

12 QUESTIONS TO BUILD RELATIONSHIPS

Instructions

In this activity, you will discuss a series of questions with a partner or small group. These questions are selected from a psychological study on the development of vulnerability and closeness in relationships¹ that went viral after the [New York Times published a version of it](#).

Set I

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. For what in your life do you feel most grateful?
3. If you could change anything about the way you were raised, what would it be?
4. If you could wake up tomorrow having gained any one quality or ability, what would it be?

Set II

5. What is the greatest accomplishment of your life?
6. What do you value most in a friendship? What does friendship mean to you?
7. What is your most treasured memory?
8. What is your most terrible memory?

Set III

9. Complete this sentence: "I wish I had someone with whom I could share ..."
10. When did you last cry in front of another person? By yourself?
11. 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?
12. 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.

¹ Aron, Arthur, et al, "[The Experimental Generation of Interpersonal Closeness: A Procedure and Some Preliminary Findings](#)", *Personality and Social Psychology Bulletin*, vol. 23, no. 4, 1997, pp. 363–377.