



how do i build real friendships in a hypersexual culture?

a guided journal for gay men and queer folks who are craving connection that isn't based on sex, status, or surface.

**this journal is for anyone who's asked, where are the people
who want something real? why does everything feel
transactional?**

**if you're tired of mixed signals, ghosting, or being desired but
never truly known — this is your space to pause, reflect, and
redefine what friendship can look like.**

**because real connection isn't found through performance —
it's built through presence, patience, and emotional honesty.**

an RGL Divinations journal.

by keir michael

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disclaimer.

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get clear on what you want.

if you dont know what your looking for, how will you recognize it once you have found it?

it's easy to get caught up in mixed signals, temporary attention, or surface-level connection when you're unclear about what you truly need.

defining the qualities you want in a friendship helps you recognize what's real — and walk away from what's not.

what does a real friendship look like for you?

a real friendship looks like...

your response.

fill in the blank.
fill in the blank.
fill in the blank.
fill in the blank.
fill in the blank.
fill in the blank.

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non-sexual energy.

safe to be vulnerable.

accepts you for who you are.

doesn't compete.

makes time.

laughs with you.



"a friend is someone who knows the song in your heart and can sing it back to you when you've forgotten the words."

— c.s. lewis



thirty qualities of a real friendship (*especially in a hypersexual community*).

in a culture where everything feels flirty, fast, or performative, real friendship can feel rare. these qualities are here to ground you in what genuine, non-sexual connection looks and feels like.

down to earth.

good listener.

empathetic.

deep connections.

ghosting.

empathy.

no flirting.

consistent.

checks in often.

mutual support.

respects boundaries.

shows up in hard times.

validates your experience.

reliable.

honest (but kind).

doesn't objectify.

wants to grow with you.

curious about you.

encourages your dreams.

holds space.

doesn't pressure you.

uplifts your self-image.

celebrates your weirdness.

makes you feel included.

doesn't gossip about you.

lets you recharge.

doesn't take advantage.

apologizes when wrong.

reminds you of your worth.

stays even when it's not easy.



are you expecting them to be like this all of the time?

no one can show up perfectly all the time – not even you.

real friendship leaves room for grace, for off days, for humanness.
if **they're doing their best with what they have**, and you can feel their
care underneath it all, that's what matters most.



are you expecting yourself to show up perfectly all the time?

you don't have to be flawless to be loved, trusted, or chosen.

give yourself permission to be messy, to grow, to take breaks.
grace isn't just something you give others – you deserve it too.



LET'S GET REAL WITH OURSELVES...

assessments aren't about judgment – they're about awareness.
they help us see where we are right now, so we can decide where we want to go.
getting honest with ourselves gives us a starting point for real, intentional growth.

am i too hard on myself (and others)?

not 100% sure how to answer that?
want a more honest look at where you really stand?

i created a short assessment that helps you figure it out.
head to realgaylife.com and get your personal score.
(it only takes a few minutes, and your results might surprise you.)



realgaylife.com



take an assessment



am i too hard on myself (and others)?

write you score here



keep your expectations in check.

be mindful of what you're looking for, but hold those expectations with softness.

people are human — including you — and connection takes time, grace, and room to grow.

be patient with the process, and let compassion lead the way.

now that we are clear on what we want and keeping our expectations in check...



where do we go to actively find these connections (in person)?

real connection happens in real time — **in someone's presence, where energy, body language, and unspoken cues tell us what texts never can.**

being physically near someone allows us to feel safety, warmth, and resonance that our nervous system naturally responds to.

according to dr. stephen porges' polyvagal theory, *eye contact, vocal tone, and facial expressions are essential cues of safety that help us feel seen and connected.*

this is why in-person connection isn't optional — it's medicine for the loneliness many of us are carrying.



hobbies / activities where you can connect with others.





twenty hobbies & activities to connect with others (in person).

sometimes the connection we're looking for isn't in our phones — it's across the table, on the dance floor, or in the middle of a shared laugh. these activities are about being seen, feeling energy in real time, and creating memories that deepen connection beyond words. show up open, curious, and grounded — the right people will feel it.

**group fitness classes
(yoga, pilates, boxing)**

**book clubs (especially queer-
centered or local bookstore-based)**

hiking groups or nature walks

**volunteering (shelters, lgbtq+ orgs,
food pantries)**

**game nights (at cafés, rec centers,
or hosted at home)**

improv or acting classes

**open mic nights (spoken word,
music, storytelling)**

**community gardening or plant
swaps**

**art classes (painting, ceramics,
drawing)**

**queer or co-ed sports leagues
(kickball, volleyball, dodgeball)**

**crafting meetups (knitting, beading,
vision boarding)**

**dance classes (salsa, hip-hop,
ballroom)**

spiritual or meditation groups

**photography walks or local photo
meetups**

**local lgbtq+ support groups or
identity-based circles**

trivia nights or pub quizzes

**museum meetups or gallery
openings**

queer bike rides or city strolls

community theater or choir groups

**writing workshops or journaling
circles**



📧 **thank you for doing the work.**

seriously — this is how we change things.
by slowing down, getting honest with ourselves, and choosing something deeper.
you doing this work matters!
it's how we build the kind of community we all wish existed.

this free resource was made possible by **real gay life patreon subscribers** and
real gay life supporters.

if you found this helpful and want access to the **full guided journal**, plus:

unlimited deep-dive prompts

7-day reflection cards

and full **affirmation decks** for every topic [**join us now**](#)