

Try “36 QUESTIONS FOR CLOSENESS” Once a Week for 21 days

Difficulty: DEEP

Frequency: TRY 1x a WEEK

Duration: 45 MINS

Best Time: WHEN YOU CAN BE FULLY PRESENT

WHY YOU SHOULD TRY IT

Real connection is rare—and essential. In a world full of quick conversations and busy schedules, it can be hard to really *know* someone, even those we care about most. This practice is a powerful way to go beneath the surface and experience true closeness with another human being. It’s about being seen, heard, and accepted. And it works.

HOW TO DO IT

1. Choose a partner. One per week for three weeks.

Pick someone you'd like to feel closer to—friend, partner, family member, or someone new you're just getting to know.

2. Set the stage.

Find a quiet, comfortable space where you won't be interrupted for 45 minutes. Phones off. Eyes open. Hearts ready.

3. Take turns asking and answering.

Use the three sets of questions below. Each person answers each question—but alternate who goes first. Spend **15 minutes per set**. If you don't finish all the questions in a set, that's okay—move on when the time is up.

SET I: WARM-UP

(First 15 minutes)

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 could live to 90 and keep either your mind or body of a 30-year-old, 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. What in your life are you most grateful for?
 10. If you could change anything about the way you were raised, what would it be?
 11. Take 4 minutes to tell your partner your life story in as much detail as possible.
 12. If you could wake up tomorrow with any one new quality or ability, what would it be?
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SET II: DEEPER DIVE

(Second 15 minutes)

13. What would you want to know from a crystal ball?
 14. What's something you've dreamed of doing? Why haven't you done it?
 15. What's your greatest accomplishment?
 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 you'd die in a year, would you change anything about how you're living? Why?
 20. What does friendship mean to you?
 21. What role do love and affection play in your life?
 22. Share five positive traits about your partner. Take turns.
 23. How close is your family? Was your childhood happier than most?
 24. How do you feel about your relationship with your mother?
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SET III: INTIMACY & TRUST

(Last 15 minutes)

25. Make three true "We" statements (e.g., "We are both sitting here feeling curious.")
26. Complete: "I wish I had someone with whom I could share..."
27. If you were becoming close friends, what would be important for them to know?
28. Tell your partner what you like about them—honestly, even things you wouldn't normally say.
29. Share an embarrassing moment.
30. When did you last cry in front of someone? Alone?
31. Tell your partner something you like about them—again.
32. What, if anything, is too serious to joke about?
33. If you were to die tonight, what would you regret not having told someone? Why haven't you told them?
34. Your house is burning—after loved ones and pets, what one thing would you save? Why?
35. Whose death in your family would you find most disturbing? Why?

36. Share a personal problem and ask your partner for advice. Let them reflect how you seem to feel about it.
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“Real connection happens when two people are brave enough to go there together.”

— *Dr. Dave*

EVIDENCE IT WORKS

- Based on research by psychologist Arthur Aron, this exercise dramatically increased feelings of closeness—even between strangers.
- Participants often reported feeling as close to their partner after this practice as they do to their *actual closest relationships*.
- Versions of this practice have also helped reduce prejudice, increase empathy, and improve social integration across cultures and identities.