

# Factors of Intimacy Worksheet

Relationship/Name: \_\_\_\_\_

Factors of Intimacy	Strength of Factor (%)	Notes
Acceptance		
Accessibility/Availability/proximity		
Affection		
Authenticity		
Balance		
Being in the Moment		
Comfort		
Commitment		
Communication		
Compassion		
Compatibility		
Empathy		
Encouragement/Challenge		
Equity		
Forgiveness		
Gratitude/Appreciation		
History		
Honesty		
Humility		
Identification		
Interdependence		
Kinship/Compatibility		
Love		
Loyalty		
Mutual Attraction		
Open-mindedness		
Passion/Attraction		
Patience		
Playfulness		
Respect		
Risk		
Romance		
Security		
Sex		
Shared Background/Experiences		
Shared Beliefs		
Shared Goals		
Shared Humor		
Shared Interests		
Shared Values		
Sincerity		
Support		
Surrender/compromise		

Tolerance		
Touch/Affection		
Transparency		
Trust		
Understanding		
Value		
Vulnerability		
Willingness		

Intimacy Killing Factors	Strength of Factor (%)	Notes
Anger		
Avoidance		
Abuse (physical, sexual, verbal, neglect)		
Blame		
Catastrophizing		
Competition		
Conflict		
Conflict of interest		
Depression		
Discontentment		
Dishonesty		
Disinterest		
Disloyalty		
Distrust		
Envy		
Fear		
Greed		
Hate		
Impatience		
Infidelity		
Irrational thinking		
Irresponsibility		
Lust		
Martyrdom		
Mindreading		
Misrepresentation		
Rationalization		
Resentment		
Selfishness		
Shame		
Smothering (excessive caretaking)		
Vengeance		
Unavailability		