

I'm not a bot





Researchers have found that using a carefully crafted list of 36 questions in the right order can create a lasting connection between two people. The questions were devised by Arthur Aron, who used them to study romantic love and intimacy with his partner Elaine Spaulding. They discovered that when people are asked to share their thoughts and feelings through these questions, they can develop a strong bond. The questions start off light and easy, but gradually become more personal, allowing participants to build trust and intimacy over time. Aron's research has shown that the key to using these questions effectively is to ask them in a way that allows for gradual self-disclosure. When people are asked to share their thoughts and feelings back and forth, they can develop a deeper connection with each other. This approach was proven effective even among strangers, who would often leave the study feeling positive about each other. The 36 questions gained popularity after a New York Times writer shared her own experience trying them out with a college acquaintance. The results were surprising, and the article sparked widespread interest in the power of these questions. What makes us care about others? By asking thoughtful questions, we show our interest and encourage self-revelation. This creates opportunities for meaningful responses and strengthens bonds between people. The 36 questions developed by Arthur Aron are a perfect example of open-ended queries that foster connection. These questions not only demonstrate genuine interest but also help discover common values and shared dreams. The list has been widely published in various academic journals, newspapers, and online platforms. Here is the complete list of 36 questions, divided into three sets. Remember to take turns asking and answering each question, and consider maintaining eye contact with your partner while doing so. SET I Given a choice, who would you invite for dinner? Would you want to be famous? What's the perfect day like for you? Have you ever rehearsed what to say before making a call? When did you last sing solo or with someone else? If you could stay 30 and retain either your mind or body at 90, which would you choose? Do you have a secret hunch about how you'll die? What commonalities do you share with your partner? What are you grateful for in life? Would you change anything about how you were raised? Spend four minutes telling your partner your life story. If you could wake up tomorrow with one new quality or ability, what would it be? SET II What would a crystal ball reveal to you if it told the truth about yourself or the future? Is there something you've always wanted to do but haven't? What's your greatest accomplishment? What matters most in friendships? What is your favorite and worst memory? If you knew you'd die suddenly in a year, would you change anything? Why or why not? What does friendship mean to you? How much love and affection play roles in your life? Share five positive qualities about your partner. How close and warm is your family? Do you think your childhood was happier than most others'? How do you feel about your relationship with your mother? SET III Make three true "we" statements each. For example, "We are both in this room feeling..." Complete the sentence: "I wish I had someone to share..." If you were to become close friends with your partner, what would they need to know? Spend time with your partner doing something that might feel unnatural. For instance, reveal an embarrassing moment from your life to them. When did you last cry in front of someone else or by yourself? Let your partner know one thing you appreciate about them already. What topics should be treated with respect and not joked about? If you were to pass away tonight without the chance to communicate with anyone, what's something you wish you had told someone? However, why haven't you shared it yet? Imagine that your house is on fire, but you've saved everyone and pets safely. You now have time to grab one item before leaving - what would it be and why? Who's family member's passing would affect you the most? Why? Share a personal issue with your partner and ask for their advice on how they'd handle it. Additionally, ask them to reflect back on how you seem to be feeling about the problem. This structured set of questions might actually help two people develop intimacy and fall in love. A famous experiment popularized by an essay and real psychological research suggests that a series of increasingly personal questions can form strong connections between strangers. Even marriage therapists assign this activity to couples looking to reconnect emotionally. We could talk for hours about life, the future, or anything else that's on your mind. What's one thing you've always wanted to try but haven't had the chance yet? Is there something in particular that makes you feel happy and fulfilled? What do you think is the most important quality in a friendship? We could also talk about some of my favorite memories, like when we went on a trip together or shared a funny joke. But if I'm being completely honest, sometimes I get really upset with myself over something. What's one thing that makes you feel more positive and focused? If you knew you were going to die tomorrow, would anything change about how we live our lives today? For me, friendship means having someone who is always there for you, no matter what. I think love and affection are really important because they help us build strong relationships and feel supported. One thing I like about you is your sense of humor, which makes me laugh even on my worst days. But honestly, sometimes it's hard to talk about our feelings with others. What's one thing that makes you feel more open and honest with the people around you? If we were going to become close friends, what would be really important for me to know about you? Tell me something that I might not expect to hear from you, but that's true. One embarrassing moment in my life was when I accidentally spilled coffee on myself during a job interview. What's one thing that makes you laugh, even if it's at yourself? I don't think I've ever cried in front of someone before, but I did once because I saw a sad movie. What do you like about me, aside from my sense of humor? If we were going to be joking around all the time, what would be one thing that's too serious to joke about? What's something that I'm really sorry for and why? If I could save anything from my house before it caught fire, it would be our family photos. What do you think is most important for us to remember in this life? If any of our family members were to pass away, whose death would be the hardest for me to accept. Why? One thing that's been really hard for me lately is dealing with a difficult situation at work. Do you have any advice on how I could handle it better? What do you think I need from you right now? The 36 questions really did help us get closer together, but sometimes they can make people feel more pressure than love. I wish there were statistics on how many couples met through these questions, but I know some people have had amazing results. Julianna Young mencionó que antes de la cita, su pareja dijo que probablemente no tenían mucho en común, pero decidió reunirse de todos modos. Después de la cita, su opinión cambió y pensó que podrían tener demasiado en común. Un usuario de Reddit comentó que el ejercicio fue muy satisfactorio y que las dos veces que lo intentó resultaron en citas mucho mejores que cualquier otra a la que había asistido ese año. Por otro lado, Carina Hsieh expresó que le gustó la estructura de las preguntas, pero al final, todo se desmoronó porque no podía sacudir el hecho de que eran muy diferentes. Aunque disfrutó hablando y tener un guión la hizo sentir como si pudiera relajarse sin tener que hacer comentarios tontos y pesados, también se dio cuenta de que no sentía mucha química física. Otros usuarios también compartieron sus experiencias, como Alicia M. Cohn, quien mencionó que aunque no hubo muchas revelaciones nuevas, ambos lloraron sobre las cosas que compartieron y sintieron una intimidad real. Melanie Berliet comentó que es imposible adivinar cuánto durará la intimidad aumentada, pero está más segura que nunca de que está con la persona adecuada. Las 36 preguntas fueron desarrolladas por un equipo de investigadores liderados por Arthur Aron y Elaine Aron, quienes han pasado décadas estudiando cómo se forma la atracción, la intimidad y el amor romántico. El objetivo de las preguntas es ayudar a dos personas a revelar gradualmente más y más sobre sí mismas, identificar similitudes y expresar en voz alta lo que les gusta del otro. Esta combinación de auto-revelación, similitudes percibidas y apertura a acercarse el uno al otro es lo que se ha encontrado que acelera la creación de sentimientos de cercanía e intimidad. Las preguntas han sido utilizadas en muchos otros estudios de psicología, desde ayudar a parejas casadas a acercarse más hasta ayudar a las personas a reducir los prejuicios raciales. 36 preguntas fueron diseñadas para ayudar a dos personas a revelar gradualmente más sobre sí mismas e identificar formas en que son similares entre sí. Las preguntas se han utilizado en muchos estudios de psicología, desde ayudar a parejas casadas a acercarse entre sí hasta ayudar a las personas a reducir los prejuicios raciales. ¿Pueden dos desconocidos enamorarse con las 36 preguntas? Las 36 preguntas están diseñadas para ayudar a dos desconocidos a desarrollar sentimientos de cercanía e intimidad. Pueden o no "enamorarse", pero la investigación de Arons ha demostrado que son efectivas para crear intimidad. La habilidad de hacer buenas preguntas y escuchar atentamente las respuestas es una habilidad importante para formar y mantener relaciones positivas y cercanas. Nuestras conexiones sociales son los predictores más importantes de la felicidad y la salud a lo largo de la vida. El psicólogo social Arthur Aron descubrió que podía hacer que desconocidos se sintieran conectados después de solo 45 minutos de hacer y responder una serie de 36 preguntas que provocaron una mayor vulnerabilidad a medida que progresaban. La vulnerabilidad no se trata solo de compartir cosas negativas, también incluye compartir cosas positivas, como aquellas que nos gustan sobre nosotros mismos y de las que estamos orgullosos. Por eso me encanta tener una práctica familiar diaria de compartir, ya sea a través de las 36 preguntas o de otras formas de vulnerabilidad y conexión. Building closer relationships through open communication and shared experiences is key to fostering strong bonds. As an educator, I emphasize the importance of asking questions as a tool for developing meaningful connections with individuals, particularly young people. By doing so, we create a safe space for vulnerability, trust, and empathy to flourish. To facilitate these relationships, consider implementing daily sharing practices with your family or with a close friend. Utilize Aron's 36 Questions to spark intriguing conversations and deepen your understanding of one another. For parents of introverted or sensitive children, the "Questions for Connection" resource provides valuable guidance on establishing open dialogue.

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