

36 QUESTIONS TO LOVE

These 36 questions to fall in love are a set of questions developed in the 1990s by psychologists Arthur Aron, Ph. D., Elaine Aron, Ph. D., and other researchers to see if two strangers can develop an intimate connection just from asking each other a series of increasingly personal questions.

one

Given the choice of anyone in the world, whom would you want as a dinner guest?

two

Would you like to be famous? In what way?

three

Before making a telephone call, do you ever rehearse what you are going to say? Why?

four

What would constitute a "perfect" day for you?

five

When did you last sing to yourself? To someone else?

six

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?

seven

Do you have a secret hunch about how you will die?

eight

Name three things you and your partner appear to have in common.

nine

For what in your life do you feel most grateful?

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ten

If you could change anything about the way you were raised, what would it be?

eleven

Take four minutes and tell your partner your life story in as much detail as possible.

twelve

If you could wake up tomorrow having gained any one quality or ability, what would it be?

thirteen

If a crystal ball could tell you the truth about yourself, your life, the future or anything else, what would you want to know?

fourteen

Is there something that you've dreamed of doing for a long time? Why haven't you done it?

fifteen

What is the greatest accomplishment of your life?

sixteen

What do you value most in a friendship?

seventeen

What is your most treasured memory?

eighteen

What is your most terrible memory?

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nineteen

If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?

twenty

What does friendship mean to you?

twenty one

What roles do love and affection play in your life?

twenty two

Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.

twenty three

How close and warm is your family? Do you feel your childhood was happier than most other people's?

twenty four

How do you feel about your relationship with your mother?

twenty five

Make three true "we" statements each. For instance, "We are both in this room feeling ..."

twenty six

Complete this sentence: "I wish I had someone with whom I could share ..."

twenty seven

If you were going to become a close friend with your partner, please share what would be important for him or her to know.

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twenty eight

Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.

twenty nine

Share with your partner an embarrassing moment in your life.

thirty

When did you last cry in front of another person? By yourself?

thirty one

Tell your partner something that you like about them already.

thirty two

What, if anything, is too serious to be joked about?

thirty three

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?

thirty four

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?

thirty five

Of all the people in your family, whose death would you find most disturbing? Why?

thirty six

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.