

To Fall in Love with Anyone, Do This **By Leslie Jill Patterson**

In late 2014, an essay by Mandy Len Catron, entitled “To Fall in Love with Anyone, Do This,” went viral on social media. The essay refers to the research conducted by psychologist Arthur Arun, who theorizes that “if you spend half an hour sharing intimate details of your life with a complete stranger and then four minutes staring deeply into his/her eyes, it is possible to fancy almost anyone.” Some of the questions below are from Arun’s study, and the others follow suit.

I’ll admit I was leery of using these questions with capital murder defendants, but it turns out the answers to these questions steered our conversations in directions we hadn’t gone before, leading to new stories never before shared. Additionally, the questions allow clients to talk about themselves, which, for most capital murder defendants, is attention they rarely receive. They appreciate someone asking serious questions about their experiences, thoughts, and beliefs, *and* learning more about a client helps a defense team develop compassion for him or her. And let’s face it: sometimes we need help learning to love our clients.

I’ve attempted to phrase the questions so that they trigger stories and not simply single-sentence answers or yes/no answers. Series 1 contains softball questions; the answers should be fairly easy for your client to give in case you start asking these questions early in the relationship (which I actually advise as they are great ice-breakers). If a client has trouble with these questions, it might tell you something about his/her mental abilities or emotional state. Each series contains:

- 3 hypotheticals,
- 3 memory-related questions,
- 2 questions about the client’s habits,
- 2 questions about relationships,
- 3 questions about the client’s identity,
- 1 question about emotions,
- 1 question about the things the client values,
- 1 series of opposites

Of course, you can mix up the order and tailor the questions for specific clients—making sure to ask them about things that interest them. You may even wish to give the client the questions for the day and let him/her choose what order to answer them in.

I don’t, however, recommend that you try staring deeply into your client’s eyes for any length of time (which would just be creepy).

<p>Series 1</p>	<ol style="list-style-type: none"> 1. If you could go into a grocery store today and buy anything you wanted, what would you get and why? 2. Would you rather trade intelligence for looks or looks for intelligence? Why? 3. If someone made a movie about your life, what would it be about and who would play you? 4. Who taught you to ride a bike? When? Did you learn quickly? Were you scared? Did you own the bike? 5. What was your favorite class in school? Your favorite teacher? 6. How old were you when you learned Santa wasn't real? How did you find out? 7. Which would you rather do: wash dishes, mow the lawn, clean the bathroom, or vacuum? 8. In the evening, would you rather play a game, visit a relative, watch a movie, or go out to a bar? 9. If you have children, what do your children want to be when they grow up? What did you want to be when you grew up? Was their family pressure to do something in particular? 10. What do you value most in a friendship? Whose friendship do you most value? 11. How do you set about being a good friend? Describe a time when you were a particularly good friend. 12. What's your favorite fast food chain? 13. Do you have any nicknames? How did you get them? 14. What has given you the most pleasure in the last year? 15. Which of your five senses would you say is your strongest? Which the most important? 16. Opposites (which would they choose in the following pairs): Hawaii or Alaska, Win the Lottery or Have the Perfect Job, Roller Coast or Merry-Go-Round, Hot or Cold
<p>Series 2</p>	<ol style="list-style-type: none"> 1. Would you like to be famous? And if so, for what? 2. If you were to die tonight with no warning, what would you most regret not having told someone? Why haven't you told that person? 3. Your house catches fire. You get all of your loved ones out safely, including your pets, and you have just enough time to run back in for one last thing, what do you go in after? 4. What is the best Christmas memory you have? 5. What is the worst Christmas memory you have? 6. Tell me the three pairs of shoes that have been important to you. 7. What is the longest time you've ever gone without sleep and why? 8. List two pet peeves. 9. What is the kindest thing anyone has done for you? 10. What's the craziest thing you've done in the name of love? 11. What's your favorite season and why?

	<ol style="list-style-type: none"> 12. What is your greatest strength? Describe a time when it has helped you. 13. Is there anything about yourself that you think I'd be surprised to know? 14. What is something that makes you laugh hard every time you encounter it? 15. Who do you admire and why? 16. Opposites: Rain or Sun, Halloween or Christmas, Red or Blue, Country Music or Rock
Series 3	<ol style="list-style-type: none"> 1. If you could wake up tomorrow having gained one quality or ability, what would it be? And how do you suppose that would change your life? 2. If you were shipwrecked on a desert island, what one thing would you take with you? 3. If you were invited to go back to your high school and make a speech, what would you talk about? 4. What is your earliest memory? 5. Describe your first date? 6. Describe a time you were happy that you lied. 7. When you're sick, do you like to be babied or do you like to be left alone? 8. Do you collect anything? 9. What role does affection play in your life? Are you openly affectionate with your significant other? Your kids? Your siblings? Your parents? 10. What were your favorite family traditions growing up? Holiday traditions? Or favorite recipes? 11. Describe what would constitute a "perfect" day for you. 12. What is your biggest weakness? Describe a time when it held you back. 13. What are you five favorite movies of all time? 14. When your feelings are hurt, do you keep it to yourself and quietly get over it, or do you tell the person who has upset you? How successful has that strategy been for you, do you think? 15. Do you believe in prayer? And if so, what does "praying" mean to you? 16. Opposites: Spiritual or Religious, Dress Down or Dress Up, Pessimist or Optimist, Beer or Wine
Series 4	<ol style="list-style-type: none"> 1. If you were able to live to the age of 90 and retain either your 30-year-old mind or body for the last sixty years, which would you choose? Why? And how would you use that mind or body? 2. Given the choice to invite anyone, alive or dead, whom would you want as a dinner guest? What type of dinner would you serve? What questions would you ask? 3. If you were invisible, where would you go?

	<ol style="list-style-type: none"> 4. Describe your best birthday ever. 5. Describe the worst birthday you've ever experienced. 6. Who taught you to do laundry? When? 7. Before making a phone call, have you ever rehearsed what you would say? If so, give an example. 8. When did you last sing to yourself? What did you sing? 9. What traits in others are you attracted to? 10. Have you ever had a secret admirer? 11. If you could change anything about the way you were raised, what would it be? 12. If you were to have a child, what would you give him or her that you didn't have? 13. What word describes you best? 14. What is something you encounter frequently that always makes you angry? How do you get rid of your anger? 15. Do you think money can buy happiness? 16. Opposites: Win a Free Trip or Win Money, Swim in a Pool or in the Ocean, Watch Sports or Play Sports, Old People or Little Kids
Series 5	<ol style="list-style-type: none"> 1. If you had a time machine and could travel back to any moment in your life, what would it be? 2. If you could be an artist—painter, writer, musician, sculptor, photographer—what would you create? 3. If you were an animal, what would you be? 4. Who taught you to swim? When? 5. What is the most embarrassing moment in your life? 6. What's the best vacation you've ever taken? What would your dream vacation be? 7. What three things do you think of the most each day? 8. When you eat ice cream, what flavor are you most likely to get? 9. What is a deal-breaker in a relationship? 10. What is the key to loving one person all of your life? 11. If you go to a party, do you stand in the middle of the room or along the wall? 12. What would you sing at Karaoke night? 13. Do you like or dislike surprises? Why? What's the best surprise you've ever had? What's the worst? 14. Would you consider yourself the type of person to get jealous easily? Describe a time when you were jealous. 15. What, if anything, is too serious to joke about? 16. Opposites: TV or Read, Beatles or the Rolling Stones, Star Wars or Star Trek, Wealthy and Alone or Poor with Love

<p>Series 6</p>	<ol style="list-style-type: none"> 1. If you could only eat one meal for the rest of your life, what would it be? 2. If you were the ruler of your own country, what would be the first law you passed? 3. If you could do anything you wanted right now, what would it be? 4. Who taught you how to cook? When? 5. Describe your earliest encounter with sexual experience? 6. What did you want to be when you were small? 7. How often do you buy clothes? How long does it take you to shower and get dressed to go somewhere? 8. Are you a clean or messy person? 9. Complete this sentence: I wish I had someone with whom I could share _____. 10. Who in your family does everyone consider the favorite? The smartest? The kindest? The most screwed up? 11. What's the most daring thing you've ever done? 12. What's the most unusual thing you've ever eaten? 13. Where do you most want to travel but have never been? 14. When did you last cry in front of someone? When did you last cry alone? 15. School or experience—which do you feel best prepares you for life? What is the one thing that should be taught in school that isn't already? 16. Opposites: Crash with Friends or Stay in a Hotel, Europe or the United States, Travel by Plane or Automobile, Stay in a Tent or in a Hotel
<p>Series 7</p>	<ol style="list-style-type: none"> 1. If a crystal ball could tell you the truth about yourself, your life, your future, your past, or even about someone else, what would you want to know? 2. If someone gave you a million dollars, what charities would you support? 3. You're standing in a field and all of a sudden a craft crash-lands onto it. Among the rubble, you see very clearly the body of an extra-terrestrial. What do you do? Call the authorities or take the creature and try to protect it from them? 4. Describe a time when telling the truth got you in trouble. 5. When you were sick as a child, who took care of you? Did you go to school or stay home? 6. Have you ever held a baby? Describe what it felt like. 7. How many pillows do you like to sleep with? When is your favorite time to take a nap? Do you remember your dreams? Do you dream in black and white or in color? Do you have any recurring dreams? 8. Do you start projects that you finish? Do you procrastinate? Do you make or keep your New Year's Resolutions? 9. Of all of the people in your family, whose death would disturb you

	<p>most? Why?</p> <ol style="list-style-type: none">10. Who knows you the best? Do they know your secrets as well as the good things?11. What is your biggest fear?12. On a scale of 1-10, how funny would you say you are?13. If you had a warning label, what would yours say?14. Describe a place or situation that makes you feel uncomfortable.15. What do you miss the most about the outside world?16. Opposites: Shy or Outgoing, Drive or Walk, Facebook or Twitter, Morning person or night owl