

2x10 Questions

This question list is based on the research of social psychologist [Arthur Aron](#), which demonstrated that structured, progressive self-disclosure can significantly foster interpersonal closeness. The questions have been modified to fit the classroom.

His questions are designed to facilitate this process by encouraging gradual disclosure.

For the first four days of 2 X 10 ask questions from the list and build on what they say -

Set 1: Building Closeness

1. If you could invite anyone in the world to visit our class, who would it be?
2. Would you like to be well-known for something? What would it be?
3. What does a "perfect" day look like to you?
4. When was the last time you sang to yourself? What about in front of someone else?
5. If you could choose to keep either your mind or your physical abilities as they are now for the rest of your life, which would you choose?
6. Do you ever have a feeling about what your future might be like?
7. What is something in your life that you're really thankful for?
8. If you had four minutes to share your life story, what would you say?
9. If you could wake up tomorrow with a new skill or ability, what would it be?

Day 5 through 8, try to add a question from this list to your 2x10 interaction-

Set 2: Fostering Greater Intimacy

1. If you could know the truth about one thing in your life or future, what would you want to find out?
2. Is there something you've always wanted to try? What's holding you back?
3. What is the biggest achievement in your life so far?
4. What do you think is the most important quality in your friends?
5. What is a memory that you treasure the most?

By day 10 try to add in one of the following questions-

Set 3: Deepening Emotional Intimacy

1. Who is the most important person in your life?
2. What would you most regret not having said if you suddenly couldn't talk to anyone again? Why haven't you said it yet?
3. If you could save one item from your home in a fire, what would it be and why?