

# How to Turn a Friendship into a Relationship



By [Courtney Omernick](#)

You're out and about with your friend, and you start to notice a funny feeling in the pit of your stomach. No, don't worry, it has nothing to do with what you ate; it's probably butterflies. If you've been thinking about your interactions with this person for awhile, it's probably a good idea to assess whether or not you want to turn what you have into something more. And, if you do, Cupid has some food for thought.

**1. Increase the physical contact:** You might already be affectionate towards one another, but now it's time to dial up

the flirtation without being too physical. For example, set a goal to touch the other person at least three times when you're together. Make sure that the touch lasts no longer than two to three seconds and that you're only touching the shoulder, neck, or hand.

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**2. Leave them wanting more:** Spending a lot of time with them lately? Try intervals. For example, spend a lot of time with them, then none for awhile, then more again. While you're gone, your friend has a chance to think about and miss you. Also, remember to include the flirtation and physical contact while you're with them.

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**3. Avoid the 'friends with benefits' situation:** Some individuals think that if they apply this concept, it will be a quick transition from friend to a relationship. However, this situation only proves to the other person that you're a fun, casual fling, and they won't take you seriously.

**Have you ever turned a friendship into a relationship? Share your story in the comments!**