

RENOVI RELATIONAL THERAPY

Relational Funnel Map

A Guided Worksheet for Understanding
the Six Dimensions of Connection

Client Worksheet + Clinical Handout

Designed to pair with the RRT Protection Cycle and Connection Cycle.

How to Use This Exercise

A guided map for exploring relational depth, safety, and connection.

The Relational Funnel Map helps you understand the different dimensions of relational connection. In RRT, connection is not only about communication or conflict resolution. Connection deepens as safety increases across the whole relationship: what we do together, how we think together, what we feel together, what we value together, and what future we are building together.

Use this worksheet to reflect on one important relationship. You can complete it individually, use it as a conversation guide with someone you trust, or bring it into a therapy or coaching session.

The goal is not to force depth. The goal is to notice where safety is present, where protection may be active, and where connection can grow with care.

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|---|---|
| 1 | Physical Shared presence |
| 2 | Experiential Shared experience |
| 3 | Intellectual Shared thoughts, ideas, and opinions |
| 4 | Emotional Shared feelings, fears, and longings |
| 5 | Spiritual Shared meaning, values, and purpose |
| 6 | Aspirational Shared hopes, dreams, and future |

The Relational Funnel

Understanding the six dimensions of connection.

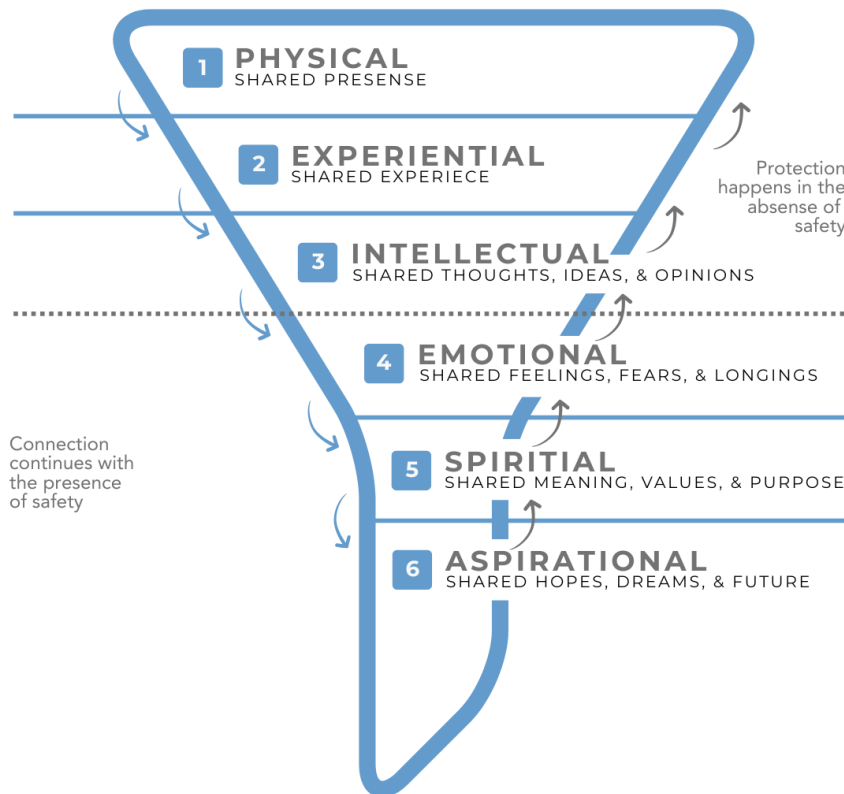
THE RELATIONAL FUNNEL

UNDERSTANDING THE SIX DIMENSIONS OF CONNECTION

RELATIONAL CONNECTEDNESS

Deep relational connection requires the courage to risk full transparency and complete vulnerability to experience the reward of true authenticity. Relational connectedness is experienced in six interconnected areas of relational intimacy; physical, social, intellectual, emotional, spiritual, and aspirational. Increased connection requires increased safety at each level of relational engagement.

The relational funnel illustrates the linear process and cyclical patterns of deepening relational connectedness.



Part One: Choose a Relationship to Map

Start with one relationship and one season of connection.

Choose one relationship you want to better understand. This may be a spouse, child, parent, friend, team member, ministry partner, or other meaningful relationship.

Relationship I am mapping

Name the relationship and briefly describe the current season.

- What relationship am I reflecting on?
- What has felt encouraging, strained, distant, or important lately?

Before you move into the six dimensions, briefly rate the overall sense of connection and safety in this relationship right now.

Overall connection

Low 1 2 3 4 5 High

Overall emotional safety

Low 1 2 3 4 5 High

Openness to repair

Low 1 2 3 4 5 High

What I hope to understand

Use this space to name what you are hoping to see more clearly.

- Where do I feel connected?
- Where do I feel protected, guarded, or unsure?
- What would I like to understand before trying to change?

Part Two: Map the Six Dimensions of Connection

Notice where connection feels strong and where safety needs to grow.

For each dimension, write what you notice. Be honest and gentle. The purpose is not to score the relationship as good or bad. The purpose is to understand where connection has room to deepen.

1 Physical

Shared presence

How do we experience presence, proximity, availability, touch, body language, or physical rhythms together?

2 Experiential

Shared experience

What do we actually do together? What moments, routines, memories, or activities help us feel connected?

3 Intellectual

Shared thoughts, ideas, and opinions

How safe is it to share thoughts, preferences, questions, ideas, opinions, or perspectives?

4 Emotional

Shared feelings, fears, and longings

How safe is it to share emotions, hurts, fears, needs, longings, or disappointments?

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|----------|--|
| 5 | Spiritual |
| | Shared meaning, values, and purpose |
| | How do we talk about meaning, values, faith, purpose, formation, or what matters most? |
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| | |
|----------|--|
| 6 | Aspirational |
| | Shared hopes, dreams, and future |
| | How do we share hopes, dreams, vision, goals, and the future we are building together? |
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Now step back and look for patterns across the funnel.

What I notice across the funnel

Use these prompts to identify the larger pattern.

- Which dimensions feel most connected?
- Which dimensions feel most protected, distant, or avoided?
- Where does the relationship tend to get stuck?
- Where might safety need to increase before depth can grow?

Part Three: Identify Protection and Connection

Where protection is active, connection usually needs safety.

The Relational Funnel helps reveal where protection may be active. Sometimes people appear distant at one level because they do not yet feel safe at a deeper level. For example, a couple may spend time together physically and experientially, but avoid emotional or spiritual depth because past attempts led to criticism, dismissal, conflict, or shame.

Where protection may be active

Look back over the six dimensions and name where protection seems to show up.

- Where do I tend to withdraw, defend, control, please, fix, avoid, or go quiet?
- Where might the other person seem guarded or protected?
- What level of the funnel feels hardest to enter with openness?

What safety may be needed

Connection deepens with safety, not pressure.

- What would help this level feel safer?
- What reassurance, boundary, pace, repair, or clarity may be needed?
- What would help both people feel respected rather than pushed?

Protection often happens in the absence of safety. Connection continues with the presence of safety.

Part Four: Choose One Next Step

Move with intention, not pressure.

The goal of this worksheet is not to fix everything at once. Choose one level of the funnel where connection can grow with care and practice. A small, consistent step is often more helpful than a large, pressured conversation.

The dimension I want to focus on

Choose one level of the funnel to strengthen right now.

- Physical, experiential, intellectual, emotional, spiritual, or aspirational?
- Why does this level matter in this season?

A safe next step

Identify one concrete way to practice connection.

- What can I initiate, invite, ask, clarify, repair, or practice?
- How can I keep this step respectful, paced, and emotionally safe?
- What would help us re-engage if the conversation becomes protective?

A sentence I could use

Prepare language that is honest, gentle, and connecting.

- Examples: "I would like to understand this part of our relationship better." "I am not trying to pressure you; I want us to feel safer here." "Could we talk about what would help this feel more connected?"

Summary Page

Relational Funnel Map

The Relational Funnel is a map for understanding how connection deepens across six dimensions: physical, experiential, intellectual, emotional, spiritual, and aspirational. Each level represents a different kind of shared life.

In RRT, deeper connection requires greater safety. When safety is present, people are more able to move toward honesty, vulnerability, repair, and shared meaning. When safety is absent, people often move into protection, even if they long for connection.

| | |
|-----------------|--|
| 1. Physical | Shared presence: proximity, body language, availability, touch, and rhythms of being together. |
| 2. Experiential | Shared experience: activities, memories, routines, rituals, and daily life together. |
| 3. Intellectual | Shared thoughts: ideas, opinions, perspectives, questions, and honest conversation. |
| 4. Emotional | Shared feelings: fears, hurts, needs, longings, grief, joy, and vulnerability. |
| 5. Spiritual | Shared meaning: values, faith, purpose, formation, and what matters most. |
| 6. Aspirational | Shared future: hopes, dreams, goals, vision, and the life you are building together. |

A Note About Pace

Depth cannot be demanded. It is built through repeated experiences of safety, honesty, repair, and care. When a relationship has been shaped by pain, conflict, avoidance, or disconnection, the pathway back to depth usually begins with small, trustworthy steps.

The invitation is not to rush deeper. The invitation is to build enough safety that deeper connection can become possible.

Moving Toward Renewal

As you use the Relational Funnel Map, pay attention to both longing and protection. Longing often reveals where connection matters. Protection often reveals where safety is needed. When you can hold both with compassion, you begin the work of relational renewal.