

# Becoming friends.

This is a conversation activity. It is based on a scientific study on communication for deep friendships.



## Find a partner.

Choose someone you don't know very well.

Choose someone you want to know better.

Sit together.

3/2021 revision

❶ Spend 3 minutes looking at the questions in **Set I**.

Check (✓) the ones that seem most interesting.

Now talk for 10 minutes.

Both of you ask and answer questions. Take turns.

## Set I

1. You can have dinner with anyone in the world. Who would you choose?
2. Would you like to be famous? For what?
3. Before making a telephone call, do you ever practice what you are going to say? Why?
4. What would be a "perfect" day for you?
5. When did you last sing to yourself? To someone else?
6. Imagine you were could live to the age of 90. You can have the mind of a 30-year-old for the rest of your life. OR you could have the body of a 30-year-old for the rest of your life. Which would you want?
7. How do you think you will die?
8. What are three things you and your partner have in common (things that are the same).
9. For what in your life are you most thankful?
10. If you could change anything about the way you were raised, what would it be?
11. Take three minutes. Tell your partner your life story. Give as much information as possible.
12. If you could have one new quality or ability, what would it be?

② Go on to **Set II**. These questions are a little deeper. 3 minutes to look at the questions. 10 minutes to talk. The other person goes first.



## Set II

13. Imagine you could know anything about yourself, your life, the future, or anything else. What do you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest thing you've ever done?
16. What do you value most in a friendship?
17. What is your most special good memory?
18. What is your most terrible memory?
19. Imagine you knew you would die one year from now. Would you change anything about the way you are now living? Why?
20. What does friendship mean to you?
21. What roles do love and friendship play in your life?
22. What are some positive things about your partner. Take turns. Say three things each.
23. How close and warm is your family?
24. How do you feel about your relationship with your mother?

③ Go on to **Set III**. These questions are even deeper. 3 minutes to look at the questions. 10 minutes to talk. The other person goes first.



### Set III

25. Together, make three true “we” statements each. For instance, “We are both in this room feeling...”

26. Complete this sentence: “I wish I had someone with whom I could share (分かち合う)...”

27. Imagine you and your partner are becoming good friends. Say something important for them to know about you.

28. Tell your partner what you like about them. Be very honest. Say things that you might not say to someone you just met.

29. Talk about an embarrassing moment in your life.

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

31. Tell your partner something that you like about them [already].

32. What, if anything, is too serious to make a joke about?

33. Imagine you die tonight. What would you most regret (後悔する) not having told someone? Why haven't you told them yet?

34. Your house catches fire. You save your loved ones and pets. You have time to save one more thing. What would it be? Why?

35. Of all the people in your family, whose death would you find most difficult? Why?

36. Talk about a personal problem. Ask your partner's advice on what to do.

Based on research by: Arthur Aron, Stony Brook University

Simplified from:

[https://ggia.berkeley.edu/practice/36\\_questions\\_for\\_increasing\\_closeness#data-tab-how](https://ggia.berkeley.edu/practice/36_questions_for_increasing_closeness#data-tab-how)  
original research at <https://journals.sagepub.com/doi/pdf/10.1177/0146167297234003>

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後悔する Kōkai suru regret