

30 Questions to Intimacy with Friends

Chris and Alisa Grace

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/why?
3. Before making a telephone call, do you ever rehearse what you are going to say, or draft a text before you send it? Why?
4. What would constitute a "perfect" day for you?
5. What's your favorite book or movie genre? Why?
6. When did you last sing to yourself? To someone else?
7. You've reached age 30 and know you will certainly live to age 90. Would you rather have the mind or the body of a 30-year-old for the next 60 years? Why?
8. Name three things you and your friend have in common.
9. For what in your life do you feel most grateful?
10. Take four minutes and tell your life story in as much detail as possible.
11. If you could wake up tomorrow having gained any one quality or ability, what would it be?
12. If a crystal ball could tell you the future about yourself, your life, or anything else, what would you want to know?
13. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
14. What is the greatest accomplishment of your life?
15. What do you value most in a friendship?
16. What is your most treasured memory?
17. If you knew that in one year you would die suddenly, would you change anything about the way you are now living?
18. What roles do love and affection play in your life?
19. Alternate sharing something you consider a positive characteristic of the other person. Share at least two items.
20. Make three true "we" statements about the other person. For instance, "We are both in this room." "We both know a lot about..." "We both like/hate..."
21. Complete this sentence: "I wish I had someone with whom I could share..."
22. Share an embarrassing moment in your life.
23. When did you last cry in front of another person? By yourself?
24. Tell something that you like about your friend.
25. What, if anything, is too serious to joke about?
26. 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?
27. 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?
28. What is your most difficult memory of a time in life?
29. Of all the people closest to you in your life, whose death would be the most upsetting to you? Why?
30. Share a personal problem and ask your friend's advice on how you might handle it. Also, ask them to reflect back to you how you seem to be feeling about the problem you have chosen.



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