

Welcome!

36 Questions to Bring You Closer Together

This exercise is based on Arthur Aaron's research from 1997, that shows that mutual vulnerability, self-disclosure, eye contact and dialogue is contact-creating, mentalising and relationship-developing as well as leading to closeness, empathy, intimacy, love and spark. The exercise also strengthens insight and self-awareness as well as confidentiality, cohesion and attachment. It is thus a relationship exercise that can be performed by dating, in new relationships and in relationships in stagnation - where communication, feelings and spark are sought recovered. The exercise can e.g. be performed during couples therapy at Parterapi-parterapeut.dk and consists of two tasks:

Task 1: 36 questions

Create a comfortable and undisturbed frame. Set the timer for 45-90 minutes for the first assignment, consisting of 36 questions in three sets. Take a question at a time without skipping any. Take turns at reading the questions. Whoever reads, is the first to answer. Then the partner answers followingly. It usually takes about one hour and approx. 20 minutes per set. Or on average just under two minutes per questions. Some spend more or less time, but be sure to keep a certain pace and do not exceed 90 minutes. The questions can be found on page two.

Task 2: Eye contact

Once you have answered all the questions, sit still and relaxed while looking into each others eyes for four minutes. Avoid staring and allow you to move your and eyes a little. Enhance your exercise by looking at the partner from a particularly loving or vulnerable place. Look with curious and loving eyes. Look for positive physical features, characer and sides of the partner. Try to see the vulnerability, love and positive intentions in your partner.

Remember:

Remember that the tool is the researchers' recipe for love and that it is crucial how the exercise is performed. There are also other factors for infatuation and love. Do you want to find your own and unique answers, then combine the exercise with couples therapy. The exercise itself is only a support and thus secondary. It is you and your attitude as well as the reflection, dialogue and the process that is primary. It is important that you do not stay in the surface, but get behind and to the core in a loving, concrete and constructive way. It can be difficult in itself and it can be difficult both to be in process and at the same time self-managing the process. It can also be challenging and confrontational to answer and to hear your partner's answers. If you are experiencing difficulties or are you get stuck, you are welcome to book a consultation at Parterapi-parterapeut.dk in Copenhagen or per phone / skype at tel. 61661900.

Blog about relationships and couples therapy:

On Parterapi-parterapeut.dk's blog about relationships and couples therapy, you can in Danish read more about the 36 questions that can lead to love.

<http://www.blog.parterapi-parterapeut.dk/#home>
<http://www.blog.parterapi-parterapeut.dk/#post65>

Source:

Social psychology researcher Arthur Aron of the Interpersonal Relationships Lab at Stony Brook University in New York. Published his results in "The Experimental Generation of Interpersonal Closeness" in *Personality and Social Psychology Bulletin* (1997).

See also:

<http://journals.sagepub.com/doi/pdf/10.1177/0146167297234003>
<https://www.nytimes.com/2015/01/11/fashion/no-37-big-wedding-or-small.html?mcubz=1>

The exercise can be obtained free of charge via the [website](#). If a friend wants the exercise, please email your partner's email or ask your partner to download. At the request of the exercise, you have also accepted the registration of the email(s) for the newsletter. Your email is not disclosed to third parties and you will not be called for sale. You must call yourself if you wish to book. Exercise incl. answering, interpreting, use, communication, decisions and reactions is at your own responsibility and risk incl. transmission of data / files / mails - directly as indirectly.

The 36 questions that can enhance closeness, love and the relationship

You have now read the instructions on page one and are ready for the first of the two tasks – enjoy!

Set I

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a phone call, do you ever rehearse what you're 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 choose?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell you partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained one quality or ability, what would it be?

Set II

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 something that you've dreamt 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. Share a total of five items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
24. How do you feel about your relationship with your mother?

Set III

25. Make three 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 a close friend with your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them: be honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something that you like about them already.
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's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Source: After Arthur Aron, se page one.