Can 36 questions make you fall in love?

The original article from The Telegraph

The path to true love just got a whole lot smoother. The key? To ask someone the 36 questions below—and answer them yourself. Doing this, psychologists have claimed, can make absolutely anyone fall in head-over-heels.

If it sounds easy; it isn't. The questions begin gently enough: 'Would you like to be famous?'; 'What's your perfect day?'; Or 'When did you last sing to yourself?'
But they rapidly become more personal.

'Do you have a secret hunch about how you will die?' and 'How do you feel about your relationship with your mother?'

The idea is to foster the atmosphere of mutual vulnerability and intimacy that a romantic relationship thrives on. Albeit by revealing to each other your deepest, darkest thoughts—the sort it usually takes a few months to admit (if ever).

The 36 questions were published in a study by psychologist Arthur Aron called 'The Experimental Generation of Interpersonal Closeness'.

He tested the theory that it's possible to make two people fall in love by getting them to share intimate thoughts and memories. To prove this, he persuaded 52 sets of male and female strangers and 19 sets of female strangers to try it. Two of the participants entered a lab via separate doors, before sitting opposite one another and answering his series of ever-more personal and probing questions.

Six months after the experiment? Two of them got married (and they invited the whole lab to the ceremony).

Aron's questions, which first appeared in 1997, are experiencing a bounce in popularity following an article in the New York Times by university professor Mandy Len Catron. She tried the experiment with an acquaintance. The result? (Spoiler alert klaxon). They fell in love, of course.

The last, terrifying, element of Aron's experiment requires the two participants to stare into each other's eyes for four minutes. Catron describes it thus: ‘I’ve skied steep slopes and hung from a rock face by a short length of rope, but staring into someone’s eyes for four silent minutes was one of the more thrilling and terrifying experiences of my life’.

Fancy giving it a try? We're reprinted the original questions below. So, grab your potential love interest—or any willing participant (that's half the battle, says Catron, just trying the experiment signals that you're open to falling in love) and get questioning.

You never know what might happen!

The 36 questions which can make you 'fall in love with anyone':

Set One

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