



Interpersonal Closeness Exercise

Based on the [36 Questions that Lead to Interpersonal Closeness](#) published within Psychologist [Albert Aron's Study](#).

Mutual vulnerability fosters closeness. "One key pattern associated with developing a close relationship among peers is sustained, escalating, reciprocal, personal self-disclosure." Psychologist Arthur Aron. Allowing oneself to be vulnerable with another person can be exceedingly difficult, so this exercise forces the issue.

Conduct this exercise with another person. Interview each other using the following questions in order. Both people should answer each question before proceeding to the next. Set aside one hour to complete the exercise.

Set I

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Before making a telephone call, do you ever rehearse what you are going to say? Why?
3. What would constitute a "perfect" day for you?
4. When did you last sing to yourself? To someone else?
5. 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?
6. Do you have a secret hunch about how you will die?
7. For what in your life do you feel most grateful?
8. If you could change anything about the way you were raised, what would it be?
9. Take four minutes and tell your partner your life story in as much detail as possible.
10. If you could wake up tomorrow having gained any one quality or ability, what would it be?

Set II

1. If a crystal ball could tell you the truth about yourself, your life, the future or anything else, what would you want to know?
2. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
3. What is the greatest accomplishment of your life?
4. What is your most treasured memory?
5. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
6. Do you feel your childhood was happier than most other people's?
7. Describe a time when you witnessed someone being treated unfairly, and you didn't handle it well. What would you do differently if you could relive that experience?

Set III

1. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
2. Share with your partner an embarrassing moment in your life.
3. What, if anything, is too serious to be joked about?
4. Share a personal problem and ask your partner's advice on how they might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Once the interview is complete, take 15-minutes by yourself to think. You can go for a walk or find a quiet place alone to reflect on your conversation. Ponder insights, newly discovered commonalities, and how this information changes your thinking about your colleague.