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Is 36 simple questions all it takes to fall in love? According to psychologist Arthur Aron asking these questions can induce interpersonal closeness. Arthur conducted a study which found that when strangers engaged in intimate conversations (prompted by the 36 questions) were intimately closer than those who engaged in small talk. The 36 questions in the study are broken up into three sets, with each set intended to be more probing than the previous one.

In a love essay by Mandy Len Catron she tests out the 36 questions after staring into her partners eye's for four minutes. The end result? Love, well at least that's what two students from Arthurs experiment and Ms Catron found. So what is the mechanism behind these exercises? It's a concept known as self disclosure, referring to the sharing of personally relevant information. This information includes things like feelings, hopes, beliefs and thoughts. However, simply revealing personal thoughts is not enough to induce closeness, there needs to be a responsive listener at the other end.

A psychology teacher tried Arthurs experiment on her unsuspecting psychology class. Although her class didn't fall in love, her class did experience closeness with their assigned partner. The psychology teacher commented that inducing closeness is different to inducing the long term love that so many search for. Healthy strong relationships are a complex outcome of different forces: individual, dyadic and situational. Ms Catron quotes, "Love didn't happen to us, we're in love because we made the choice to be" - a statement that reflects a well-established idea in the science of romantic relationships that healthy relationships depend on commitment to one another.

So with that in mind, will the 36 questions help you to gain a closer interpersonal connection? Strengthen or refresh your relationship? Give it a go with the 3 sets of questions below.

**Set I**

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?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a “perfect” day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?
Set II

13. If a crystal ball could tell you the truth about yourself, your life, the future or anything else, what would 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 accomplishment of your life?

16. What do you value most in a friendship?

17. What is your most treasured memory?

18. What is your most terrible memory?

19. If you knew that in one year you would die suddenly, 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 affection play in your life?

22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.

23. How close and warm is your family? Do you feel your childhood was happier than most other people’s?

24. How do you feel about your relationship with your mother?

Set III

25. 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 ...”

27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.

28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you’ve just met.

29. Share with your partner an embarrassing moment in your life.

30. When did you last 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 be joked about?

33. 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?

34. 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?

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

36. Share a personal problem and ask your partner’s advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.
March Public Workshops
Darwin & Alice Springs

Tuesday 31st March
Get to the Point: Communication for Managers Public Workshop
Full Day Course

Wednesday 8th April
Mindfulness and Managing Stress Public Workshop
Full Day Course

CORP Talks!

Inspiring ideas for just being better!

At CORP we recognise that it is not always convenient or practical to take time away from the workplace to attend half or full day training courses. This is why we have introduced CORP Talks, new to 2015.

These talks offer you the opportunity to attend bite size courses over your lunch hour. We have an array of Psychologists, Counsellors and Coaches who will be running inspiring Talks to get you thinking, learning and even relaxing.

We encourage you to bring your lunch and get involved. Talks are being held from 12pm-1pm. You may come along and decide that your workplace could benefit from some training in a particular area. And if so, we can certainly look at organising a customised training package to specifically meet your workplace needs.

Thursday 16th April
The Neuroscience of Leadership
1 Hour Talk

Don’t miss out on this great opportunity!
To make a booking visit www.corp.org.au
or contact us on 08 8941 5661