

36 Questions For Increasing Closeness

36 Questions for Increasing Closeness: A Guide to Deeper Connections

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Summary: This comprehensive guide delves into the renowned "36 questions for increasing closeness," exploring their origins, methodology, and practical application. It offers best practices for utilizing these questions, highlighting common pitfalls to avoid, and provides valuable insights into fostering deeper intimacy and connection with another person. The guide emphasizes the importance of vulnerability, active listening, and creating a safe space for authentic communication. Through detailed explanations and practical advice, readers will learn how to leverage these 36 questions to build stronger, more meaningful relationships.

Introduction:

The "36 questions for increasing closeness" have gained significant popularity as a tool for fostering deeper intimacy between individuals. Originally developed by psychologist Arthur Aron, these questions are designed to facilitate vulnerability and meaningful conversation, leading to increased closeness and connection. This guide provides a thorough examination of the 36 questions for increasing closeness, offering practical advice and insights to maximize their effectiveness.

Understanding the 36 Questions for Increasing Closeness:

The 36 questions are divided into three sets of increasing intimacy. The first set encourages light conversation and self-disclosure. The second set delves into more personal experiences and values. The final set promotes deep vulnerability and shared emotional experiences. The structure is carefully designed to gradually build trust and create a safe space for honest self-expression. The effectiveness of these 36 questions for increasing closeness relies heavily on the environment and

the willingness of participants to be open and honest.

Best Practices for Utilizing the 36 Questions for Increasing Closeness:

Choose the Right Setting: Select a quiet, private, and comfortable environment free from distractions. Minimize interruptions and ensure both individuals feel relaxed and safe.

Create a Safe Space: Emphasize the importance of honesty and vulnerability without judgment.

Reassure your partner that it's okay to be open and share even challenging emotions.

Active Listening is Crucial: Focus intently on your partner's responses, demonstrating genuine interest and empathy. Avoid interrupting or formulating your own responses while they are speaking.

Reflect and Summarize: After your partner speaks, briefly summarize their response to ensure you understand their perspective and to show that you are actively listening.

Share Authentically: Be genuinely open and honest in your own responses. Vulnerability is key to fostering deeper connection.

Take Your Time: Don't rush through the questions. Allow ample time for thoughtful reflection and genuine conversation.

Follow-Up Conversations: The 36 questions are a starting point, not the end. Continue to engage in meaningful conversations and build upon the foundation of trust and intimacy established through the exercise.

Common Pitfalls to Avoid When Using the 36 Questions for Increasing Closeness:

Treating it as a Checklist: The questions are a tool, not a magic bullet. Don't rush through them or focus solely on completing them. Prioritize genuine connection over speed.

Lack of Active Listening: Failing to actively listen diminishes the effectiveness of the exercise. Active listening demonstrates respect and encourages deeper sharing.

Judgment and Criticism: Avoid criticizing or judging your partner's responses. Create a non-judgmental space for authentic self-expression.

Pressure and Expectations: Avoid putting undue pressure on yourself or your partner. The goal is to foster closeness, not to achieve a specific outcome.

Ignoring Nonverbal Cues: Pay attention to your partner's nonverbal cues, such as body language and tone of voice. These can provide valuable insights into their emotional state.

The 36 Questions (Examples): (Due to length constraints, only a few examples are provided here. The complete set can be found in the downloadable resource linked at the end of this article.)

Set 1 (Light Conversation): "Given the choice of anyone in the world, whom would you want as a dinner guest?"

Set 2 (Personal Experiences): "Is there something you've dreamed of doing for a long time? Why haven't you done it?"

Set 3 (Deep Vulnerability): "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?"

Conclusion:

The 36 questions for increasing closeness offer a powerful tool for fostering intimacy and deeper connections. By following these best practices and avoiding common pitfalls, you can significantly enhance the effectiveness of this exercise and build stronger, more meaningful relationships.

Remember that genuine connection requires effort, patience, and a willingness to be vulnerable.

FAQs:

1. How long does it take to complete the 36 questions? The time required varies, but allow at least 1-2 hours for a meaningful experience.
2. Can I use these questions with anyone? While effective for romantic partners, these questions can also be adapted for close friends or family members.
3. What if my partner is hesitant to participate? Address their concerns and emphasize the potential benefits of increased intimacy.
4. What if uncomfortable topics arise? Handle these with sensitivity and empathy. It's okay to pause or skip questions if needed.
5. Are these questions scientifically proven to increase closeness? While not definitively proven in a controlled setting, research supports the positive impact of meaningful self-disclosure on relationship intimacy.
6. Can I use these questions multiple times? Repeating the questions may lessen their impact. Focus on ongoing meaningful conversation beyond the exercise.
7. Is there a specific order to the questions? Yes, the order is crucial, starting with lighter topics and progressing to deeper ones.
8. What if we disagree on answers? Disagreements are opportunities for understanding and growth. Focus on respectful communication and empathy.
9. Where can I find the complete set of 36 questions? [Link to downloadable resource - This would be a real link in a published article.]

Related Articles:

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9. Creating a Safe and Supportive Environment for Intimate Relationships: Offers guidance on cultivating a space where vulnerability and honesty can flourish.

36 questions for increasing closeness: 10 to 25 David Yeager, 2024-08-06 NATIONAL BESTSELLER • Acclaimed developmental psychologist David Yeager reveals the new science of motivating young people ages ten through twenty-five in this groundbreaking book that is a

must-read for managers, parents, educators, coaches, and mentors everywhere. “Required reading for anyone who aspires to be a wise influence on the young people they care about.” —Angela Duckworth “One of the most fascinating and important books of the past decade...It will change millions of lives.” —Carol Dweck “This engaging, data-driven book is filled with practical insights.” —Adam Grant Imagine a world in which Gen Xers, millennials, and boomers interact with young people in ways that leave them feeling inspired, enthusiastic, and ready to contribute—rather than disengaged, outraged, or overwhelmed. That world may be closer than you think. In this book based on cutting edge research, psychologist David Yeager explains how to stop fearing young people’s brains and hormones and start harnessing them. Neuroscientists have discovered that around age ten, puberty spurs the brain to crave socially rewarding experiences, such as pride, admiration, and respect, and to become highly averse to social pain, such as humiliation or shame. As a result, young people are subtly reading between the lines of everything we say, trying to interpret the hidden implications of our words to find out if we are disrespecting or honoring them. Surprisingly, this sensitivity to status and respect continues into the mid-twenties. 10 to 25 helps adults develop an ear for the difference between the right and wrong way to respect young people and avoid frustrating patterns of miscommunication and conflict. Yeager explains how to adopt what he terms the mentor mindset, which is a leadership style that’s attuned to young people’s need for status and respect. Anyone can adopt the mentor mindset by following a few highly effective and easy-to-learn practices such as validating young people’s perspectives (rather than dismissing them), asking them questions (rather than telling them what to do), being transparent about your beliefs and goals (rather than assuming that they will accurately guess your thoughts), and holding them to high standards (rather than coddling them). Yeager’s scientific experiments have shown these practices reduce a wide variety of behavior problems, including school dropout, unhealthy eating, stress, purposelessness, mental health problems, and more. One of the biggest misconceptions about mentoring is that it takes up too much time. On the contrary, those who use the mentor mindset end up with more time. Through back-and-forth conversations, young people feel empowered, and managers can transfer responsibility to them. Young people in this age group are poised to learn, grow, and accomplish incredible things—if only we can tap into the basic neurobiological systems that drive their motivation and behavior. An essential read for anyone who interacts with young people, 10 to 25 is a groundbreaking book that offers long-term strategies to help nurture well-adjusted, independent, accomplished young people who contribute to society in positive ways—all while making our own lives easier.

36 questions for increasing closeness: How to Fall in Love with Anyone Mandy Len Catron, 2017-06-27 “A beautifully written and well-researched cultural criticism as well as an honest memoir” (Los Angeles Review of Books) from the author of the popular New York Times essay, “To Fall in Love with Anyone, Do This,” explores the romantic myths we create and explains how they limit our ability to achieve and sustain intimacy. What really makes love last? Does love ever work the way we say it does in movies and books and Facebook posts? Or does obsessing over those love stories hurt our real-life relationships? When her parents divorced after a twenty-eight year marriage and her own ten-year relationship ended, those were the questions that Mandy Len Catron wanted to answer. In a series of candid, vulnerable, and wise essays that takes a closer look at what it means to love someone, be loved, and how we present our love to the world, “Catron melds science and emotion beautifully into a thoughtful and thought-provoking meditation” (Bookpage). She delves back to 1944, when her grandparents met in a coal mining town in Appalachia, to her own dating life as a professor in Vancouver. She uses biologists’ research into dopamine triggers to ask whether the need to love is an innate human drive. She uses literary theory to show why we prefer certain kinds of love stories. She urges us to question the unwritten scripts we follow in relationships and looks into where those scripts come from. And she tells the story of how she decided to test an experiment that she’d read about—where the goal was to create intimacy between strangers using a list of thirty-six questions—and ended up in the surreal situation of having millions of people following her brand-new relationship. “Perfect fodder for the romantic and the cynic in all

of us" (Booklist), How to Fall in Love with Anyone flips the script on love. "Clear-eyed and full of heart, it is mandatory reading for anyone coping with—or curious about—the challenges of contemporary courtship" (The Toronto Star).

36 questions for increasing closeness: Feeling 'Blah'? Tanith Carey, 2023-05-09
'Fascinating' Psychologies 'A brilliant read' Happiful 'A really, really, really, really good book' Liz Jones, You magazine podcast How much do you enjoy your life? Does life feel dull? A bit grey? Do you feel as if your emotions have flatlined? This is anhedonia – a word only a few of us have heard of but one that explains why so many of us feel we are sleepwalking through life. Anhedonia is from the Greek word for 'without pleasure' and describes a loss of interest in activities you once enjoyed. It explains why many of us spend our lives in a fog, feeling neither happy nor sad, just not very much at all. In the first book to tackle this missing piece in mental health, writer Tanith Carey joins the dots on how convenience culture, stressful lifestyles, modern diets and both female and male hormonal changes can dial down our ability to feel excitement and joy. With the help of world-leading experts and by digging into the latest research, Tanith shows you how your brain's dopamine reward system works and provides strategies to help you bring colour back into your life. Groundbreaking, accessible and often surprising, this is the book that will teach you how to kickstart your feel-good chemicals and start loving life again.

36 questions for increasing closeness: The Love Game Anthony Adams, 2015-02-14 Can 36 Questions make anyone fall in love with you? Turns out science says yes. The Love Game is based on the proven research of Dr. Arthur Aron in the area of rapid intimacy. Created to be read with a partner over an hour or two, The Love Game guides you through a series of 36 increasingly intimate questions, designed to create a context for increased connection and vulnerability. Join hundreds of thousands of couples from around the world and play The Love Game -- you just may fall, or fall deeper, in love.

36 questions for increasing closeness: The Lost Art of Connecting: The Gather, Ask, Do Method for Building Meaningful Business Relationships Susan McPherson, 2021-03-23 Named a Best Business Book of 2021 by Soundview Magazine Reclaim the power of genuine human connection Networking is often considered a necessary evil for all working professionals. With social media platforms like LinkedIn, Twitter, Instagram, and Facebook at our disposal, reaching potential investors or employers is much easier. Yet, these connections often feel transactional, agenda-driven, and dehumanizing, leaving professionals feeling burnt out and stressed out. Instead, we should connect on a human level and build authentic relationships beyond securing a new job or a new investor for your next big idea. To build real and meaningful networking contacts, we need to go back to basics, remembering that technology is a tool and more than just a means to an end. We need to tap into our humanity and learn to be more intentional and authentic. As a "serial connector" and communications expert, Susan McPherson has a lifetime of experience building genuine connections in and out of work. Her methodology is broken down into three simple steps: Gather: Instead of waiting for the perfect networking opportunity to come to you, think outside the box and create your own opportunity. Host your own dinner party, join a local meet-up group, or volunteer at your neighborhood food pantry. Ask: Instead of leading with our own rehearsed elevator pitches asking for help, ask to help, opening the door to share resources, experience, contacts, and perspectives that add diversity to your own vision. Do: Turn new connections into meaningful relationships by taking these newly formed relationships deeper. Follow through on the promises you made and keep in touch. Woven together with helpful tips and useful advice on making the most out of every step, this book draws on McPherson's own experience as a renowned "serial connector," as well as the real life success stories of friends and clients. Filled with humor, humility, and wisdom, The Lost Art of Connecting is the handbook we all need to foster personal and professional relationships that blur the lines between work and play—and enrich our lives in every way.

36 questions for increasing closeness: 365 Questions For Couples Michael J Beck, Stanis Marusak Beck, Seanna Beck, 1998-03-01 What does he really think? How many things would you like to know—but don't—about your partner? Do you wish your partner would ask you about your

past, your goals, your inner thoughts? When was the last time the two of you shared a dream, a memory, or a fantasy together? 365 Questions for Couples shows you how to get closer to your partner by asking and answering thought-provoking questions on such subjects as: Your relationship Relationship with others Goals and fantasies Life experiences Memories Sex Remember, there are no right or wrong answers. The only rule is that you cannot ask a question that you refuse to answer yourself. So put some quiet time aside, make yourself comfortable, and enter together into the world of goals, dreams, emotions, and your previously hidden past!

36 questions for increasing closeness: 201 Relationship Questions Barrie Davenport, 2015-09-03 Building a trusting, close bond requires communication, mutual respect and a bit of compromise. By understanding each other's needs and desires, you create a safe, loving couple bubble to protect your bond and make it stronger. Mutual questioning is a powerful technique to draw out deeper emotions and desires and address potential areas of conflict. The right questions inspire compassion and action for positive change. 201 Relationship Questions is your guide to creating a happier, healthier, sexier, and more intimate connection. Share each question, invite discussion, and keep a personal journal of the actions and changes you want to make. Set aside sacred time together for questions each day, and keep your relationship fresh and exciting for a lifetime -- Back cover.

36 questions for increasing closeness: Deeper Dating Ken Page, 2014-12-30 With exercises, practical tools, and inspiring stories, Deeper Dating will guide you on a journey to find the love—and personal fulfillment—you long for. Lose weight. Be confident. Keep your partner guessing. At the end of the day, this soulless approach to dating doesn't lead to love but to insecurity and desperation. In Deeper Dating, Ken Page presents a new path to love. Out of his decades of work as a psychotherapist and his own personal struggle to find love, Page teaches that the greatest magnet for real love lies in our Core Gifts—the places of our deepest sensitivity, longing, and passion. Deeper Dating guides us to discover our own Core Gifts and empowers us to express them with courage, generosity, and discrimination in our dating life. When we do this, something miraculous happens: we begin to attract people who love us for who we are, we become more self-assured and emotionally available, and we lose our taste for relationships that chip away at our self-esteem. Without losing a pound, changing our hairstyle, or buying a single new accessory, we find healthy love moving closer . . . Deeper Dating integrates the best of human intimacy theory with timeless spiritual truths and translates them into a practical, step-by-step process.

36 questions for increasing closeness: Seeds of Happiness Dr. Mukesh Jain, 2023-07-19 Seed is an extremely important metaphor! We are all seeds! We all carry inside us a lot of seeds! Seed is a symbol of potential, life, and growth. A beautiful blossom already exists within a flower seed, even before it is planted. With the right mixture of soil, sunlight, and rain, the flower's colour, scent, and form naturally emerge in their fullest expression. It is also true that flowers and trees grow toward the light. They seek it out, stretching out of the shadows in order to reach it—sideways if necessary. They seem to figure out on their own where the sun falls. Once they do, they show an unflappable determination to get there. Similarly, as human beings, we have a natural inclination to grow toward what we desire, striving for the things that give us meaning and joy—the sunlight of life, such as friendships, romantic relationships, fulfilling jobs, and a comfortable home. The book is a compilation of exercises or tools, validated by positive psychology researchers across the world to enhance our wellbeing. Like the law of gravitation and other universal principles, they have been discovered and sharpened by many researchers and experts.

36 questions for increasing closeness: Radiana Karl Heinz Schäfer, 2023-08-15 Hallo Welt! Weiterentwicklung bei Freundschaften, Beziehungen und Partnerschaften. Ein literarisches Wohlfühlwerk für Bekannte, Freunde und Partner, die sich etwas wertvolles schenken wollen.

36 questions for increasing closeness: Knowing Her Intimately Laura M. Brotherson, 2016-09-07 Take your relationship to the next level...intimately! Knowing her intimately is the ultimate how-to-handbook--power-packed with hope and help for creating the intimate and passionate relationship God intended. Taking a respectful, yet straightforward approach, this

sex-therapy-in-a-book, helps couples navigate the intricacies of intimacy to strengthen their marriages.--Back cover.

36 questions for increasing closeness: *Brand Intimacy* Mario Natarelli, Rina Plapler, 2017-10-23 From Patagonia to Apple, Whole Foods to New Balance, we love our favorite products--and, by extension, the companies that provide them. The emotional connections we form with our beloved brands and services are important relationships--relationships that are potentially worth billions. In the fast-paced, constantly-changing world of the modern marketplace, brands must adapt or perish--strategies, methods, and techniques must evolve to remain effective and relevant. Are you using yesterday's thinking for tomorrow's challenges? Brand Intimacy details ways to build better marketing through the cultivation of emotional connections between brand and consumer. The book provides lessons for marketers and business leaders alike who are seeking to understand these ultimate brand relationships and the opportunities they represent. Divided into three sections, Brand Intimacy starts with Context and Understanding. This explains today's marketing landscape, the effects of technology, consumer behaviors and the advancements around decision making. Through research we discovered that people form relationships with brands the same way they develop relationships with other people. This section provides guidance on how to think about complimentary concepts such as loyalty, satisfaction and brand value. We then explore and compare established approaches and methodologies and showcase why intimacy is a compelling new and enhanced opportunity to build your brand or market your business. The second section, Theory and Model reveals and dimensions the brand intimacy model and dissects it into steps to help you better factor it into your marketing approaches or frameworks. Here you will learn the core concepts and components that are essential to build bonds and the role emotion can play to help you achieve greater customer engagement. You can also review the rankings of the best brands in terms of Brand Intimacy. A summary of our annual research reveals the characteristics of best performers, the most intimate industries, and differences based on geography, age, gender and income. By examining the top intimate brands, we reveal and decode the secrets of the bonds they form with their customers. The third section is Methods & Practice, this details the economic benefits and advantages of a strategy that factors Brand Intimacy. Intimate brands are proven to outperform the Fortune 500 and Standards and Poors' index of brands. Intimate brands create more revenue and profit and last longer. Consumers are also willing to pay more for a brand they are more intimate with. Conversely, we also explore a series of brand failures and lessons learned to help you avoid common pitfalls in brand management. We articulate the steps to build a more intimate brand as well as share a glimpse on the future where software will play a more important role in brand building. The book outlines a proprietary digital platform that we use to help manage and enable intimacy through collaboration, simulators and real-time tracking of emotions. Business and marketing owners face an increasing difficult task to build brands that rise above the clutter, engage more and grow. Brand Intimacy explains how to better measure, build and manage enduring brands. Brands that are built to inspire as well as profit. Written by experienced marketers and backed by extensive research, Brand Intimacy rewrites the rulebook on how to establish and expand your marketing. The book is equal parts theory, research and practice, the result of 7 year journey and a new marketing paradigm for the modern marketer.

36 questions for increasing closeness: *De mentormindset* David Yeager, 2024-10-31 Baanbrekend onderzoek door ontwikkelingspsycholoog David Yeager om de nieuwe generatie (10 tot 25 jaar) te begeleiden en helpen bloeien tot behulpzame volwassenen Ontdek hoe je jongeren van 10 tot 25 jaar kunt inspireren en begeleiden met De mentormindset. Psycholoog David Yeager onthult in dit baanbrekende boek hoe je het brein van jongeren kunt begrijpen om miscommunicatie te voorkomen en conflicten te vermijden, maar ook om ze te helpen bloeien. Een essentieel boek voor iedereen die met jongeren te maken heeft, of je nu ouder, leraar of werkgever bent.

36 questions for increasing closeness: *The Culture Code* Daniel Coyle, 2018-01-30 NEW YORK TIMES BESTSELLER • The author of *The Talent Code* unlocks the secrets of highly successful groups and provides tomorrow's leaders with the tools to build a cohesive, motivated culture.

NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG AND LIBRARY JOURNAL

Where does great culture come from? How do you build and sustain it in your group, or strengthen a culture that needs fixing? In *The Culture Code*, Daniel Coyle goes inside some of the world's most successful organizations—including the U.S. Navy's SEAL Team Six, IDEO, and the San Antonio Spurs—and reveals what makes them tick. He demystifies the culture-building process by identifying three key skills that generate cohesion and cooperation, and explains how diverse groups learn to function with a single mind. Drawing on examples that range from Internet retailer Zappos to the comedy troupe Upright Citizens Brigade to a daring gang of jewel thieves, Coyle offers specific strategies that trigger learning, spark collaboration, build trust, and drive positive change. Coyle unearths helpful stories of failure that illustrate what not to do, troubleshoots common pitfalls, and shares advice about reforming a toxic culture. Combining leading-edge science, on-the-ground insights from world-class leaders, and practical ideas for action, *The Culture Code* offers a roadmap for creating an environment where innovation flourishes, problems get solved, and expectations are exceeded. Culture is not something you are—it's something you do. *The Culture Code* puts the power in your hands. No matter the size of your group or your goal, this book can teach you the principles of cultural chemistry that transform individuals into teams that can accomplish amazing things together. Praise for *The Culture Code* "I've been waiting years for someone to write this book—I've built it up in my mind into something extraordinary. But it is even better than I imagined. Daniel Coyle has produced a truly brilliant, mesmerizing read that demystifies the magic of great groups. It blows all other books on culture right out of the water."—Adam Grant, New York Times bestselling author of *Option B*, *Originals*, and *Give and Take* "If you want to understand how successful groups work—the signals they transmit, the language they speak, the cues that foster creativity—you won't find a more essential guide than *The Culture Code*."—Charles Duhigg, New York Times bestselling author of *The Power of Habit* and *Smarter Faster Better*

36 questions for increasing closeness: Tiny Love Stories Daniel Jones, Miya Lee, 2020-12-08 "Charming. . . . A moving testament to the diversity and depths of love." —Publishers Weekly You'll laugh, you'll cry, you'll be swept away—in less time than it takes to read this paragraph. Here are 175 true stories—honest, funny, tender and wise—each as moving as a lyric poem, all told in no more than one hundred words. An electrician lights up a woman's life, a sister longs for her homeless brother, strangers dream of what might have been. Love lost, found and reclaimed. Love that's romantic, familial, platonic and unexpected. Most of all, these stories celebrate love as it exists in real life: a silly remark that leads to a lifetime together, a father who struggles to remember his son, ordinary moments that burn bright.

36 questions for increasing closeness: Close Relationships Patricia Noller, Judith A. Feeney, 2013-05-13 *Close Relationships: Functions, Forms and Processes* provides an overview of current theory and research in the area of close relationships, written by internationally renowned scholars whose work is at the cutting edge of research in the field. The volume consists of three sections: introductory issues, types of relationships, and relationship processes. In the first section, there is an exploration of the functions and benefits of close relationships, the diversity of methodologies used to study them, and the changing social context in which close relationships are embedded. A second section examines the various types of close relationships, including family bonds and friendships. The third section focuses on key relationship processes, including attachment, intimacy, sexuality, and conflict. This book is designed to be an essential resource for senior undergraduate and postgraduate students, researchers, and practitioners, and will be suitable as a resource in advanced courses dealing with the social psychology of close relationships.

36 questions for increasing closeness: Friendship and Social Interaction Valerian J. Derlega, Barbara A. Winstead, 2012-12-06 A neglected topic in the field of personal relationships has been the study of friendships. Social psychologists have studied how and why individuals are attracted to one another and the processes of interaction during initial encounters, but they have not paid much attention to ongoing friendships. A major goal of the present volume is to develop theories and integrate research on the development and maintenance of friendships. Another major

goal is to build bridges between social psychologists and other social scientists by presenting an interdisciplinary approach. Although a majority of the contributors are social psychologists, other authors include sociologists as well as developmental, personality, and clinical psychologists. The chapters also present research on friendship based on a wide range of research methodologies, including laboratory research as well as longitudinal, naturalistic, and clinical studies. Hence, the book incorporates a variety of conceptual and methodological approaches that should contribute to a cross-fertilization of ideas among disciplines. The first chapter, by Barbara A. Winstead and Valerian J. Derlega, provides an overview of theory and research on friendship. The second chapter, by Daniel Perlman and Beverley Fehr, provides a summary and conceptual critique of social psychological theories of social attraction that are relevant to the study of friendship. Adopting a developmental approach, Duane Buhrmester and Wyndol Furman, in Chapter 3, demonstrate the particular importance of friendship during middle childhood and adolescence in fulfilling interpersonal needs.

36 questions for increasing closeness: Attached Amir Levine, Rachel Heller, 2010-12-30 "Over a decade after its publication, one book on dating has people firmly in its grip." —The New York Times We already rely on science to tell us what to eat, when to exercise, and how long to sleep. Why not use science to help us improve our relationships? In this revolutionary book, psychiatrist and neuroscientist Dr. Amir Levine and Rachel Heller scientifically explain why some people seem to navigate relationships effortlessly, while others struggle. Discover how an understanding of adult attachment—the most advanced relationship science in existence today—can help us find and sustain love. Pioneered by psychologist John Bowlby in the 1950s, the field of attachment posits that each of us behaves in relationships in one of three distinct ways: • Anxious people are often preoccupied with their relationships and tend to worry about their partner's ability to love them back. • Avoidant people equate intimacy with a loss of independence and constantly try to minimize closeness. • Secure people feel comfortable with intimacy and are usually warm and loving. Attached guides readers in determining what attachment style they and their mate (or potential mate) follow, offering a road map for building stronger, more fulfilling connections with the people they love.

36 questions for increasing closeness: Self-Concept Clarity Jennifer Lodi-Smith, Kenneth G. DeMarree, 2018-01-03 This welcome resource traces the evolution of self-concept clarity and brings together diverse strands of research on this important and still-developing construct. Locating self-concept clarity within current models of personality, identity, and the self, expert contributors define the construct and its critical roles in both individual and collective identity and functioning. The book examines commonly-used measures for assessing clarity, particularly in relation to the more widely understood concept of self-esteem, with recommendations for best practices in assessment. In addition, a wealth of current data highlights the links between self-concept clarity and major areas of mental wellness and dysfunction, from adaptation and leadership to body image issues and schizophrenia. Along the way, it outlines important future directions in research on self-concept clarity. Included in the coverage: Situating self-concept clarity in the landscape of personality. Development of self-concept clarity across the lifespan. Self-concept clarity and romantic relationships. Who am I and why does it matter? Linking personal identity and self-concept clarity. Consequences of self-concept clarity for well-being and motivation. Self-concept clarity and psychopathology. Self-Concept Clarity fills varied theoretical, empirical, and practical needs across mental health fields, and will enhance the work of academics, psychologists interested in the construct as an area of research, and clinicians working with clients struggling with developing and improving their self-concept clarity.

36 questions for increasing closeness: Rewriting the Rules Meg Barker, 2012 We live in a time of great uncertainty about relationships. We search for The One, but find ourselves staying single because nobody measures up. The reality of our relationships is not what we expected, and it becomes hard to balance it with all the other things that we want out of life. At the same time that marriage shows itself to be the one 'recession proof' industry; the rates of separation and break-up

soar ever higher. *Rewriting the Rules* is a friendly guide through the complicated - and often contradictory - rules of love: the advice that is given about attraction and sex, monogamy and conflict, gender and commitment. It asks questions such as: which to choose from all the rules on offer? Do we stick to the old rules we learnt growing up, or do we try something new and risk being out on our own? This book considers how the rules are being 'rewritten' in various ways, for example the 'new monogamy', alternative commitment ceremonies, different ways of understanding gender, and new ideas for managing conflict and break-up where economics and child-care make complete separation a problem. In this way *Rewriting the Rules* gives the power to the reader to find the approach which fits their situation.

36 questions for increasing closeness: The Gratitude Project Jeremy Adam Smith, Kira M. Newman, Jason Marsh, Dacher Keltner, 2020-09-01 In our fractured, "me-first" world, the science and practice of thankfulness could be just the antidote we need. Gratitude is powerful: not only does it feel good, it's also been proven to increase our well-being in myriad ways. The result of a multiyear collaboration between the Greater Good Science Center and Robert Emmons of the University of California, Davis, *The Gratitude Project* explores gratitude's deep roots in human psychology—how it evolved and how it affects our brain—as well as the transformative impact it has on creating a meaningful life and a better world. With essays based on new findings from this original research and written by renowned positive psychologists and public figures, this important book delves deeply into the neuroscience and psychology of gratitude, and explores how thankfulness can be developed and applied, both personally and in communities large and small, for the benefit of all. With contributions from luminaries such as Sonja Lyubomirsky, W. Kamau Bell, Arianna Huffington, and many more, this edited volume offers more than just platitudes—it offers a blueprint for a new and better world.

36 questions for increasing closeness: *Love and the Expansion of Self* Arthur Aron, Elaine Aron, 1986

36 questions for increasing closeness: *Wired for Love* Stan Tatkin, 2024-06-01 Invaluable for so many partners looking to reconnect and grow closer together. —Gwyneth Paltrow, founder and CEO of goop Stan Tatkin can be entirely followed into the towering infernos of our most painful relationship challenges. —Alanis Morissette, artist, activist, and wholeness advocate The complete "insider's guide" to understanding your partner's brain, sparking lasting connection, and enjoying a romantic relationship built on love and trust—now with more than 170,000 copies sold. "What the heck is my partner thinking?" "Why do they always react like this?" "How can we get back that connection we had in the beginning?" If you've ever asked yourself these questions, you aren't alone, and it doesn't mean that your relationship is doomed. Every person is wired for love differently—with different habits, needs, and reactions to conflict. The good news is that most people's minds work in predictable ways and respond well to security, attachment, and routines, making it possible to neurologically prime the brain for greater love and connection and fewer conflicts. This go-to guide will show you how. Drawn from neuroscience, attachment theory, and emotion regulation, this highly anticipated second edition of *Wired for Love* presents cutting-edge research on how and why love lasts, and offers ten guiding principles that can improve any relationship. This fully revised and updated edition also includes new guidance on how to manage disagreements, as well as new exercises to help you create a sense of safety and security, establish healthy conflict ground rules, and deal with the threat of the third—any outside source which threatens the harmony in your relationship, including in-laws, alcohol, children, and affairs. You'll find proven-effective strategies to help you strengthen your relationship by: Creating and maintaining a safe "couple bubble" Using morning and evening routines to stay connected Learning how to see your partner's point of view Meeting each other halfway in a fight Becoming the expert on what makes your partner feel loved By using simple gestures and words, you'll learn to put out emotional fires and help your partner feel appreciated and loved. You'll also discover how to move past a "warring brain" mentality and toward a more cooperative "loving brain." Most importantly, you'll gain a better understanding of the complex dynamics at work behind love and trust in intimate

relationships. While there's no doubt that love is an inexact science, if you understand how you and your partner are wired differently, you can overcome your differences, and create a lasting intimate connection.

36 questions for increasing closeness: Tell Me More Kelly Corrigan, 2018-01-09 NEW YORK TIMES BESTSELLER • A story-driven collection of essays on the twelve powerful phrases we use to sustain our relationships, from the bestselling author of *Glitter and Glue* and *The Middle Place* “Kelly Corrigan takes on all the big, difficult questions here, with great warmth and courage.”—Glennon Doyle NAMED ONE OF THE BEST BOOKS OF THE YEAR BY REAL SIMPLE AND BUSTLE It's a crazy idea: trying to name the phrases that make love and connection possible. But that's just what Kelly Corrigan has set out to do here. In her New York Times bestselling memoirs, Corrigan distilled our core relationships to their essences, showcasing a warm, easy storytelling style. Now, in *Tell Me More*, she's back with a deeply personal, unfailingly honest, and often hilarious examination of the essential phrases that turn the wheel of life. In “I Don't Know,” Corrigan wrestles to make peace with uncertainty, whether it's over invitations that never came or a friend's agonizing infertility. In “No,” she admires her mother's ability to set boundaries and her liberating willingness to be unpopular. In “Tell Me More,” a facialist named Tish teaches her something important about listening. And in “I Was Wrong,” she comes clean about her disastrous role in a family fight—and explains why saying sorry may not be enough. With refreshing candor, a deep well of empathy, and her signature desire to understand “the thing behind the thing,” Corrigan swings between meditations on life with a preoccupied husband and two mercurial teenage daughters to profound observations on love and loss. With the streetwise, ever-relatable voice that defines Corrigan's work, *Tell Me More* is a moving and meaningful take on the power of the right words at the right moment to change everything. Praise for *Tell Me More* “It is such a comfort just knowing that Kelly Corrigan exists: she is somehow both wise and self-deprecating; funny but unafraid of pain; frank but gentle. She is the sister/mother/best friend we all wish we could have—and because of this big-hearted book, we all get to.”—Ariel Levy, author of *The Rules Do Not Apply* “With full-bodied humor and radical sensitivity, Kelly Corrigan transforms the mundane pain of life into a necessary spiritual text of sorts, one that reminds us that we have the right to grieve but the obligation to be grateful. This book will remind you that you are human—and of the fragile loveliness of being so.”—Lena Dunham

36 questions for increasing closeness: The Oxford Handbook of Close Relationships Jeffry A. Simpson, Lorne Campbell, 2013-05-02 This book provides an in-depth and comprehensive summary of the psychology of close relationships, and showcases classic and contemporary theories, models, and empirical research that have been conducted in the field.

36 questions for increasing closeness: The Purchase of Intimacy Viviana A. Zelizer, 2009-02-09 In their personal lives, people consider it essential to separate economics and intimacy. We have, for example, a long-standing taboo against workplace romance, while we see marital love as different from prostitution because it is not a fundamentally financial exchange. In *The Purchase of Intimacy*, Viviana Zelizer mounts a provocative challenge to this view. Getting to the heart of one of life's greatest taboos, she shows how we all use economic activity to create, maintain, and renegotiate important ties--especially intimate ties--to other people. In everyday life, we invest intense effort and worry to strike the right balance. For example, when a wife's income equals or surpasses her husband's, how much more time should the man devote to household chores or child care? Sometimes legal disputes arise. Should the surviving partner in a same-sex relationship have received compensation for a partner's death as a result of 9/11? Through a host of compelling examples, Zelizer shows us why price is central to three key areas of intimacy: sexually tinged relations; health care by family members, friends, and professionals; and household economics. She draws both on research and materials ranging from reports on compensation to survivors of 9/11 victims to financial management Web sites and advice books for same-sex couples. From the bedroom to the courtroom, *The Purchase of Intimacy* opens a fascinating new window on the inner workings of the economic processes that pervade our private lives.

36 questions for increasing closeness: The Transformation of Intimacy Anthony Giddens,

2013-04-23 The sexual revolution: an evocative term, but what meaning can be given to it today? How does 'sexuality' come into being and what connections does it have with the changes that have affected personal life on a more general plane? In answering these questions, Anthony Giddens disputes many of the dominant interpretations of the role of sexuality in modern culture. The emergence of what the author calls plastic sexuality - sexuality freed from its intrinsic relation to reproduction - is analysed in terms of the long-term development of the modern social order and social influences of the last few decades. Giddens argues that the transformation of intimacy, in which women have played the major part, holds out the possibility of a radical democratization of the personal sphere. This book will appeal to a large general audience as well as being essential reading for students and professionals.

36 questions for increasing closeness: Handbook of Personal Relationships Steve Duck, 1988-05-25 Here is the first, comprehensive volume in a field that has grown exponentially in the last ten years. The handbook is organized across disciplines to reflect the nature of the field, and has a broad range of appeal to a variety of teachers and researchers.

36 questions for increasing closeness: Handbook of Closeness and Intimacy Debra J. Mashek, Arthur Aron, 2004-04-13 This handbook brings together the latest thinking on the scientific study of closeness and intimacy from some of the most active and widely recognized relationship scholars in social and clinical psychology, communication studies, and related disciplines. Each contributing author defines their understanding of the meaning of closeness and intimacy; summarizes existing research and provides an overview of a theoretical framework; presents new ideas, applications, and previously unstated theoretical connections; and provides cross-references to other chapters to further integrate the material. The Handbook of Closeness and Intimacy will be of interest to researchers, practitioners, and students from social, clinical, and developmental psychology; family studies; counseling; and communication.

36 questions for increasing closeness: Investing in the Health and Well-Being of Young Adults National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015-01-27 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. Investing in The Health and Well-Being of Young Adults describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. Investing in The Health and Well-Being of Young Adults makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. Investing in The Health and Well-Being of Young Adults will

provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

36 questions for increasing closeness: Blackwell Handbook of Social Psychology Garth J. O. Fletcher, Margaret S. Clark, 2008-05-12 This authoritative handbook provides a cutting-edge overview of classic and current research as well as an assessment of future trends in the field of interpersonal processes. Ensures thorough and up-to-date coverage of all aspects of interpersonal processes Includes contributions by academics and other experts from around the world to ensure a truly international perspective Provides a comprehensive overview of classic and current research and likely future trends Fully referenced chapters and annotated bibliographies allow easy access to further study Now available in full text online via xreferplus, the award-winning reference library on the web from xrefer. For more information, visit www.xreferplus.com

36 questions for increasing closeness: Conversations That Win the Complex Sale (PB) Erik Peterson, Tim Riesterer, 2011-04-15 Win more deals with the perfect sales story! "Power Messaging is a foundational element in our global marketing campaigns and sales training programs. We believe the concepts are core to engaging in customer conversations that are focused on their outcomes and what they want to achieve." —Karen Quintos, CMO and SVP, Dell Inc. "The concepts outlined in this book are critical skills to building a world-class presales organization." —Ken Hamel, Senior Vice President, Global Solutions and Presales, SAP "Our new messaging, using the approaches presented in this book, is great and is being widely used by our sales team. We've never had a year end sales meeting with content that was met with such widespread acceptance and enthusiasm." —Jerry D. Cline, Senior Vice President, Retail Sales and Marketing, AmerisourceBergen Drug Company "The best salespeople sit across the table and make change easy for their customer by creating a succinct story and vision for what to change, how to change it, and how it will impact customer results. An enterprise focus on sales messaging, using the concepts in this book, is the hidden secret to driving incremental sales productivity and overwhelming customer success!" —Ken Powell, Vice President, Worldwide Sales Enablement, ADP "The Power Messaging techniques in this book are the foundation of how our marketing team creates our sales messages, as well as the process our field sales teams use for delivering that message in a unique and compelling way. At Kronos our results are a reflection of the power of the tool." —Aron Ain, CEO, Kronos About the Book: In today's highly competitive world of complex sales, commoditization of your brand is one of the greatest dangers. You must differentiate yourself from the competition—or you will lose out. And the way to do that is through customer engagement. Rather than sell your own corporate story and brand message, you need to tell customers their story—the one in which they are the heroes and they achieve success. Erik Peterson and Tim Riesterer have been developing and honing their Power Messaging sales technique for more than 20 years, and now they reveal all their secrets in *Conversations That Win the Complex Sale*. Presenting a catalog of facts or playing 20 questions with prospective customers is the surest way to lose the sale. Peterson and Riesterer provide the tools you need to recraft your message into a compelling story that wins more deals. With *Conversations That Win the Complex Sale*, you'll learn how to: Differentiate yourself from the competition by finding your "Value Wedge" Avoid parity in your value propositions by creating "Power Positions" Create a message that can literally double the number of deals you close Spike customer attention and create "Wow" in your conversations Prove all your claims without resorting to lists of boring facts and statistics Your competitors are out there telling their own corporate story—a story customers don't want to hear. Now is the time to seize the moment. This book is the one and only source you need to reframe your sales story and turn the tables on the competition by fully engaging their would-be customers. *Conversations That Win the Complex Sale* helps you create and deliver messages that customers care about, giving your brand the clear edge in today's crowded markets.

36 questions for increasing closeness: Engaged Fatherhood for Men, Families and Gender Equality Marc Grau Grau, Mireia las Heras Maestro, Hannah Riley Bowles, 2022 This aim of this open access book is to launch an international, cross-disciplinary conversation on fatherhood

engagement. By integrating perspective from three sectors -- Health, Social Policy, and Work in Organizations -- the book offers a novel perspective on the benefits of engaged fatherhood for men, for families, and for gender equality. The chapters are crafted to engaged broad audiences, including policy makers and organizational leaders, healthcare practitioners and fellow scholars, as well as families and their loved ones.

36 questions for increasing closeness: Why Does He Do That? Lundy Bancroft, 2003-09-02 In this groundbreaking bestseller, Lundy Bancroft—a counselor who specializes in working with abusive men—uses his knowledge about how abusers think to help women recognize when they are being controlled or devalued, and to find ways to get free of an abusive relationship. He says he loves you. So...why does he do that? You've asked yourself this question again and again. Now you have the chance to see inside the minds of angry and controlling men—and change your life. In *Why Does He Do That?* you will learn about: • The early warning signs of abuse • The nature of abusive thinking • Myths about abusers • Ten abusive personality types • The role of drugs and alcohol • What you can fix, and what you can't • And how to get out of an abusive relationship safely "This is without a doubt the most informative and useful book yet written on the subject of abusive men. Women who are armed with the insights found in these pages will be on the road to recovering control of their lives."—Jay G. Silverman, Ph.D., Director, Violence Prevention Programs, Harvard School of Public Health

36 questions for increasing closeness: What Shamu Taught Me About Life, Love, and Marriage Amy Sutherland, 2008-02-12 While observing exotic animal trainers for her acclaimed book *Kicked, Bitten, and Scratched*, journalist Amy Sutherland had an epiphany: What if she used these training techniques with the human animals in her own life—namely her dear husband, Scott? In this lively and perceptive book, Sutherland tells how she took the trainers' lessons home. The next time her forgetful husband stomped through the house in search of his mislaid car keys, she asked herself, "What would a dolphin trainer do?" The answer was: nothing. Trainers reward the behavior they want and, just as important, ignore the behavior they don't. Rather than appease her mate's rising temper by joining in the search, or fuel his temper by nagging him to keep better track of his things in the first place, Sutherland kept her mouth shut and her eyes on the dishes she was washing. In short order, Scott found his keys and regained his cool. "I felt like I should throw him a mackerel," she writes. In time, as she put more training principles into action, she noticed that she became more optimistic and less judgmental, and their twelve-year marriage was better than ever. What started as a goofy experiment had such good results that Sutherland began using the training techniques with all the people in her life, including her mother, her friends, her students, even the clerk at the post office. In the end, the biggest lesson she learned is that the only animal you can truly change is yourself. Full of fun facts, fascinating insights, hilarious anecdotes, and practical tips, *What Shamu Taught Me About Life, Love, and Marriage* describes Sutherland's Alice-in-Wonderland experience of stumbling into a world where cheetahs walk nicely on leashes and elephants paint with watercolors, and of leaving a new, improved *Homo sapiens*.

36 questions for increasing closeness: Dating Smart Rosie Einhorn, 2013

36 questions for increasing closeness: Sexuality in Close Relationships Kathleen McKinney, Susan Sprecher, 2014-05-22 This is one of the first volumes to examine the interface between research undertaken in sexuality and that in close relationships from a social psychological perspective. Experts from several different disciplines offer chapters that contain theory, extant literature, and their own original research on such topics as jealousy, extradyadic sexuality, communication, love, and sexual coercion. Aimed at a fairly wide audience, this book will be of interest to students, faculty, and other professionals in social psychology, sociology, communication, and family and women's studies. It is also a valuable source of information for teachers, researchers, and clinicians working in the areas of human sexuality and/or close relationships.

36 questions for increasing closeness: Cornerstones of Attachment Research Robbie Duschinsky, 2020 This is an open access title available under the terms of a [CC BY-NC-ND 4.0 International] licence. It is free to read at Oxford Clinical Psychology Online and offered as a free

PDF download from OUP and selected open access locations. Attachment theory is among the most popular theories of human socioemotional development, with a global research community and widespread interest from clinicians, child welfare professionals, educationalists and parents. It has been considered one of the most generative contemporary ideas about family life in modern society. It is one of the last of the grand theories of human development that still retains an active research tradition. Attachment theory and research speak to fundamental questions about human emotions, relationships and development. They do so in terms that feel experience-near, with a remarkable combination of intuitive ideas and counter-intuitive assessments and conclusions. Over time, attachment theory seems to have become more, rather than less, appealing and popular, in part perhaps due to alignment with current concern with the lifetime implications of early brain development. *Cornerstones of Attachment Research* re-examines the work of key laboratories that have contributed to the study of attachment. In doing so, the book traces the development in a single scientific paradigm through parallel but separate lines of inquiry. Chapters address the work of Bowlby, Ainsworth, Main and Hesse, Sroufe and Egeland, and Shaver and Mikulincer. *Cornerstones of Attachment Research* utilises attention to these five research groups as a lens on wider themes and challenges faced by attachment research over the decades. The chapters draw on a complete analysis of published scholarly and popular works by each research group, as well as much unpublished material.

36 questions for increasing closeness: *Close Relationships* Patricia Noller, Judith A. Feeney, 2013-05-13 *Close Relationships: Functions, Forms and Processes* provides an overview of current theory and research in the area of close relationships, written by internationally renowned scholars whose work is at the cutting edge of research in the field. The volume consists of three sections: introductory issues, types of relationships, and relationship processes. In the first section, there is an exploration of the functions and benefits of close relationships, the diversity of methodologies used to study them, and the changing social context in which close relationships are embedded. A second section examines the various types of close relationships, including family bonds and friendships. The third section focuses on key relationship processes, including attachment, intimacy, sexuality, and conflict. This book is designed to be an essential resource for senior undergraduate and postgraduate students, researchers, and practitioners, and will be suitable as a resource in advanced courses dealing with the social psychology of close relationships.

36 questions for increasing closeness: *The Undervalued Self* Elaine N. Aron, 2010-04-01 Elaine Aron follows up her bestsellers on the highly sensitive person with a groundbreaking new book on the undervalued self. She explains that self-esteem results from having a healthy balance of love and power in our lives. Readers will learn to incorporate love into situations that seem to require power and deal with power struggles that mask themselves as issues of love. From the bedroom to the boardroom, her strategies will enable us to escape feelings of shame, defeat, and depression; dissolve relationship hostility; and become our best selves. With Aron's clear, empathetic writing and extraordinary scientific and human insight, *The Undervalued Self* is a simple and effective guide to developing healthy, fulfilling relationships, and finding true self-worth.

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