

Questions to Connect

These questions have been crafted with the support of a psychologist, to spark a mix of interesting, light-hearted and sincere answers highlighting the most basic and surprising bits of knowledge that people don't know about their loved ones.

The **36 Questions** are designed to last a typical train journey in Britain, approximately 1 hour. A shorter version of **12 Questions** is also available further down for those taking a 20-to-30-minute train journey.

Instructions:

During your train journey, go through the questions and let each person answer each of the 36 or 12 questions, depending on the length of your journey, so that you both get a chance to answer all the questions. Take turns in who asks the questions first.

Try not to take too long to think about your response, go with your instinctual answer as this will be the most genuine. The aim is to suspend time for a short while and experience a meaningful conversation.

36 Questions

Below is a list of 36 questions, ideal for a train journey of approximately 1 hour or more in length.

The 36 Questions are ranked in order of 'level of personally intimate':

- **Questions 1 to 13:** the 'safest' questions to ask
- **Questions 14 to 24:** an intermediate level of questioning
- **Questions 25 to 36:** the most difficult and personal questions to ask and answer

1. What was your favourite activity growing up and why?
2. What's the most rebellious thing you've ever done?
3. What's a time you laughed so hard you cried?
4. What's the best piece of advice you've ever received?
5. If you could live anywhere in the world for a year, where would you go and why?
6. Who was your childhood hero? Why?

7. What's something small someone did for you that you've never forgotten?
8. What's a book or movie that changed the way you see the world?
9. If you could do anything before your next birthday, what would you want to do?
10. If you could have an hour train journey with anyone in the world (dead or alive) who would that be and why?
11. What song would sum up our relationship?
12. Who was your first love?
13. What was your first job?
14. What is your earliest memory ever, what happened?
15. Name a habit you would like to change
16. What grudge do you hold that you should probably let go of?
17. What's a moment in your life when you felt truly proud of yourself?
18. If we could take another train journey anywhere in Britain together, where would we go, and what would we talk about?
19. If you could send a message to your younger self, what would it be?
20. Finish this sentence "I wish..."
21. What's something you admire in others that you wish you could cultivate more in yourself?
22. What are you most grateful for in life?
23. Name 3 things we have in common
24. How do you show people that you care about them?
25. How do you think your younger self would view the person you are today, and what would they say about you?
26. What's a fear you've overcome, and how did you do it?
27. What's 1 thing you really value about the person you're talking to right now?
28. What's the hardest lesson life has taught you so far?
29. What's something you've always wanted to ask the person you're talking to?
30. Share something you are struggling with at the moment, something that is on your mind a lot recently.

31. What is your biggest regret and why?
32. What's a part of yourself you've had to hide in order to be accepted?
33. When are you most happy?
34. In what way is our relationship special?
35. What can I do more of to show how much I value you?
36. What has been your favourite part of this conversation? What did you learn?

12 Questions

Below is a list of 12 Questions, ideal for shorter train journeys of approximately 20-30 minutes in length.

The 12 Questions are ranked in order of 'level of personally intimate':

- **Questions 1 to 4** the 'safest' questions to ask
- **Questions 5 to 8:** an intermediate level of questioning
- **Questions 9 to 12:** the most difficult and personal questions to ask and answer

1. What was your favourite activity growing up and why?
2. What's the most rebellious thing you've ever done?
3. What's a time you laughed so hard you cried?
4. Who was your first love?
5. Name a habit you would like to change
6. What grudge do you hold that you should probably let go of?
7. If we could take another train journey anywhere in Britain together, where would we go, and what would we talk about?
8. What are you most grateful for in life?
9. What's the hardest lesson life has taught you so far?
10. What's a fear you've overcome, and how did you do it?
11. What's one thing you really value about the person you're talking to right now?
12. When are you most happy?