

# 36 Questions That Lead to Love

Preparingtolove.com

**Studies show that *vulnerability* is the key to intimacy.**

Revealing personal information can make you fall in love faster. At least that's what Dr. Arthur Aron discovered in his [Interpersonal Closeness](#) experiment. Over 20 years ago, he paired several strangers together and had them ask each other the 36 questions below. Within 6 months, one of the couples ended up getting married.

If it works for strangers, it may work to bring you closer to your husband or boyfriend.

The purpose of Dr. Aron's experiment was to **speed up the time it takes to make two people to fall in love**, by creating intimacy. Whenever you share thoughts, personal feelings, goals, dreams, and desires with anyone, you create intimacy and vulnerability.

\*\*\*Two rules to keep in mind: In order for the experiment to work, <sup>1</sup> both parties must be willing to ask AND answer all questions. While sharing is important, <sup>2</sup>listening is equally important. The listener must show support and affirmation, regardless of their partner's answer to the questions.

For example, if I reveal to my husband that I cry whenever I see a homeless person, and he responds positively, I automatically feel closer to him. But, if he were to argue with me and tell me "I shouldn't be so emotional," then I wouldn't feel understood or validated. I might interpret his response to mean it isn't safe to be vulnerable with him. As a result, I might stop sharing my true feelings with him and our intimacy would decrease over time.

The exact questions Dr. Aron used are listed on the following questions. Use them to foster intimacy and vulnerability with your partner.

The 36 questions in the study are broken up into three sets, with each set intended to be more probing than the previous one.

### 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 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 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 your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any 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 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. 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 very 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.

To finish the experiment, spend the next 4 minutes staring into each other's eyes without saying anything. Over the next few weeks, note how you feel about each other. Are you communicating better? Are you spending more quality time together? Do you feel like he's your best friend?

As you probably already know, falling in love is easy. Anybody can do that. Staying in love, will require effort. Lots and lots of effort. **For more information on making love last, check out my blog post: [4 Reasons Relationships fail and what you can do to fix them.](#)**