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Most people may think falling in love is a complicated, and time-consuming thing to do. You have to go on at least a couple dates before you know if you're falling in love, right?

Well, in 1997 a psychologist named Dr. Arthur Aron at Stony Brook University in New York tried to debunk that thought. He aimed to show that two people could develop intimacy at a much faster rate.

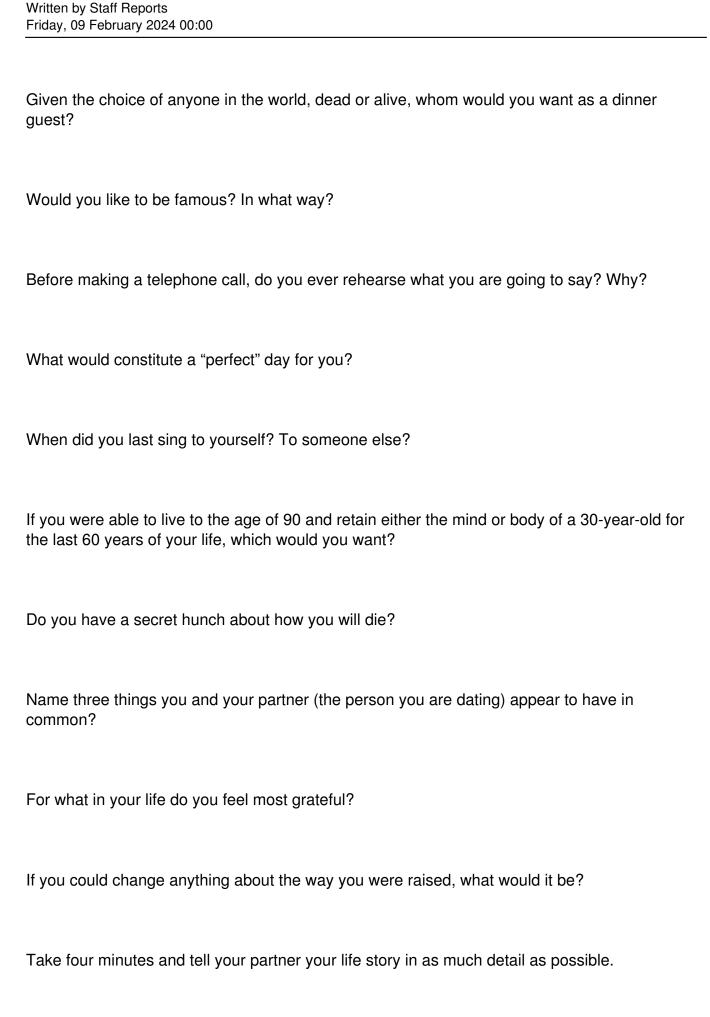
Aron conducted a study titled *Ther Experimental Generation of Interpersonal Closeness: A Procedure and Some Preliminary Findings* in which he took one heterosexual man and one heterosexual woman and gave them a list of 36 increasingly personal questions to ask each other, all finished off with four minutes of sustained eye contact.

The couple from Aron's experiment married each other, and in 2015 a writer from the *New York Times*did
the experiment and also got married the man she did it with.

The idea is that mutual vulnerability through self-disclosure fosters closeness and has an impact on the process of building a relationship. The 36 questions are broken up into three sets, with a gradual increase in the intensity of self-disclosure. The couple takes turns asking questions over a period of 90 minutes.

So, without further ado, here are the 36 questions to help you fall in love with anyone. Try them out on your partner!

### Set 1



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