



Big Bang Theory's Algorithm for Making Friends on National Make a Friend Day

Mr. Rooter explains Sheldon Cooper's Algorithm for Making Friends and How to Use it

For some, making friends can be a challenge. According to Dr. Sheldon Cooper, a character on the popular CBS television show, Big Bang Theory, there is a specific algorithm to making friends. In the episode, Cooper attempts to befriend a co-worker using his algorithm. Mr. Rooter® is celebrating National Make a Friend Day on February 11, by presenting the [Dr. Sheldon Cooper Friendship Algorithm](#) and explaining how to use it to celebrate the day and make new friends.

1. 1. Decide who you would like to become friends with and approach them. The algorithm suggests calling, but if you work together or have a gym class in common, it would make sense to take the personal approach and speak face-to-face.
2. 2. Cooper suggests asking the potential new friend to share a meal. If you are uncomfortable with the thought of an entire meal with a new person, it may be more practical to ask them out for a coffee, trip to the museum or a happy hour drink.
3. 3. If they don't want to have a meal or a beverage (hot or cold), find out what sorts of hobbies and interests they hold. Do any of these match your own? Perhaps you are both avid readers, enjoy rock climbing or are die-hard sports fans. Embrace your shared enthusiasm and find ways to enjoy your interests together.

Forging new friendships can be difficult and even a little scary. The key is to embrace the commonalities and celebrate the differences in each other. As Leonard Hofstadter, Cooper's roommate on the show said, "If you want to learn how to make friends, then just go out to a coffee shop or a museum. Meet people. Talk to them. Take an interest in their lives." Or, do what *Mr. Rooter* does and utilize the golden rule, every day in every way. Treat others as you would like to be treated and you won't need an algorithm to make friends, it will happen naturally.

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