

*This workbook version can be edited on your computer or printed out and completed by hand.
If you edit it on your computer, you must save to your computer and then complete the pdf.*

*Do not complete the pdf in your internet browser. I invite you to test it by typing in at least 1 cell,
save as a new document; close and re-open.*

Live **WE** Fully



MODULE 3 Ground Zero

INTIMACY

Please complete this individually

INTIMACY

When you hear the word "intimacy", what comes to mind?

How do you feel inside?

Rate the following questions on a scale of 1 - 5, with 1 being not intimate at all and 5 being you feel you have a very deep understanding/detailed knowledge of yourself?

On a scale of 1-5 how intimate do you feel you are with your partner?

.....

1 2 3 4 5

What about how intimate you are with yourself?

.....

1 2 3 4 5

Intimacy Type N^o. 1

DETAILED KNOWLEDGE OR DEEP UNDERSTANDING OF A SUBJECT
(YOU AND YOUR PARTNER)

Rate the following questions on a scale of 1 - 5, with 1 being not intimate at all
and 5 being you feel you have a very deep understanding/detailed knowledge of
yourself?

Using this definition, how would you rate yourself on a scale of 1-5?

.....
1 2 3 4 5

What about with your partner?

.....
1 2 3 4 5

Are you satisfied with where you are?

What would you like to improve?

Intimacy Type N^o. 2

AN ACT OR EXPRESSION SERVING AS A TOKEN OF FAMILIARITY OR
AFFECTION

On a scale of 1-5 with yourself first. Do you feel you ACT/EXPRESS a level of intimacy towards yourself?

Do you address yourself kindly, both internally and externally? i.e. Do you defame yourself in public, talk yourself down, use rude or condescending language? What about your internal voice?

.....

1 2 3 4 5

Now... On a scale of 1-5 how would you rate your acts of intimacy with your partner?

Do you feel you ACT/EXPRESS a level of intimacy towards your partner? (Do you address them kindly, both internally and externally?) i.e. Do you defame them in public, talk them down, use rude or condescending language? What about your internal voice concerning your partner?

.....

1 2 3 4 5

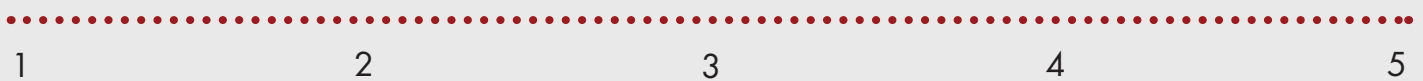
The way you think and act towards yourself and your partner has a PROFOUND affect on your relationship. Simply by changing the way you think about them, can dramatically shift the way you experience your entire relationship.

Intimacy Type N^o. 3

THE QUALITY OF BEING COMFORTABLE, WARM, OR FAMILIAR

On a scale of 1-5 how comfortable are you with yourself?

This may seem like an odd question, but we can attest to times where we felt uncomfortable being in our own skin. Where we felt we didn't quite know ourselves. This can change given outside circumstance, changes in your life... It is important for you to be able to identify if this is present for you. Being able to share with your partner that you feel uncomfortable being you right now, can explain a lot of behavior and instead of fighting or bringing you apart, it can actually bring you closer together.



Now, what about your partner?

On a scale of 1-5 how comfortable are you with your partner?

Just because you are in relationship doesn't mean you feel comfortable and familiar automatically. In fact, sometimes as the years go by you may feel more uncomfortable than you did in the beginning.



PAY ATTENTION: You can also take each other for granted and feel OVERLY comfortable. Because you might feel like you are a 5 and very comfortable, which could be true, but your partner could be interpreting this as you feeling like you no longer have to try or you are taking them for granted.

Intimacy Type N^o. 4

SEX

Starting with you, how do you feel about how you show up in the sexual side of your relationship?

1 being you do not try at all, you do not care, and you are closed.

5 being you are putting forth as much effort as possible and always looking at ways to enrich the sexual intimacy of your relationship.

How are you showing up in the area of sex in your relationship?



Now, what about how you feel your partner is showing up? We understand this can feel very scary, it is also incredibly valuable information for you to know.

On a scale of 1-5, how do you feel your partner is showing up in the area of sexual intimacy?

1 being you feel your partner doesn't care, doesn't make time for and is not at all interested in sexual intimacy with you.

5 being this is a potent aspect of your relationship. You feel desired and wanted by your partner and feel they desire and want you too.



BRAVO!

To close this portion of the module your L.A. is to journal for 10 min on how this feels to you and what awareness you are having so far... You can use your journal, or the lines below for this.

DO NOT SHARE with your partner...

This is for your insight only for the time being...You will have an opportunity to share as we deepen into this module.

BRAVO!
You are doing beautifully...

NOTES
