Get to 200 hours

A free one-page guide to the video "No Close Friends? You Probably Haven't Hit 200 Hours."

Close friendship takes time, the right kind of time, and adult life squeezes it out. Here is what the studies behind the video found, five ways to build the hours on purpose, and a tracker for your next four weeks.

What the research found

> Rough estimates: about 50 hours together to become casual friends, about 90 to become friends, and more than 200 to become close friends.
>
> Hall (2019), Journal of Social and Personal Relationships

> The kind of hours matters. Hanging out and joking around went with closeness. Hours working together counted much less.
>
> Hall (2019), Journal of Social and Personal Relationships

> Nearness starts the clock. New students given random seats were more likely to be friends with their neighbors a year later.
>
> Back, Schmukle & Egloff (2008), Psychological Science

> You're liked more than you think. After a conversation, people consistently underestimated how much the other person liked them.
>
> Boothby, Cooney, Sandstrom & Clark (2018), Psychological Science

Try it: the five steps from the video

1. **Start where you already are.** Work, church, the gym, a kid's practice: that's where the clock starts, not where it finishes.
2. **Move the time out of the obligated places.** Turn the chat after practice into lunch or dinner. Those are the hours that count.
3. **Reach out more than feels natural.** "Saw this and thought of you. Breakfast next week?" is enough to start the clock again.
4. **Make it recurring.** One three-hour dinner a week reaches 200 hours in about fifteen months.
5. **Spend the hours on the talk that counts.** Catch up, be playful, say the serious thing once in a while. Small talk alone won't get you there.

Time together this week?

	M	T	W	T	F	S	S
Week 1	☐	☐	☐	☐	☐	☐	☐
Week 2	☐	☐	☐	☐	☐	☐	☐
Week 3	☐	☐	☐	☐	☐	☐	☐
Week 4	☐	☐	☐	☐	☐	☐	☐

Your plan

My one person _____

Our standing time _____

My first message _____

Something I'll ask about _____

Keep in mind

The hour counts are rough estimates from people's own reports, and there's no exact formula. Not every friendship will take, and that's not a verdict on you. Keep showing up: the hours add up when they keep happening.