Get the guys back

A free one-page guide to the video "Why Men Lose Friends as They Get Older"

Most friendships don't end in a fight. They fade when the things you did together stop. This page helps you put one back on the calendar.

What the research found

> Over 18 months after school, closeness to friends fell while closeness to family rose. For the young men, doing more things together slowed the fade; for the young women, frequent contact did.
>
> Roberts & Dunbar (2015), Human Nature, 25 school leavers

> Men and women expected nearly the same companionship and shared activity from a friend. Women expected more self-disclosure and intimacy, a moderate difference.
>
> Hall (2011), Journal of Social and Personal Relationships, 36 samples

> New adult classes that met weekly grew close over months; the crafts and writing classes caught up to the singers by month three.
>
> Pearce, Launay & Dunbar (2015), Royal Society Open Science

> In 13 experiments, people underestimated how much others appreciated a short message or a small gift from someone they knew.
>
> Liu, Rim, Min & Min (2023), Journal of Personality and Social Psychology

Try it: the moves from the video

1. **Send the text.** It doesn't need a reason. Don't wait for him to go first; he may be sitting on the same text.
2. **Give it something to do.** A tee time, a fishing trip, a game, a project in somebody's garage.
3. **Make it repeat.** One trip is a memory. The first Saturday of every month is a friendship.
4. **Let the talk come sideways.** No forced heart-to-heart. Give your hands something to do and leave room for one.
5. **Join something that already repeats.** If the old crew is gone: a league, a running group, a volunteer crew, a workshop.

Did we get together this month?

	M1	M2	M3	M4	M5	M6
Done	☐	☐	☐	☐	☐	☐

Your plan

The friend I'll text _____

What we'll do _____

The date that repeats _____

A group I could join _____

Keep in mind

These are patterns from small and mostly short studies, not rules for every friendship. If the isolation feels heavy, call or text 988 in the US; veterans who call can press 1.