

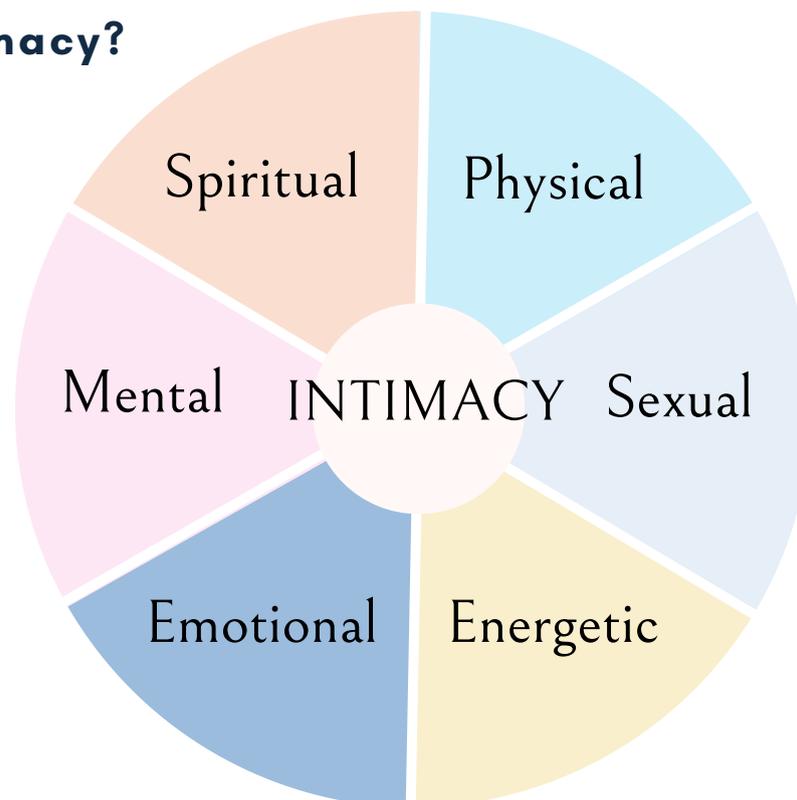


# FEAR OF INTIMACY

## What is a fear of intimacy?

A fear of intimacy means you experience discomfort and difficulty getting close to someone and letting others know who you truly are. It is a fear of getting physically and emotionally close, which can make a romantic relationship difficult as you fear taking your relationship to the next level. To get close to someone, you must trust that person and feel comfortable with them knowing all of you, the good and bad parts of yourself. To be able to do this, you must first be able to understand and be comfortable with who you are. Unfortunately, those who fear intimacy often struggle to accept and love themselves, and therefore they fear that no one can love them too. Although people with a fear of intimacy often subconsciously push others away and avoid getting too close to people, to begin with, it does not mean that they don't want to be loved or be in a loving romantic relationship, often they want nothing more than to be close with others, they have something holding them back and don't know how to overcome it.

## Types of intimacy?



# FEAR OF INTIMACY

## Spiritual

Spiritual intimacy can mean something different for everyone; it can involve sharing the same religious views, engaging in rituals, mindfulness activities, yoga, personal growth, or connecting with nature.

## Physical

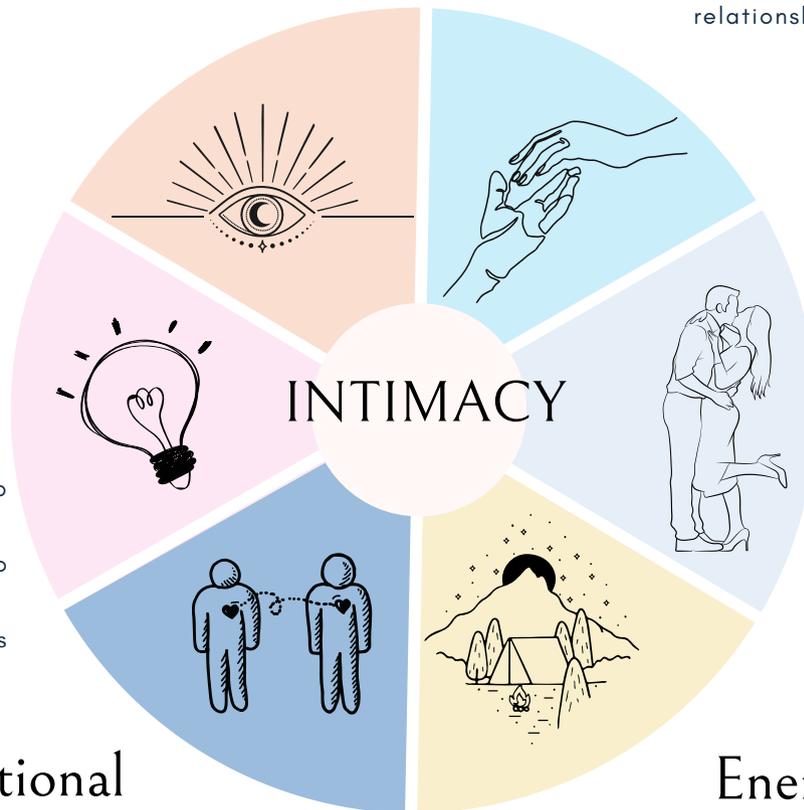
This is the form of intimacy most people are familiar with; it involves touching, kissing, holding hands, hugging, sex, etc. Although physical intimacy can be overwhelming for some people, it is crucial to maintaining a healthy relationship.

## Mental

Mental intimacy (also intellectual intimacy) involves sharing your ideas, opinions, life perspectives and intellectually challenging each other. In a relationship you should feel comfortable enough to have respectful stimulating discussions about many topics.

## Sexual

Many healthy relationships depend on a romantic sex life. Sexual intimacy should come from a positive place, a place of trust, pleasure and generosity between sexual partners, it involves vulnerability and trust.



## Emotional

Emotional intimacy is all about vulnerability, communication, and expression. Emotional intimacy fosters trust and a profound sense of security within your relationship. Therefore, it is important to figure out how you are feeling and what you need and want within your relationship so that your partner can meet those needs.

## Energetic

Energetic intimacy is all about sharing experiences. Experiences make up your life, and it's important to figure out what experiences are meaningful to you and how they fuel your energy. For example, some couples love trying new things together and sharing the same feelings throughout those new experiences.

## PHYSICAL INTIMACY



This is the form of intimacy most people are familiar with; it involves touching, kissing, holding hands, hugging, sex, etc. Although physical intimacy can be overwhelming for some people, it is crucial to maintaining a healthy relationship.

Physical intimacy is often achieved through sensual touching, which always requires respecting your partner's boundaries; make sure you both know where you stand on physical touch before entering the other's personal space.

Do you think that physical intimacy is important in a relationship?

How can a lack of physical intimacy affect your relationship?

What form of physical intimacy do you feel comfortable with?

What physical intimacy do you feel uncomfortable with? How can you improve on this?

## SEXUAL INTIMACY



Many healthy relationships depend on a romantic sex life. Sexual intimacy should come from a positive place of trust, pleasure, and generosity between sexual partners; it involves vulnerability and trust. Building sexual intimacy can have several benefits, such as connection, boosted self-esteem, the release of endorphins, and better mental health. However, closing yourself off can make it harder to foster romantic connections, and this isolation can impact your relationship and overall mental health.

Do you think that sexual intimacy is important in a relationship?

How can a lack of sexual intimacy affect your relationship?

Do you feel comfortable with sexual intimacy?

Is there any part of sexual intimacy that makes you feel uncomfortable?

# ENERGETIC INTIMACY



Energetic intimacy is all about sharing experiences. Experiences make up your life, and it's important to figure out what experiences are meaningful to you and how they fuel your energy. Some couples love trying new things together and sharing the same feelings throughout those new experiences. It's about creating meaningful memories, such as going to a concert, hiking, going on an adventure, taking a holiday to a new place,, or simply going for a peaceful walk together.

What types of experiences fulfill you?

What does your partner like to do?

What experiences do you like to do together?

What would you like to try together?

## EMOTIONAL INTIMACY



Emotional intimacy is all about vulnerability, communication, and expression. Emotional intimacy fosters trust and a profound sense of security within your relationship. How can you express and communicate your needs if you are not in touch with your emotional needs? It is crucial to figure out how you are feeling and what you need and want within your relationship so that your partner can meet those needs. If you're struggling with emotional intimacy within your relationship, you are likelier to feel lonely or resentful and less likely to feel trust, love, safety, or support.

Are you in touch with your emotions, and do you communicate them with your partner?

Does your partner communicate their needs, and how could you help them communicate more effectively?

Do you feel emotionally supported?

How could you improve your emotional intimacy?



## MENTAL INTIMACY

Mental intimacy (intellectual intimacy) involves sharing your ideas, opinions, and life perspectives and intellectually challenging each other. In a relationship, you should feel comfortable enough to have respectful, stimulating discussions about many topics, even if you share different opinions and feel safe about expressing your views. Sharing ideas, making plans together, and watching documentaries are all examples of stimulating the mental level of intimacy.

What stimulates your brain?

What kinds of discussions and conversations do I like to participate in?

What stimulating things do you have in common with your partner?

How could you improve your mental intimacy with your partner?

# SPIRITUAL INTIMACY



Spiritual intimacy can mean something different for everyone; it can involve sharing the same religious views, engaging in rituals, mindfulness activities, yoga, personal growth, or connecting with nature. In addition, spiritual intimacy can help deepen your connections to the world and people around you. Some examples may include watching the sun rise (or set) together, taking a walk through the park while holding hands, enjoying the beauty of nature, seeing the sacredness in everyday things, and sharing them.

What does spirituality mean to you?

How does spiritual intimacy deepen your connection with your partner?

How do you connect spiritually together?

How could you improve your spiritual intimacy?



## FEAR OF INTIMACY

To be intimate with someone is to share close emotional or physical ties. If you fear intimacy, you often have a subconscious fear of closeness or fear of becoming too close to others. As a result, you may unknowingly avoid intimacy and make excuses to avoid getting too close to anyone romantically. Though you may long for intimacy, it is also possible that you never seem to allow yourself to get vulnerable.

### Fear of intimacy red flags



You have trust issues or have been hurt in your past relationships.



You suffer from low self-esteem.



You feel uncomfortable with physical contact.



You have difficulty expressing your needs.



You are a perfectionist.

# FEAR OF INTIMACY

## Quiz

Read each statement carefully and rate it as either 3 (very true), 2 (somewhat true) or 1 (not true at all).

	STATEMENT	3 2 1
<b>1</b>	I feel uncomfortable telling my partner about things in the past that I am ashamed of.	
<b>2</b>	I feel uncomfortable talking with my partner about a past situation that really hurt me.	
<b>3</b>	I find it hard expressing myself and my feelings to my partner.	
<b>4</b>	There has been times when my partner was upset and I found it difficult to show them that I care about them.	
<b>5</b>	I am afraid to confide my true feelings to my partner.	
<b>6</b>	I get anxious just thinking about telling my partner that I love them.	
<b>7</b>	At times I feel uncomfortable with my partner for no reason at all.	
<b>8</b>	I feel discomfort when I express my feelings to my partner.	
<b>9</b>	I feel afraid to make any long term commitments with my partner.	
<b>10</b>	I feel very uncomfortable sharing my past experiences to my partner, even the happy ones.	



# FEAR OF INTIMACY

## Quiz

	STATEMENT	3 2 1
<b>11</b>	I get nervous when I show physical affection to my partner.	
<b>12</b>	I find it difficult to be truly open to my partner.	
<b>13</b>	I don't like it when my partner emotionally depends on me.	
<b>14</b>	I am afraid to share with my partner what I dislike about myself.	
<b>15</b>	I am afraid to get closer with my partner as there is a risk that I could get hurt.	
<b>16</b>	I feel more comfortable keeping private information to myself.	
<b>17</b>	I feel don't comfortable being spontaneous with my partner.	
<b>18</b>	I am a closed book, I am a very private person.	
<b>19</b>	I often have moments of unexplainable frustration, coldness, or indifference towards your partner?	
<b>20</b>	I feel uncomfortable when my partner shares their personal feelings and experiences with me.	



# FEAR OF INTIMACY

## Quiz

	STATEMENT	3 2 1
<b>21</b>	I am afraid of sharing my person thoughts and feelings with my partner.	
<b>22</b>	I find it difficult to trust my partner.	
<b>23</b>	I feel comfortable telling my partner what my needs are.	
<b>24</b>	Sometimes I just shut down when I am around my partner, for no reason at all.	
<b>25</b>	I feel stuck at a certain point in my relationships and find it hard to move to the next stage in my relationships.	
<b>26</b>	I feel uncomfortable showing physical affection, even though I want to receive it.	
<b>27</b>	In my past I have had too many or too few unstable relationships.	
<b>28</b>	I fear being rejected or hurt by your partner.	
<b>29</b>	I have low self esteem and often devalue myself.	
<b>30</b>	I have been told in the past by my ex partners that I always keep them at arms length.	



# FEAR OF INTIMACY RESULTS

Add up your results. You should have a score between 30 - 90.

## SCORE BETWEEN 70 - 90

You have a high score on the 'Fear of Intimacy' quiz, which means you are most likely struggling to get emotionally and physically with your partner. You may or may not be doing this deliberately.

Having a fear of intimacy in your relationship can cause stress, which could lead to a breakdown in your relationship, even before any real intimacy begins. In the future, you may need to understand why you have developed such a fear of intimacy and try and work on opening up to your next partner to maintain any future relationships.

## SCORE BETWEEN 50 - 70

You have a middle score on the 'Fear of Intimacy' quiz, which means that although you are not entirely closed off to your partner, you still have many areas in your relationship that you need to work on within yourself. Try to understand what area of Intimacy you struggle with the most, whether it is emotional, physical, spiritual, or intellectual.

To be truly intimate with someone means Intimacy means you can honestly reveal your true self to your partner and connect on a deep level. In the future, try to grow from your past relationships, learn from where you held yourself back, and move forward.

## SCORE BETWEEN 30 - 50

You have a low score on the 'Fear of Intimacy' quiz, meaning you do not fear intimacy in your relationships. This is great as you feel very secure and confident within yourself. As a result, you can express yourself clearly and comfortably with your partner.

In the future, in your future relationships, remember that there is constantly growing and learning to be done; keep being honest with yourself, and don't let anyone take advantage of you; do not be fearful in your relationships. Even if your heart is broken, "Better to have loved and lost than never to have loved at all."





# WAYS TO OVERCOME YOUR FEAR OF INTIMACY

1

Start by addressing the problem and reflect back to when they began.

2

Practice self-validation. You need to be comfortable with who you are and value yourself as a person.

3

Communicate and respect each others values and opinions

4

Accept Uncertainty. You may already fear that your relationship won't work, and you are scared of getting hurt. Of course, there is uncertainty with every relationship, but that doesn't mean you shouldn't give it a go.

5

Look at Your Goals  
What do you really want in life? Do you want a long-term intimate relationship?

6

Challenge your inner critic. Try to stop listening to that little voice inside your head that feeds you information like, "He doesn't really love you."

7

Don't be afraid to feel your feelings. Being in love is a great feeling you shouldn't hold in. If you feel like screaming, "I'm in love," then do it.

5

Be vulnerable and open. Don't play games such as, "I'll wait three days before calling."

6

Look at your history; where has your fear of intimacy come from? Figuring out things from your past can help you view your relationships from an entirely different perspective.

7

Relax; if you have trouble with intimacy, it can often cause stress and anxiety. Relaxation activities can help relieve this stress and make it easier to get intimate.



# ALL ABOUT ME

NAME \_\_\_\_\_ NICKNAME \_\_\_\_\_

STAR SIGN \_\_\_\_\_ D.O.B \_\_\_\_\_

## FAVORITE FOODS

● \_\_\_\_\_  
● \_\_\_\_\_  
● \_\_\_\_\_

## FAVORITE SONGS

● \_\_\_\_\_  
● \_\_\_\_\_  
● \_\_\_\_\_

IF I WON A MILLION DOLLARS, WHAT WOULD I DO WITH IT?

## WORDS THAT DESCRIBE ME

● \_\_\_\_\_  
● \_\_\_\_\_  
● \_\_\_\_\_

## IN MY SPARE TIME I LIKE TO

● \_\_\_\_\_  
● \_\_\_\_\_  
● \_\_\_\_\_

A QUOTE THAT INSPIRES ME IS



# REFLECTIVE QUESTIONS TO BUILD INTIMACY

Are you more likely to avoid conflict or engage in it? Why?

Can you think of a couple you know with a great marriage? What characteristics of their marriage would you like to see in yours?

Do you feel that you've had closure with your former partner?

Do you harbor any sexual fears?



# REFLECTIVE QUESTIONS TO BUILD INTIMACY



How did your father treat your mother and vice versa?

Blank space for reflection on the question: How did your father treat your mother and vice versa?

How do you express your love for your partner?

Blank space for reflection on the question: How do you express your love for your partner?

How do you feel about displays of affection in public?

Blank space for reflection on the question: How do you feel about displays of affection in public?

How would you like your partner to express his or her love for you?

Blank space for reflection on the question: How would you like your partner to express his or her love for you?

# REFLECTIVE QUESTIONS TO BUILD INTIMACY

If this is your first sexual experience, what are your expectations?

If you could eliminate one weakness or limitation in your life, what would it be?

What actions make you feel emotionally closer to your partner?

What characteristics of your parents' marriage would you like to see in yours?



# REFLECTIVE QUESTIONS TO BUILD INTIMACY



What characteristics of your parents' marriage would you like to avoid?

Blank space for writing answers to the first question.

What do you need to feel secure?

Blank space for writing answers to the second question.

What do you think is the key to a happy marriage?

Blank space for writing answers to the third question.

What does "true love" mean to you?

Blank space for writing answers to the fourth question.

# REFLECTIVE QUESTIONS TO BUILD INTIMACY

What is your favorite part of your body?

What is your favorite part of your partner's body?

What makes you feel hurt or rejected by your partner?

What type of emotional support would you like to get more of from your partner?



# REFLECTIVE QUESTIONS TO BUILD INTIMACY



What was your first heartbreak like?

What's something about yourself that you hope will change, but that probably never will?

What's something you used to believe about relationships, that you no longer do?

Would you describe yourself as more of a feeler or a thinker?

