**Introduction**

The purpose of this experiment was to learn whether a phone conversation with a friend who I haven’t spoken to in a while (over a month) would affect how closely connected to others I felt in a day. In accordance to the ‘The surprise of reaching out: Appreciated more than we think’ (Liu et al., 2023) I hypothesized that calling a friend I haven't spoken to in a while and spending even 10 minutes talking to them would make me feel more connected to others.

**Methods**

Within a span of one week, I called a different friend on three distinct days, dedicating a minimum of 10 minutes talking to them each time. I made sure to try and keep the variables surrounding the call the same by calling around the same time in the same conditions. I diligently noted my mood levels every night before going to sleep on a scale ranging from 1 to 7 in a notebook. These evaluations were then uploaded via a google form on the last day. This allowed me to determine how connected I felt to others on the days following the call (n=3) and on the days without (n=3).

**Results**

On days I didn't call someone how connected to others I felt had a mean of 4 and standard deviation of 0, as compared to on the days I did the score was at 6 and the standard deviation was 0.

**Discussion**

The results from my experiment seem to indicate a noticeable improvement in how connected to others I felt on the days when I reached out and called someone. This supports my initial hypothesis that reconnecting with a friend via a phone call, in this case, for 10 minutes, can positively influence how connected to others I feel. The increment from a cheerful feeling of 4 to 6, although not drastic, is still significant enough to warrant the potential benefits of of the intervention.

However, it's important to consider several confounding variables that may have influenced these outcomes. For instance, the amount of time I spent with friends in the day and whether or not I went out with my friends in the evening might have impacted how connected to others I felt.

In conclusion, while there seems to be a positive correlation between reconnected and reaching out via phone call and feelings of connectedness to othes based on my results, it's evident that numerous variables can influence this relationship. Moving forward, it is imperative to extend the study period, reduce the confounding variables and repeat the study under better conditions. Personally, these results inspire a commitment to continue trying to keep in touch and periodically checking in with my friends as a means to feel more connected to them.

**Bibliography**:

Liu, P. J., Rim, S., Min, L., & Min, K. E. (2023). *The surprise of reaching out: Appreciated more than we think. Journal of Personality and Social Psychology*, 124(4), 754–771. https://doi.org/10.1037/pspi0000402