

# How to Make Friends As An Adult

A guide to **level up socially:**



I'm moving.

Colby





**To a new country.**



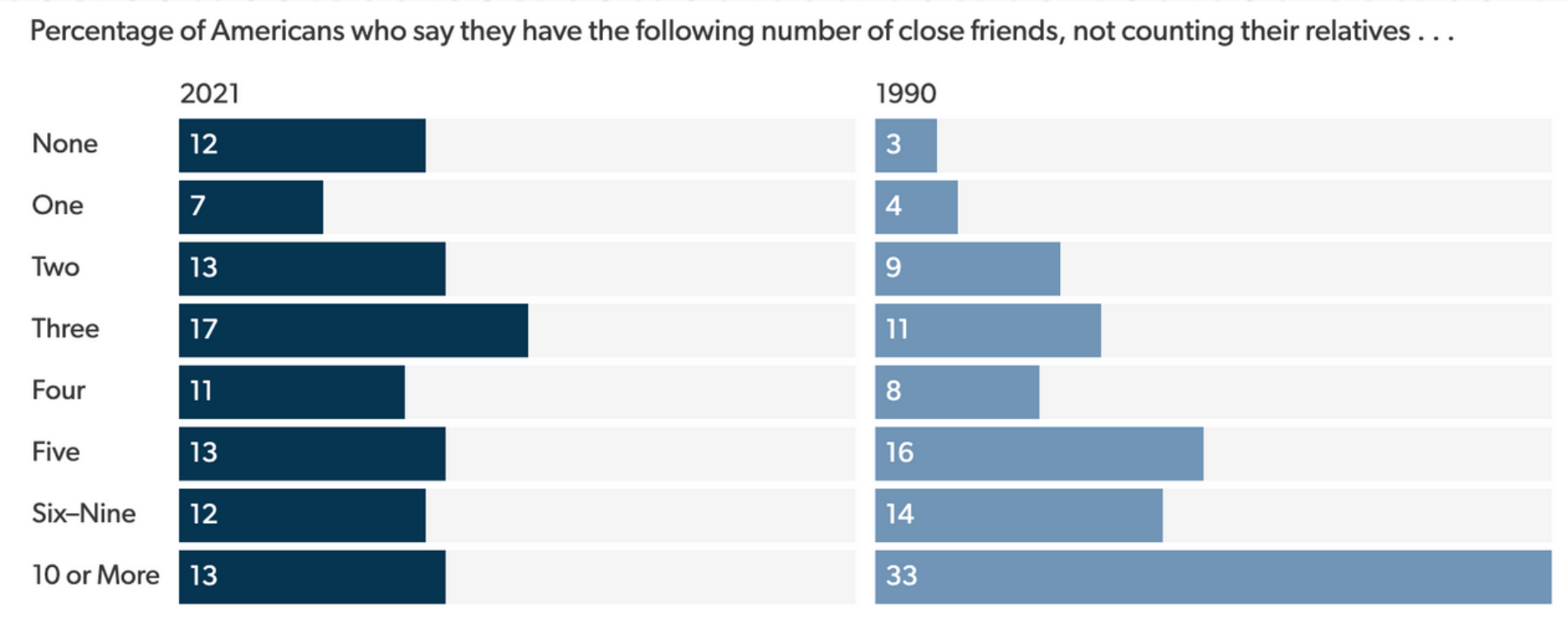
**And while I'm excited  
for my next chapter...**



I'd be lying if I said I  
wasn't **nervous** to hit  
“reset” on my social life.

Recent studies show that the number of **close friends** Americans report has dropped drastically since 1990.

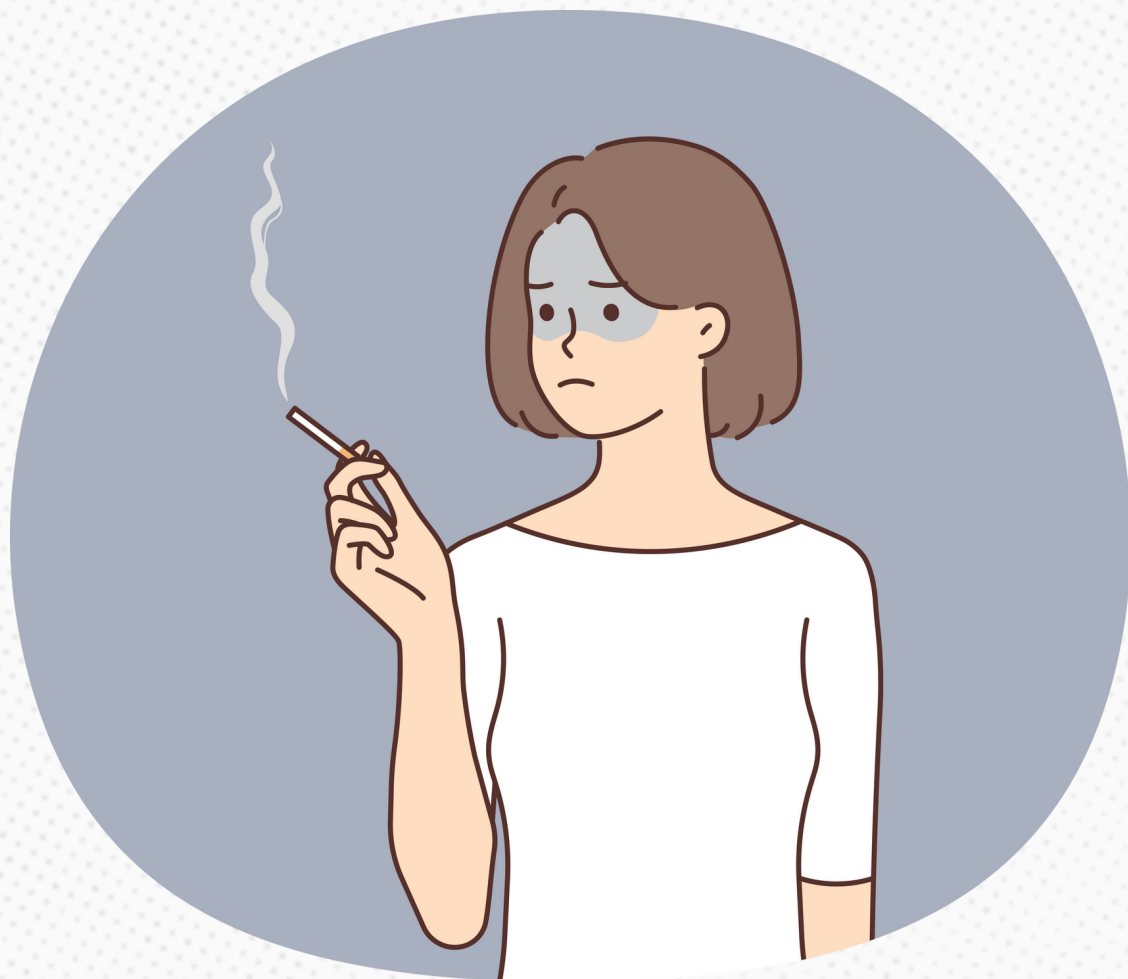
(I'm Canadian, but still.)



Source: [American Perspectives Survey, May 2021](#); [Gallup, 1990](#).



And to make matters worse,  
loneliness is as bad for our health  
as smoking **15 cigarettes per day.**



So with that morbid thought in mind, I'm writing this post as a sort of **guide for myself.**



And I hope it helps you too...



## **Assume people want to meet you**

The first step in making friends is adopting the right mindset. Go into every interaction with an attitude of abundance. Aim to bring value.

## **Friendship Myth #1: People are likely to reject us**

The research says: People are much less likely to reject small talk from a stranger than we think.

## **Join a class or activity that meets consistently**

Choose an activity or class that you're genuinely interested in. Do your best to join one that meets at least once per week.

## **Friendship Myth #2: Friendships form quickly**

The research says: It takes 40-60 hours of time together for a solid friendship to form.



## **Become genuinely interested in others**

“You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you” —Dale Carnegie

## **Friendship Myth #3: You must be entertaining to make new friends**

The research says: Most people report “entertainment factor” as the least important trait in a friend.

## **Use technology to your advantage**

Online communities. Meetup apps. Facebook groups. There are endless ways to use technology to meet new people if you're intentional with it.

## **Friendship Myth #4: Technology has made us less connected**

The research says: The impact of technology is entirely dependent on how you choose to use it.



## **Be proactive with your friendships**

Life happens. And we tend to have less time for friends as we get older. Take initiative. Plan a Friday dinner. Book a weekend trip. Have a monthly call. Small efforts go a long way.

## **Friendship Myth #5: Once a friendship is established it stays**

The research says: Friendships tend to fade over time if an effort isn't made to maintain them.

# **TL;DR**

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to meet you**

**Join a class or activity  
that meets consistently**

**Become genuinely  
interested in others**

**Use technology to  
your advantage**

**Be proactive with  
your friendships**



# References

The Secret to Making New Friends as an Adult | Marisa G. Franco | TED

Kroll, M. M. (2022, May 02). Prolonged Social Isolation and Loneliness are Equivalent to Smoking 15 Cigarettes A Day. University of New Hampshire Extension.

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