

12 Questions to Instant Intimacy with Anyone

By taking turns answering the 12 questions below with a partner, you'll be sharing vulnerable information with each other, and shared vulnerability is the key to intimacy. In fact, the instructions for creating deep connection are hidden in the word "Intimacy": In to me see. When you reveal things about yourself, you open up the possibility of an authentic and deeply satisfying connection. Begin by asking your partner the first question, and when they're done answering, you can proceed to answer the exact same question. In this way, you'll both be learning new things about each other, and a deepening connection will occur.

Be sure to create an emotionally safe space for this powerful exercise. Find a quiet place, turn off your phone, and let go of your concerns. Answering all 12 questions can take up to 40 minutes, *but if you are short on time, it's fine to simply answer a couple of the questions together.* Take as long as you like to answer each question. When you're asking a question, feel free to ask related questions that may further clarify or expand upon your partner's initial response. If a brief conversation naturally unfolds from your partner's response, that's perfectly all right as well. Since the goal is deeper intimacy, be sure to answer with honesty and sincerity. If you give this exercise your full attention and care, you and your partner will be well rewarded.

1. What was your first impression of me? (After your partner answers, you answer the same question).
2. What do you like most about yourself?
3. What would you do if you had no fear and you knew you could not fail?
4. What is something you've done that you're proud of?
5. What is something in your past you're ashamed of?
6. What helps you to feel really loved?
7. What's one of the most miraculous things you've ever experienced?
8. What is something you've avoided saying to me?
9. What was the last thing that made you cry? Why?
10. What's the most important thing you've learned about love?
11. If you could change one thing about yourself, what would it be?
12. What's something you appreciate about me? (Finish by discussing how this exercise was for each of you)