They want to be able to balance more emotional and serious conversations with lighthearted ones too. ● They like being able to rely on their friends emotionally but don't want to turn them off.
	Attempts to Solve	● They tried spreading out emotional conversations between friends. ● They tried helping their friends emotionally too to even out things. ● They tried having more casual conversations with their friends, too. ● At one point, they tried bottling up all their feelings and emotions :(
	Setting/ Environment	● They are living in a new city, and their friends live elsewhere. They often call their friends from their bedroom.
	Tools	● Phone to contact people they love ● Therapist who is there for them ● Journal to explore their feelings ● Friends who care about them ● Family who cares about them ● Paper/envelopes/stamps for letters
	Skills	● Conversation skills ● Call/texting skills ● Being able to be open with friends ● Access to memes :)
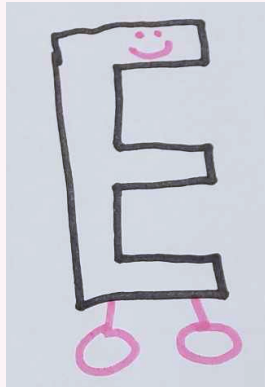
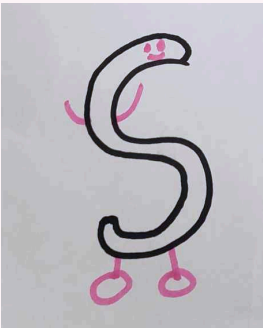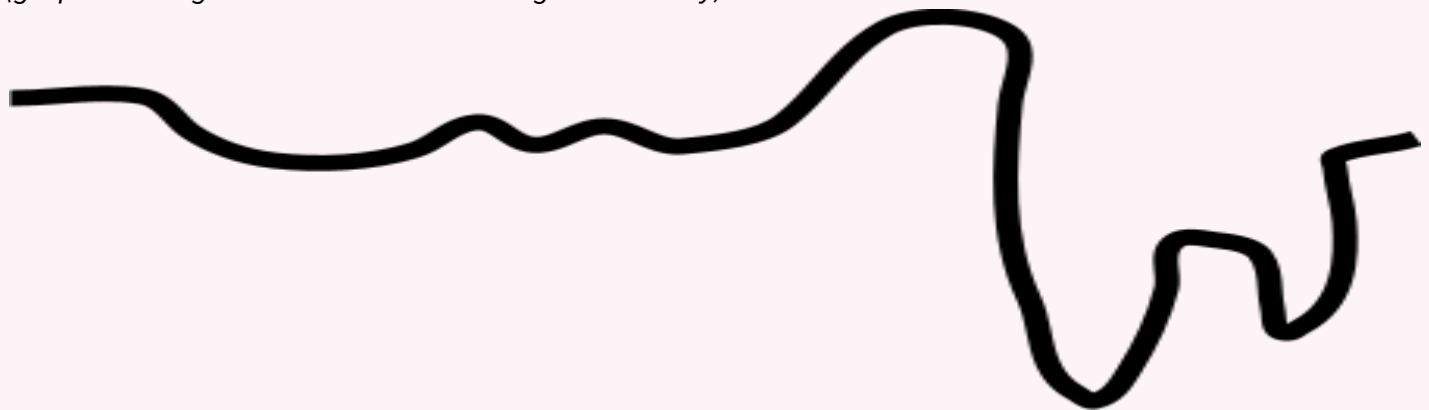| Drawing	Name	E ("long-distance friendships take energy")
	Activated Role	College student trying to maintain long-distance friendships
	Goal	Their goal is to maintain long-distance friendships but not overwhelm themselves.
	Motivation	- They love their friends <3 - But they also want to prioritize their own energy and well-being.
	Conflict	- Maintaining friendships takes energy, especially long-distance ones. - They have a limited amount of energy. - Other things in their life take up energy, too. - They want to be able to keep up with friends without being overwhelmed.
	Attempts to Solve	- They tried to figure out which of their long-distance friendships were worth maintaining. - They set up days for just themselves. - They don't push themselves to message back right away.
	Setting/ Environment	They are living on their college campus and contact long-distance friends from their dorm from their phone or computer.
	Tools	- Phone to contact people they love - Friends who care about them - Family who cares about them
	Skills	- Conversational skills - Knowing their own energy levels - Setting boundaries - Being open with friends - Knowledge of spoon theory

Drawing	Name	S ("out of sight, out of mind")
	Activated Role	Early career professional trying to maintain long-distance friendships
	Goal	Their goal is to maintain long-distance friendships and make sure they have time for them despite their other commitments.
	Motivation	- They love their friends <3 - They want to make sure they can focus on both their long-distance friends and their other commitments.
	Conflict	- They are a busy person who has a lot on their plate. - They forget to message their friends back and then feel guilty.
	Attempts to Solve	- They set reminders on their phone to message their friends. - They tried to call their friends while running errands to multi-task. - They added "message friends back" to their to-do list.
	Setting/ Environment	They are living in a city and message their friends when they remember (or are prompted to) during their busy day. This could look like while on the way to work or during lunch break.
	Tools	- Phone to contact people they love - Calendar for scheduling - Friends who care about them - Family who cares about them
	Skills	- Conversational skills - Scheduling - Summarizing - Being on top of things

Journey Map for B ("I don't want to be a burden")

(graph showing emotional valence throughout the day)

Morning	Afternoon	Evening	Night
- Feels "meh" in the morning. - Makes breakfast and then leaves for work. - Thinks about texting a friend but doesn't want to bother them so early.	- Feels grumpy during the workday - Vents with coworkers during break. Is close with them. - Work is frustrating but genuinely enjoys the company of coworkers.	- A little stressed after work, but has dinner and watches some TV and is then better— - Calls their family for an hour to catch up. - Feels relatively solid in the evening. - Thinks about which friends they haven't spoken to in a while.	- Spirals a little at night. - Texts a friend for support, and their friend is there for them! - Worries they are burdening the friend but the friend would do anything for them. - Thinks about when they last relied on their friend emotionally and if it's too often.

Journey Map for <u>E</u> ("long-distance friendships take <u>e</u>nergy")
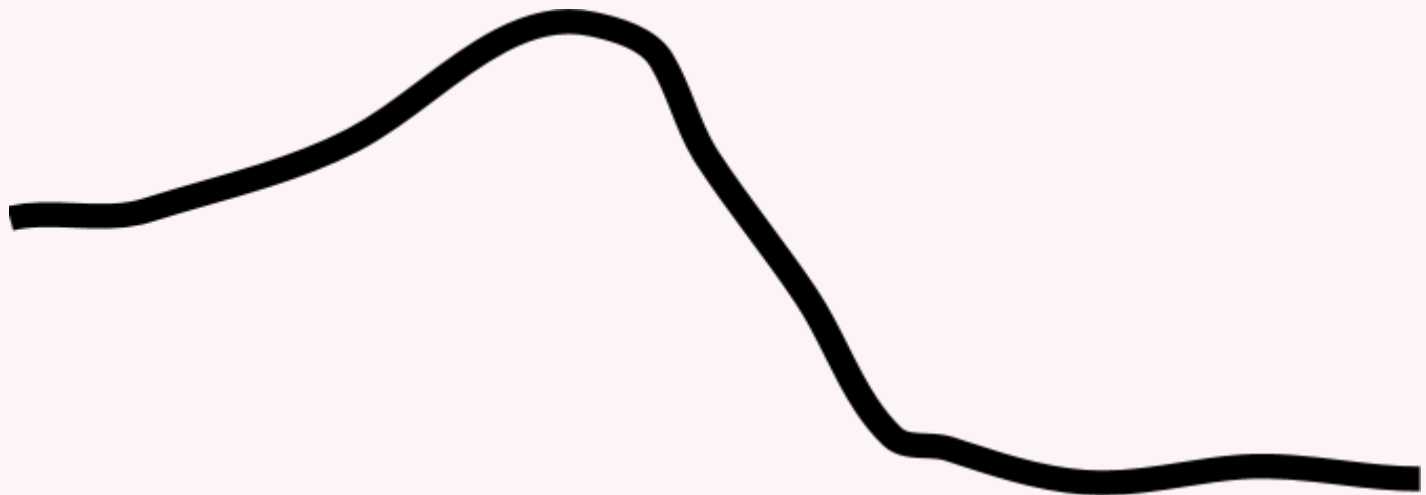
(graph showing energy levels throughout the day)

Morning	Afternoon	Evening	Night
• More energy in the morning after sleeping • Prepares for their day and goes to classes • Thinks about what during the day will take up the most energy.	• Low energy during classes • Doesn't contact any long-distance friends between classes due to having lower energy. • Thinks about if they have enough energy to make it through the day.	• Lower energy after classes • Decompressing from the day • More energy after an evening nap!	• Calls a friend after their nap. Feels tired after the call again but is glad that they did it. • Makes/eats dinner • Nighttime routine • Needs rest and goes to bed

Journey Map for S ("out of sight, out of mind")

(graph showing business levels throughout the day)

Morning	Afternoon	Evening	Night
• Busy in the morning (preparing for the day) • Thinks about what they have to do during the day. • Texts friend while waiting for public transit after realizing they left them on read for 2 weeks	• Busy in the afternoon during work • Takes a call on their lunch break • Doesn't think about long-distance friends during the workday	• Gets free dinner at work before leaving • Runs errands in the evening • Texts friend while in the checkout line after their friend sent them yet another meme • Thinks about all the tasks they have, and attempts to start compartmentalizing so that they don't think about work later.	• Freer at night after work • Could call long-distance friends but chooses to go to the bar with work friends instead. • Does not think about long-distance friends while at the bar.