

Supplemental figure 1. All questions asked during the experimental protocol. Italicized questions are taken from Aron et al., 1997.

Pre-experiment Assessment

1. *What do you value most in a friendship?* What about this is particularly important to you?
2. What do you like and appreciate about yourself? What about these things do you like and appreciate?
3. *If a crystal ball could tell you the truth about yourself, your life, your future, or anything else, what would you want to know?* What is important for you about this?
4. *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?*

Experiment

1. As we begin this interaction together and discuss personal information, is there anything that you would like me to know about you? For example, how comfortable you feel with speaking on a personal level, any fears you have about the interaction, etc.
2. *When did you last cry in front of another person? By yourself?*
3. Tell me about a fight you have had with your parents when they wouldn't give you something you wanted/let you do something you wanted to do. What was it? How did you feel during this fight? How do you feel about it now?
4. Describe for me a childhood memory that you have which has in one way or another influenced who you are today.
5. Think about a difficult feeling you sometimes have in your daily life. What situations, thoughts, or behaviors make you vulnerable to feeling this feeling?
6. What about yourself or your history do you tend to hide from others because you are afraid of judgment or rejection?
7. Tell me about an ongoing problem you are experiencing in your life. What types of strategies have you used to solve or eliminate this problem?
8. What unique and special qualities do you have to offer the world? If it's difficult to think of something, give yourself some time.
9. *Share an embarrassing moment in your life.*
10. *Would you like to be famous? If 'yes' in what way, if 'no' why not?*

- 11.** Looking at your life so far, do you consider yourself to be a dependent or independent person? What sorts of things have you done that make you think this about yourself?
- 12.** *Describe a dream that you have.* What things are you doing to work towards achieving this dream?
- 13.** Tell me something you have done in your life that you regret. What would you like to have done differently?
- 14.** If I had to leave this room remembering only one thing about you, what would you want that one thing to be? Why is this one thing so important to you?
- 15.** What's on your bucket list – the things you want to do or experience before you die? What about these things are particularly important for you?
- 16.** *If you could change anything about the way you were raised, what would it be?* What about this decision to change or not to change something is important for you?
- 17.** What is a fear you have that has limited you? What can you do to overcome this fear?
- 18.** In general, when you begin new relationships, do you jump in quickly or move in cautiously? How has this worked for you in the past?
- 19.** Tell me about one particularly important loss that you have endured in your life. For example, what has made you sad, broken your heart, or left a gap in your life? What do you feel has been missing in your life?
- 20.** What is your earliest memory?
- 21.** *Complete this sentence: "I wish I had someone with whom I could share..."*
- 22.** What would make the interaction between you and me, right now, more meaningful to you? What is particularly important or meaningful about this for you?
- 23.** Complete this sentence: If you really knew me, you would know that...
- 24.** What do you long for? What is so important for you about this?
- 25.** *What roles do love and affection play in your life?*
- 26.** What is something you would like to tell me about yourself, knowing that I am a complete stranger who will be nonjudgmental and accepting of whatever you say? Why is it important for you to tell this to me?
- 27.** On a scale from 1 to 10, how sensuous a person would you rate yourself to be? Why did you give yourself this particular rating?

- 28.** What behaviors by loved ones make you feel most cared about?
- 29.** Fill in the blank: I pretend that..., and the truth is...
- 30.** If you had to risk everything you have worked towards so far (e.g., your dream job) to be with the love of your life, would you do it? What does this tell me about your values in life?
- 31.** *How do you feel about your relationship with your mother?*
- 32.** *What is something in the world that you are grateful for?* How does this gratitude impact your life?
- 33.** What are some of your most important needs in a relationship, and what about these needs are particularly important for you?
- 34.** Finish the sentence: I have a hard time expressing myself about...because...
- 35.** Who is somebody in your life who has shaped the way you are today? How have they done so? Where do you imagine you would be without this person in your life?
- 36.** *What is your most treasured memory?*
- 37.** *Before making a telephone call, do you ever rehearse what you are going to say? Why is it important for you to do so, or not to do so)?*
- 38.** What is something that you have learned throughout your life (e.g., a piece of advice) that you would like to share with the rest of the world? Why is this particularly important for you to share?
- 39.** *If you were going to become a close friend with me, please share what would be important me to know about you.* What makes these things important for you?
- 40.** *Of all the people in your family, whose death would you find most disturbing?* What is important to you about this person?
- 41.** How do you feel about your group of friends? Is there anything you would like to change about your friendships?
- 42.** When you first meet somebody you are romantically interested in, how do you typically behave?
- 43.** Think about a large transition you have made in your life (e.g., entering college). How have your relationships with others changed since this transition?

44. What is something you like about your life so far? How have you reached this point and why is this something you value so highly?
45. Complete this sentence: It's hard for me to tell you that...
46. Who have you loved the most in your life? Tell me a little bit about your relationship with this person.
47. What do you remember about the first feeling that something was unacceptable or unlovable about yourself?
48. What part of your body do you like the most? The least? What about these parts influence your ratings?]
49. *If you could wake up having gained one quality or ability, what would it be?* What about this quality or ability is important to you?
50. *How close and warm is your family? Do you feel your childhood was happier than most other people's?*
51. Up to this point in your life, how has your health been?
52. What are your deepest fears? What about these fears make them your *deepest*?
53. *Make 3 true "we" statements. For instance, "We are both in this room feeling..."*
54. *Given the choice of anyone in the world, whom would you want as a dinner guest?* What about dinner with this particular person is important for you?
55. What are your thoughts about our interaction so far? For example, are you feeling nervous about speaking on such a personal level with me?
56. If your best friend were to move away today, what is something you would miss about him/her? What about this part of your best friend is important to you?
57. *Take a few minutes and tell me your life story in as much detail as possible*
58. *What is your most terrible memory?*
59. Have you ever experienced rejection (e.g. in relationships, friendships, etc.)? Describe how you felt when this happened.
60. What is something you are reluctant to tell somebody but would like to say? Talk to me, for a minute or two, as if I am this person, and describe why you are reluctant to tell this person.

61. Who is somebody you turn to for comfort, advice, or help when you need it most? What makes this person the one you go to?
62. Tell me about something you have done in your life which you feel ashamed of. Why do you feel ashamed of this?
63. Have you had any spiritual experiences? How have you been affected by them? Spiritual can be broadly defined to include secular experiences: artistic, cultural, and so forth.

Post-experiment assessment

1. *What would constitute a perfect day for you?* What about the things you mention are important for you?
2. Tell me about somebody who you are close with in your life (can be a friend, family member, romantic partner, etc.) How are you different as a result of being in this person's life?
3. *If you knew that in one year you would die suddenly, would you change anything about the way you are now living?* If so, what is especially important to you about this change?
4. What do you feel most disappointed about in yourself? What makes this so disappointing for you?