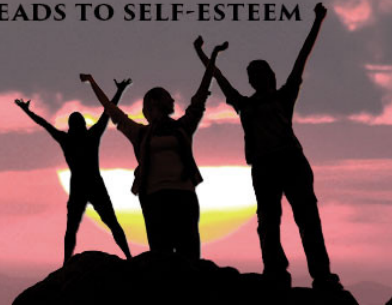


# FEELING GOOD ABOUT YOU

THE JOURNEY OF DISCOVERY  
THAT LEADS TO SELF-ESTEEM



## *Module 2 – Worksheet 5*

### **Intimacy and Bonding**

When you bond and are intimate with someone you feel emotionally and physically safe, allow yourself to be vulnerable, and are comfortable being completely yourself with this person. You trust that s/he will treat you with respect, and love and support you no matter what you say or do. For true intimacy to exist, the other person also has to feel this way about you.

When you bond with someone you are creating an emotionally intimate relationship. Sometimes it might become sexual, but the presence of sex does not always mean you have bonded or feel completely safe.

This exercise is designed to help you look at several qualities that must be present for intimacy to exist, and evaluate yourself and your ability to achieve and maintain these qualities.

Put a check mark by any quality you would like to improve, or that is currently missing in your close relationships. How can you improve these aspects of your life? What are the risks you may need to take in the process? Is this something you are willing to do? Write your goals and the risks you might face in creating intimacy.

#### Qualities of Intimacy

Trust

Respect

Emotional and Physical Safety

Communication/both Listening and Talking

Honesty

Laughter and Humor

Acceptance of Differences

Ability to Safely be Vulnerable

Sharing Your History

Physical Affection

Kindness

Appreciation of who person is and what s/he does

Unconditional support

Nonjudgmental acceptance

Thoughtfulness

### **Reflections on Intimacy**

- Creating intimacy with another takes time, trust, respect and care.
- It's about slowly revealing who you are, and having those revelations received in a supportive, loving manner.
- Once intimacy is achieved you can risk being the "Real You."
- If trust is betrayed, intimacy may be interrupted, damaged or destroyed. Intimacy is very easy to break and much more difficult to mend.