

The 36 questions in the study are broken up into three sets, with each set intended to be more probing than the previous one. These questions come from a 1997 study by Arthur Aron at Stonybrook University. The objective is to find a relatively quick method to increase trust, intimacy and friendship. This method has been used at college campuses, marriage counseling, diversity training, and now – executive team development. This activity uses several of the 36 questions, but not all.



TIME FRAME

60-90 min



GROUP SIZE

2-20



FACILITATION LEVEL

Medium



MATERIALS

Pens/Markers
Flipchart

Step 1:

On your flipchart, draw two lines to make a “four-pane window.” Each pane contains a set of questions which increase in vulnerability. Choose one question from each pane, and draw a picture representing your answer.

Step 2:

Present your window to the group. This is a step into vulnerability and trust so try to be as honest and specific as possible so that team members get a deeper sense of your values and perspective.

A

Given the choice of anyone in the world, whom would you want as a dinner guest?

Would you like to be famous? In what way?

Before making a telephone call, do you ever rehearse what you are going to say? Why?

What would constitute a “perfect” day for you?

When did you last sing to yourself? To someone else?

B

For what in your life do you feel most grateful?

If you could change anything about the way you were raised, what would it be?

Is there something that you’ve dreamed of doing for a long time? Why haven’t you done it?

What is the greatest accomplishment of your life?

What is your most treasured memory?

C

If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?

How close and warm is your family? Do you feel your childhood was happier than most other people’s?

What is your most terrible memory?

Describe an embarrassing moment in your life.

When did you last cry in front of another person? By yourself?

D

What, if anything, is too serious to be joked about?

If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven’t you told them yet?

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?