

36 QUESTIONS TO FOSTER CONNECTION

Are you finding lockdown conversations a little repetitive? **Well, this exercise will help with that!**

Perhaps you are tired of talking about **COVID-19** but you can't seem to be able to find any other topics to explore. You might be great at connecting in meaningful conversation. Many people, however, may find it a little difficult – **this set of questions will help you to go a little deeper.**

Whoever you are, these 36 questions, drawing from the research of social psychologist Arthur Aron, are sure to help you foster depth and connection with significant others in your life.

The questions become increasingly vulnerable as the list goes on. You could use them to **get to know someone** you don't already know all that well, or to **deepen your connection** with those you are already close to. Whomever you choose, **you are sure to leave the conversation feeling happier and more deeply connected.** Feel free to ask all 36 in one sitting, or to take a few at a time – whatever works best for your situation.

We suggest setting some time aside with someone and intentionally taking turns answering each question.







Here they are, in order:

SET 1:

- 1 Given the choice of anyone in the world, who would you want as a dinner guest?
 - 2 Would you like to be famous? In what way?
 - 3 Before making a telephone call, do you ever rehearse what you are going to say? Why?
 - 4 What would constitute a “perfect” day for you?
 - 5 When did you last sing to yourself? To someone else?
 - 6 If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
 - 7 Do you have a secret hunch about how you will die?
 - 8 Name three things you and your partner/friend appear to have in common.
 - 9 What in your life do you feel most grateful for?
 - 10 If you could change anything about the way you were raised, what would it be?
 - 11 Take 4 minutes and tell your partner/friend your life story (in as much, or as little, detail as you are comfortable.)
 - 12 If you could wake up tomorrow with one new quality or ability, what would it be?
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SET 2:

- 13** If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
 - 14** Is there anything that you have dreamed of doing for a long time? Why haven't you done it?
 - 15** What is the greatest accomplishment of your life?
 - 16** What do you value most in a friendship?
 - 17** What is your most treasured memory?
 - 18** What is your most terrible memory?
 - 19** If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
 - 20** What does friendship mean to you?
 - 21** What roles do love and affection play in your life?
 - 22** Alternate sharing something you consider a positive characteristic of your partner/friend. Share a total of 5 items.
 - 23** How close and warm is your family? Do you feel your childhood was happier than most other people?
 - 24** How do you feel about your relationship with your mother?
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SET 3:

- 25 Make 3 true “we statements” each. For instance, “We are both in this room feeling ...”
- 26 Complete this sentence: “I wish I had someone with whom I could share ...”
- 27 If you were going to become closer to your partner/friend, please share what would be important for him or her to know.
- 28 Tell your partner/friend what you liked most about them when you first met.
- 29 Now that you know your partner/friend a little better, has what you like changed? If so, how?
- 30 Share with your partner/friend an embarrassing moment in your life.
- 31 When did you last cry in front of another person? By yourself?
- 32 What, if anything, is too serious to be joked about?
- 33 If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone. Why haven't you told them yet?
- 34 Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
- 35 Of all the people in your family, whose death would you find most disturbing? Why?
- 36 Share a personal problem and ask your partner/friend for advice on how he or she might handle it. Also, ask your partner/friend to reflect back to you about how you seem to be feeling about the problem you have chosen.