36 Questions to Develop an Intimate Relationship

Section I

1. If you could pick anyone in the world, who would you invite to dinner?
2. Do you want to be famous? How so?
3. Do you ever rehearse what you will say before making a phone call?
4. What is your idea of a perfect day?
5. When was the last time you sang to yourself? To someone else?
6. If you lived to be 90, and you could pick either keeping the body of a 30 year old or the mind of a 30 year old, which would you choose?
7. How do you think you will die?
8. Name 3 things you and your partner appear to have in common.
9. What are you most grateful for in life?
10. If you could change anything about the way you were raised, what would it be?
11. In four minutes, tell your partner your life story. Use as much detail as possible.
12. If you woke up tomorrow with any quality or ability, what would you want it to be?

Section II

1. If you had a crystal ball, what would you want to know?
2. Is there something you’ve dreamt of doing for a long time, and if so, why haven’t you done it?
3. What is the greatest accomplishment of your life?
4. What do you value most in a friendship?
5. What is your most treasured memory?
6. What is your most terrible memory?
7. If you knew you were going to die in a year, would you change anything about your current life? Why?
8. What does friendship mean to you?
9. What roles do love and affection play in your life?
10. Alternate sharing five positive traits of your partner.
11. How close and warm is your family? Do you feel your childhood was happier than most other people’s?
12. How do you feel about your relationship with your mother?

Section III

1. Make 3 true “we” statements each.
2. Complete this sentence. “I wish I had someone with whom I could share \_\_\_\_\_\_.”
3. If you were going to become a close friend with your partner, share what would be important for them to know.
4. Share something you like about your partner. Be very honest and open.
5. Share with your partner one of the most embarrassing moments of your life.
6. When did you last cry in front of another person? By yourself?
7. Tell your partner something that you like about them already.
8. What—if anything—is too serious to be joked about?
9. If you were to die tonight with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven’t you told them yet?
10. 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?
11. Of all the people in your family, whose death would you find most disturbing? Why?
12. Share a personal problem and ask your partner’s advice on how they might handle it. Also, ask your partner to reflect to you how you seem to be feeling about the problem you have chosen.

Section IV

Stare into your partner’s eyes for 4 minutes without speaking or breaking eye-contact.