

PART B: SPECIFIC AREAS

VI. Intimacy

6.1 Is intimacy with other human beings an important value for you?

5	4	3	2	1
Extremely	Somewhat	Neither important	Not very	Not at all
Important	Important	nor unimportant	important	important

6.2 For you, what are the rewards and advantages that come from intimacy?

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6.3 For you, what are the main problems and disadvantages of intimacy?

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6.4 What are the main stumbling blocks that you feel keep you from developing increased intimacy?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

6.5 Using your own definition of intimacy, how many people would you say you are

very intimate with \_\_\_\_\_

intimate with \_\_\_\_\_ (do not include very intimates in this number)

6.5a Of the number of people that you are very intimate with, how many are \_\_\_\_\_ male \_\_\_\_\_ female

6.5b Of the number of people that you are intimate with, how many are \_\_\_\_\_ male \_\_\_\_\_ female

VI. Intimacy (con't)

6.6 How do you define intimacy?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6.7 What are the aspects of yourself that you feel might keep you from developing increased intimacy?

\_\_\_\_\_  
\_\_\_\_\_

6.8 What are aspects of yourself that you feel facilitate your developing increased intimacy?

\_\_\_\_\_  
\_\_\_\_\_

6.9 What is the longest length of time you have been in a committed relationship?

\_\_\_\_\_

6.9a Is that relationship still ongoing?      Yes      No

6.10 What qualities do you look for in an intimate relationship?

- 1.(most important) \_\_\_\_\_
- 2.(second most important) \_\_\_\_\_
- 3.(third most important) \_\_\_\_\_

6.11 Is it important for you to have a few close friends?

1	2	3	4
Very important	Somewhat important	Very little important	Not at all important

6.12 In general, do you feel you need people?

1	2	3	4
Very much	Somewhat	Very little	Not at all

6.13 If yes, how do you feel about needing people?

1	2	3	4
Fine	Pretty good	A little bothered	Very bothered

6.14 If no, how do you feel about not needing people?

1	2	3	4
Fine	Pretty good	A little bothered	Very bothered

VI Intimacy (con't)

6.15 Do you fear being "trapped" by a relationship?

1	2	3	4
Very much	Somewhat	Very little	Not at all

6.16 In general, how would you describe the act of love making:  
(check one:)

\_\_\_\_\_ someone makes love to you      you make love to someone \_\_\_\_\_

Card 17

II 6.1A Is intimacy with other human beings an important value for you?

- space 50: 1 not at all important
- 2 not very important
- 3 neither important nor unimportant
- 4 somewhat important
- 5 extremely important

6.2 For you what are the rewards and advantages that come from intimacy?

~~spaces~~ and : ( Internal feelings, or actions (things I feel or do) )

Component  
Checklist

- II 51 warmth
- II 52 gentle calm
- II 53 feeling (good, peaceful, <sup>happy</sup>, joy)
- II 54 acceptance
- II 55 giving love
- II 56 comfortable, relaxed - contentment
- II 57 growth
- II 58 feeling needed

Spaces 51-66

1 = yes

( Interaction, involving a n exchange )

- II 59 Interdependency
- II 60 sharing
- II 61 trust
- II 62 understanding (other realities)
- II 63 friendship, companionship
- II 64 exchange of love
- II 65 communion with another (unity)
- II 66 opportunities to touch
- II 67 Support

~~spaces and the same as spaces and~~

~~spaces and the same as spaces and~~

- II 68 Ability to be vulnerable (Internal feeling)
- II 69 Self validation
- II 70 Life enrichment, creativity
- II 72 Honesty
- II 73 excitement
- II 74 - personal freedom
- II 75 Security
- II 76 Cohesive, ...

II 77 - hope

CARD 18

6.3 For you, what are the main problems and disadvantages of intimacy?  
spaces and :

Spaces 1-6 = ID

7-8-Card #

(Internal feelings or actions (things I do or feel))

- IA 9 vulnerability
- IA 10 being or feeling hurt (depression when lose)
- IA 11 loss of self, invest too much of self, demands
- IA 12 dependency
- IA 13 pain
- IA 14 fear of (.....) anxiety

Spaces 9-22 =

1 yes

if component present

(Interactions involving an exchange or "others doing")

- IA 15 betrayal
- IA 16 rejection
- IA 17 differences
- IA 18 closeness
- IA 19 taken advantage of
- ( External issues )
- IA 20 time
- IA 21 misinterpreted by others Interpersonal Issues
- IA 22 conflict with profession

~~spaces and same as spaces and~~  
~~spaces and same as spaces and~~

Contry 18  
Cody 18  
Person 18  
Cody 18

Card 18

I6.4 what are the main stumbling blocks that you feel keep you from developing increased intimacy?

Item

spaces 23-38

~~check list~~

(Self, coming from own feelings or values)

- IB 23 = fears or anxiety about being hurt or rejected (too risky) *fear that sex will be substituted for intimacy*
- IB 24 = anger
- IB 25 = shyness, can't initiate
- IB 26 = defensiveness
- IB 27 = not trusting
- IB 28 = too needy
- IB 29 = low self image
- IB 30 = internal standards or rules
- IB 31 = not a priority (not important, takes too much time.)
- IB 32 = low energy *Not wanting to, too much effort & work required too involved in self*

(External)

- IB 33 = no time
- IB 34 = no opportunity
- IB 35 = can't find the right person
- IB 36 = other people aren't interested
- IB 37 = problems with maintaining several relations - spouse - or have plenty
- IB 38 = previous experience (up bringing, was raped)

LARD  
18

I 6.6 How do you define intimacy? (information was coded for whether certain components are contained in the definition; space will be marked (1) if component present in definition.)  
Self-only defined in terms of respondent's pay off

- IC 45 sharing self | yes
- IC 46 feeling it's okay to be yourself | yes
- IC 47 honest | yes

Defined with some component of exchange being present:

- IC 48 sharing | yes
- IC 49 trusting (risk taking) | yes
- IC 50 open-ness, honesty | yes
- IC 51 closeness | yes
- IC 52 mutual acceptance | yes
- IC 53 caring, loving, concern, admiration, affection | yes
- IC 54 mutual responsibility | yes
- IC 55 knowledge of another | yes
- IC 56 unity | yes
- IC 57 exclusive relationship | yes
- IC 58 maintaining integrity in conjunction with one of the above, | yes
- IC 59 understanding

*B not there*

*45-59 = mv*

I 6.7 What are the aspects of yourself that you feel ~~might keep you from~~ developing increased intimacy?

spaces 60-73 ~~yes~~ ID 60 fear of something that might take place (fear or rejection, failure in the relationship, fear of being hurt, and fear of components that are an aspect of intimacy such as sex.)  
if component present

- ID 61 self image (self confidence, self acceptance, *insecure*)
- ID 62 Shyness (tendency to not be outgoing, not socially skilled)
- ID 63 internal standards that narrows range of intimate partners
- ID 64 Having an attitude that suggests negativity or lack of confidence in others (cynicism, mistrust, suspicion).
- ID 65 Previous experience
- ID 66 Not interested in pursuing relationship (not worth risks, not needed, not enough time, not a priority, don't need more relationships.)
- ID 67 Facade or internal barriers to open-ness, *pride*
- ID 68 Need for independence (*fear of being down and out*)
- ID 69 Tendency to withdraw
- ID 70 Cautious
- ID 71 Over concern about what others think
- ID 72 *NONE*
- ID 73 Rejection from people dependent on me

IE 6.8 what are aspects of yourself that you feel facilitate your developing increased intimacy?

- space 9 Open, honest, not afraid of self disclosure | yes
- IE 10 Caring or /and affectionate ( loving, understanding, compassion, empathetic, warmth | yes
- IE 11 Take risks | yes
- IE 12 Need or desire for relationship | yes
- IE 13 Self acceptance (self confidence, trust self). | yes
- IE 14 Willing to accept others as they are (non-judgemental) | yes
- IE 15 Desire for growth or change | yes
- IE 16 Out going, or willing to actively pursue meeting others, | yes

Country 19  
 City 19  
 Person 19  
 Ordner 19

IE 6.9 What is the longest length of time you have been in a committed relationship

spaces 17-18 (use the the number of years rounded off to the closest year. under one year, put 98)

IE 6.9a Is that relationship still ongoing?

space 19 = 1=yes  
 2=no

~~IF1~~ What qualities do you look for in an intimate relationship?

most important:

- IF1 spaces 20-21 = 01 acceptance (of individual or mutual)
- 02 open-ness, honesty, genuineness, sincerity
- 03 caring (loving, warmth, affection, compassion)
- 04 trust (individual or mutual)
- 05 understanding
- 06 respect
- 07 sharing (sharing ideas, feelings, thoughts)
- 08 communication (physical or verbal)
- 09 fun, pleasure, *satisfaction*
- 10 similarities (in ideas, beliefs, interests.)
- 11 closeness (mutuality, unity)
- 12 physical expression or contact (affection, sexual)
- 13 humour
- 14 feeling good about self (self confidence, self acceptance, buyoncy of spirit)
- 15 intelligence
- 16 commitment

- 17 Freedom
- 18 some one I can relate to
- 19 courage to take risks
- 20 Being non judgemental
- 21 Easygoing
- 22 give + take
- 23 gentleness
- 24 leadership
- 25 maturity
- 26 friendship
- 27 need

~~IF2~~  
~~IF1B~~ spaces 22-23 same as spaces 20-21 (2nd Importance)  
~~IF1C~~ spaces 24-25 same as spaces 20-21 (3rd Importance)

IF3  
 17 freedom



6.2 - Rewards of Intimacy

Self

1. feel loved wanted and needed
2. inner glow, warmth, relaxed, in touch with inner self
3. excitement, more energy
4. fulfilled, completed, whole
5. personal freedom, liberation
6. growth, change, maturity

Interpersonal

1. accepted as I am, understood
2. sharing, expressing self, opening up
3. trust
4. authentic friendship
5. learning about others, listening
6. being able to touch
7. humor, sharing good times
8. security, back-up system
9. sexuality, sensuousness
10. being able to give to others
11. getting respected feedback, opinions, reactions to self
12. honesty
13. intellectual agreement
14. mutual interests

External

1. transcendence, one with world
2. function more effectively outside

### 6.3 - Problems of It

#### Self

1. anxiety "Makes me nervous to get close."
2. lose identity "I will lose my sense of boundaries."
3. effort "It takes too much effort to get close."
4. not right "It's bad to get close."
5. self doubt "I'm not worth getting close to."
6. no experience "I'm not sure I know how to be intimate."
7. exposed "I feel too vulnerable, uncomfortable."

#### Interpersonal

1. vulnerability "I could be taken advantage of."
2. rejection "I may be rejected. I'm not good enough."
3. demands "No time for me."
4. inequality "I'll give but not get back."
5. dependency "I (they) will just become dependent."
6. sexuality "I want/don't want sex to be a part of it."
7. ending it "I don't know how to end relationships."
8. conflict "I don't like to fight."

#### Other

1. time "Takes too much time."
2. other people will know "What will the neighbors think?"

## 6.4 - stumbling blocks

### Self

1. fear
2. low self esteem, unworthy, unattractive
3. high standards get in the way
4. shyness
5. learned that intimacy is bad
6. low desire, no energy for it
7. never learned how

### Interpersonal

1. can't find the right person
2. need to be in control always.
3. been hurt before. won't risk again
4. dislike men/women
5. mate. partner won't respond to me
6. lose sense of self identity to others
7. don't trust mate. won't open up
8. fear of being left, losing intimacy

### Other

1. time, takes too much
2. concerned what neighbors, relatives would think

6.7. ~~barriers~~ (see 6.4).

#### Personal Qualities

- |                            |   |
|----------------------------|---|
| 1. lack of self confidence | "I'm not good at it."                             |
| 2. fear of vulnerability   | "I feel too exposed."                             |
| 3. too proud               | "Hard to drop my facade."                         |
| 4. too angry, cynical      | "I put other people off."                         |
| 5. impatience              | "Who needs intimacy? Takes too long."             |
| 6. shyness, introversion   | "I like solitude."                                |
| 7. lack of self knowledge  | "I don't know myself well enough to be intimate." |

#### Interpersonal

1. may be rejected
2. can't trust, suspicious
3. high standards, too picky, judgmental
4. need to be independent
5. may be unrequited
6. past failures
7. denial of feelings of attractiveness, attraction

#### Other reasons

- |                             |                     |
|-----------------------------|---------------------|
| 1. not enough time          |                     |
| 2. moral, religious reasons | "Been told not to." |

## 6.8 Facilitate

1. not afraid of intimacy
2. I desire it, seek it out
3. not judgemental, accepting
4. honest
5. warm, loving, caring
6. openness
7. understanding, empathetic, COMPASSION
8. humor
9. patient
10. willing to give
11. trust myself, self confidence
12. like to be active with others, extraversion
13. pay off worth the risk - willing to take risk.

6.10 — *what you look for*

- |                    |  |
|--------------------|--|
| 1. sharing         | "Chance to share ideas, feelings, activities." |
| 2. honesty         | "To be completely open with each other."       |
| 3. acceptance      | "To be accepted as I am."                      |
| 4. understanding   | "To be understood, respected, listened to."    |
| 5. freedom         | "to be intimate but not committed."            |
| 6. activities      | "Doing things together."                       |
| 7. sexuality       | "To be sexual, physical, to touch."            |
| 8. similarities    | "Areas where we agree."                        |
| 9. humor           | "Able to laugh together."                      |
| 10. commitment     | "Knowing that we are committed to each other." |
| 11. submissiveness | "Someone who does what I tell them."           |
| 12. leadership     | "Someone to help structure my life."           |
| 13. friendship     | "A real friend."                               |
| 14. lover          | "Someone to love and to love me."              |
| 15. growth         | "To grow and mature with another person."      |

6.2 FOR YOU, WHAT ARE THE REWARDS AND ADVANTAGES THAT COME FROM INTIMACY?

1. closeness, warmth  
support, love  
sharing, acceptance
2. warm feelings  
authenticity
3. sharing, trusting  
true friendship
4. human contact - caring  
tenderness
5. giving and receiving
7. sharing feelings  
able to be vulnerable  
not faking reciprocity ? would not be a mistake
8. life enrichment  
understanding other realities  
validation of self
9. acceptance, sharing  
feel needed
10. a lovely warm feeling
11. not alone  
able to give myself  
learning
12. feel loved and needed  
sharing and trusting
13. sharing aspects of self  
opportunity to touch
14. trust  
knowing others, they know you
15. fulfillment and contentment
17. warmth, comfort, excitement  
acceptance, self enhancement
18. transcendence, affirmation
19. comfortable, relaxed
20. feeling effective  
a calm gentle spot
21. happiness  
growth  
personal freedom
22. growth/creativity  
security - fun

6.2.

23. able to give <sup>2</sup>  
mutual enjoyment <sup>2</sup>

24. self reinforcement <sup>1</sup>  
warm feelings <sup>1</sup>  
back-up system <sup>?</sup>

26. self acceptance <sup>1</sup>  
relaxation,  
happiness <sup>1</sup>

28. feel unity <sup>1</sup>  
belonging <sup>1</sup>  
self acceptance <sup>1</sup>

29. sharing <sup>1</sup>

30. warmth, closeness <sup>1</sup>  
trusted feedback - <sup>2</sup>  
shared experiences - <sup>2</sup>

34. closeness, well being  
sharing - <sup>2</sup>

35. greater freedom for self and other - <sup>2</sup>  
more creative <sup>1</sup>

36. companionship, warmth, appreciation, dependability, security  
sharing, being listened <sup>2</sup>to, support <sup>2</sup>, exchange of ideas,  
someone to bounce ideas off of, can be genuine <sup>1</sup>

37. harmony <sup>1</sup>  
sensuousness <sup>1</sup>

38. mutual self expression - <sup>2</sup>  
warmth and understanding <sup>1</sup>

40. sense of complete love <sup>1</sup>  
sharing <sup>2</sup>

41. good feelings <sup>1</sup>  
knowing you have someone to touch <sup>2</sup>

42. trust building <sup>2</sup>  
personal growth <sup>1</sup>

43. sharing myself - relaxing <sup>1</sup>  
<sup>2</sup>trusting and confidence <sup>1</sup>  
relax and be myself <sup>1</sup>

44. to be loved and give love <sup>2</sup>

45. closeness <sup>2</sup>  
feeling accepted and loved <sup>1</sup>

46. feeling of closeness and caring <sup>2</sup>?

47. communion with another <sup>2</sup>  
mutual identity <sup>2</sup>  
security <sup>1</sup>



- 6.2.
48. good feelings about self "  
enjoy anotheer's fulfillment 2
  49. sense of be#onging |  
being trusted 2
  50. sharing and caring 2  
growth and learning |
  51. growth |  
seeing self clearly from contact 2
  52. sharing/  
interdependence that creates good feelings 2
  54. expressing things inside to objective listener 2  
2 sharing, trying new things |
  55. sharing feelings, achievements  
respected feedback 2  
being loved. / a 2
  56. comfort. love. security  
acceptance without defenses
  57. extension of my world |
  58. sharing myself  
discovering someone else's world 2
  59. greater awareness of other as well as self 2
  60. growth , change  
feel secure |  
enjoy giving |
  61. change to give recieve 2
  62. physical, emotional, spiritual satisfactions |  
interdependency 2  
companionship 2
  63. sharing thoughts, feelings with a friend 2
  64. mutual nurturing 2  
commitment to mutual understanding 2
  65. feeling stimulated, growth |
  66. intimacy, seeing myself and others in new ways |
  67. feeling close, belonging, friendship  
reliance on another 2
  68. joy, security, hope
  69. giving love |  
getting to know and love self better |
  70. closeness, warmth, purpose, meaning /

6.2.

71. in touch with inner core |  
loving - being loved<sup>2</sup>  
energy producing |

72. needing to be close to another |

6.3. FOR YOU, WHAT ARE THE MAIN PROBLEMS AND DISADVANTAGES OF INTIMACY?

1. increased vulnerability from self disclosure *feeling vulnerable?*  
*or getting hurt by another*
2. possible betrayal from other
3. misunderstanding which can hurt
4. risking vulnerability
5. being hurt
7. may be hurt, real me isn't good enough
8. loss of self - danger of building trust
9. risk of rejection
10. feel rejected or left out when I don't receive intimacy
11. invest too much of self
12. scared of being used by a man  
separate intimacy with sexuality
13. fear of betrayal  
3 time and energy consuming
14. demands
15. risk of relationship failure
17. fear of dependency, self exposure
18. requires time
19. can be misinterpreted by others
20. not getting as much as giving  
2 rejection fear
21. risking being hurt
22. vulnerability
23. finding people who will allow themselves to be intimate
24. depends on the willingness of the other person
26. time consumed  
1 pain when lost
28. identity loss  
1 dependency
29. betrayal
30. differences in needs, wants
34. closeness, constancy

6.3.

1 35. vulnerable

3 36. time commitment, takes effort, boring times  
1 disappointment  
3 no time to self

1 37. anxiety

1 38. taken advantage of

1 40. vulnerability

2 42. risk of rejection

1 43. vulnerability

2 44. having fights

2 45. getting energy tied up in conflicts  
3 compromises with professional life

1 46. fear of rejection, taken advantage of

2 47. taken advantage of

1 48. vulnerability to hurt

1 49. fear of being deserted  
1 loss of control if others know me too well

3 50. takes time

1 51. living life for someone else

2 52. demands of others can't be met

2 54. openness too threatening to my wife

55. vulnerable  
loss of autonomy

1 56. nervous when intimate and friend/lover role is undefined

1, 2 57. may lose myself, be rejected

3 58. takes time  
2 fear being able to hurt, be hurt

1 59. revealing oneself

? 60. too many opportunities

1 61. too eager for it  
2 too demanding for constant attention

1 62. being too honest  
1 being more uninhibited

1 63. anxiety, tension, anger

6.3.

| 64. hard to be intimate, too illusive

| 65. sometimes a tiresome burden  
2 conflicting needs

| 66. people who know me know how to undermine, or control me

267. potential rejection

268. conflicts  
| limits to personal choices  
3 time

2 69. risk of rejection

| 70. vulnerability

| 71. anxiety producing

6.4. WHAT ARE THE MAIN STUMBLING BLOCKS THAT YOU FEEL KEEP YOU FROM DEVELOPING INCREASED INTIMACY?

- 31. high and rigid standards  
intimacy has to be on my terms
- 92. people not being open to me  
not seeing a receptiveness to intimacy  
fear
- 3. ability to trust is lacking  
hurt by parents a long time ago

*affective  
actions of and the  
(past hurts)  
-Intimacy*

1a 8. fear

12 7. shyness  
↳ lack of quality time  
↳ a fear of rejection

8. a fear  
↳ anxiety  
↳ low self esteem

a9. fear of demands on me  
↳ do not want obligations

410. shyness

4 11. can't initiate it  
get cold when others approach me

11 12. was raped at 12 - unresolved  
↳ fear that sex will be used for intimacy  
↳ fear I'll be used and manipulated

a13. paranoia  
11 9 learned beliefs that this is bad

5 14. not wanting to do it

515. effort and work involved - similar to not enough time  
↳ no opportunity

a17. fear of rejection  
↳ fear rejecting the other person

↳ 18. time  
↳ defensiveness  
10 conflict with multiple relationships

*these the same*

1019. can't be intimate with many people

8 20. inability to find the right person  
↳ anger towards women in general

a 21. fear of hurt, rejection

6.4.

- 6 23. time ~~is~~
  - 5 desire
  - 9 people who are willing
- 9 24. lack of response from husband
  - a fear of rejection
  - 2 feeling unworthy or unattractive
- a 26. fear of commitment
  - a fear of being hurt
  - a fear of financial hurt
- a f 28. need other person too much  
might be left
- d 29. shyness
  - 4 inability to open up
  - a fear of betrayal
- 12 30. differences in need
- 9 34. marriage partner doesn't want to
- a 35. fear of rejection
- a 36. fear of rejection
  - 11 early training
- 5 37. unwilling to take risks
- a 38. fear of rejection
  - a fear of letting go
- g 40. not trusting the goodness of others
- a 42. fear of rejection
  - a fear of appearing stupid
- g 43. lack of trust in others
  - 2 lack of self worth
  - a fear of rejection
- a 45. fear of being vulnerable
  - 5 don't want to give up privacy
- a 46. fear of rejection
- a 47. being taken advantage of
- f 48. tend to become overinvolved
- a 49. fear of being deserted
  - a fear of revealing self
- a 50. fright!
- 1 52. lack of self worth
  - a fear of being constricted

- 11 54. old scripts, hang ups  
 5 fear of taking risks  
 2 feel inept
- 5 55. not wanting another person to own me  
 feel too stressed for the responsibility  
 like solitude
- 6 57. no time
- a 58. fear  
 6 don't take the time - not priority  
 5 not choosing to do it - " " " "
- 8 59. haven't found the proper mate see 75
- 60. need for time alone
- 2 61. strong defenses  
 4 protecting self  
 poor social skills with low self confidence
- 8 62. wrong mate  
 3 not enough trust in mate  
 not enough trust in self
- a 63. fear of closeness  
 6 busy schedule
- a 64. fear of trusting  
 a fear of being rejected
65. low energy  
 a fear
- 2 66. feel unworthy  
 don't want to feel invested and not getting a response  
 5 takes too much time, energy, have to choose carefully
67. -not trusting others to take care of me  
 -fear of rejection  
 -lack of role models when younger
68. time  
 -anxiety
69. -fear of rejection  
 5 lack of commitment and desire on mine and others part
- 9 70. other people's reluctance
71. time  
 inability to risk  
 anger
72. self protection  
 time  
~~time~~ involvement



## 6.6. HOW DO YOU DEFINE INTIMACY?

1. exclusive relationship involving a great deal of self disclosure understanding and acceptance, may or may not be sexual

Ia 2. total sharing of thoughts and experiences

Ia,b 3. complete sharing, trust

I 4. touching the core of another and celebrating that responsibility

S 5. ability to share self

S I 7. letting down all the barriers, trusting another to accept me as I am

8. to reveal oneself fully to another and be accepted

Ia 9. sharing personal thoughts, feelings, problems, love, sex

I 10. sharing closed personal feelings

Ia,b,c 11. open, sharing, trust, freedom to disagree

I 12. trusting, sharing, total honesty

Ia 13. reaching out and sharing

Ib,c 14. trusting, opening up, letting go, be yourself all the time

I,d 15. emotional and physical closeness with another

Ia, 16. sharing hopes, dreams, feelings; feeling close

Ia 17. sharing deep feelings, thoughts, doing things together, risking failure and success with another

Ih 18. knowing another as undefensively and in depth as possible

I,e,d 19. honest closeness, being myself in thoughts, feelings

I,e,f 20. mutual admiration and self revelation

Ia 21. sharing without filtering

Ia S 22. sharing yourself with another and knowing its okay

Ic 23. giving and receiving gut level feelings, good and bad

Ia,b,f 24. intense sharing and caring, risk taking

S 27. sharing myself with another

I 28. sharing strength as well as vulnerability, displaying all insides

Ia,b,c 29. being accepted as is, mutual contentment sharing

Ia,c 30. no games, can share anything, total acceptance

Ia,d 34. self disclosure, getting and allowing closeness

6.6.

S 36. able to be yourself without fear of rejection

Id 37. interdependent exchange of ideas, thoughts, acts, feelings

Ta 38. sharing of thoughts, feelings and affections

Ta 40. sharing the precious vulnerability and delicate self of another

other 42. dialogue around personal feelings and emotions

Ib 43. trusting that another will accept both strengths and weaknesses

S 45. being honest about what is going on with me either in a physical or psychological sense

Ia, f 46. mutual concern and deep sharing

Ia  
unity 47. sharing thoughts, feelings, concerns  
feeling of communion

Ia 48. mutual sharing of vulnerability

Ia 49. sharing feelings of success and vulnerability

Ie 50. being accepted and loved for who I am, I do the same

Ia, f 51. mutual understanding, love and acceptance

S 52. sharing of one's inner self

S 54. freedom to express my feelings and fears

Ia 55. sharing each other in every aspect

Ia 56. sharing and understanding each other

I 57. mutual enhancement and exploration

S 58. sharing the things I fear, enjoy, love and hate

Ii 59. union of people who can verbally communicate

Id, b 60. close psychologically, very vulnerable, trusting

Ia, f 61. sharing a close relationship with much love and little demands

Ia, f 62. sharing and caring for each other

Ia, f 63. sharing of thoughts and feelings on a deep level

Ia, b 64. sharing and trust, knowing that what I am is more important than what I do

Ia 65. sharing feelings, being vulnerable as well

Ib 66. mutual trust without taking care of the other person, being responsible for myself first, then risk

<sup>3</sup>  
I b a 67. essential trusting and honesty while maintaining my own integrity

I a 68. interpersonal sharing emotionally, spiritually, intellectually and physically

I a 69. sharing feelings, thoughts and dtime

S 71. sharing your experience of the moment with someone

6.6

6.7. WHAT ARE THE ASPECTS OF YOURSELF THAT YOU FEEL MIGHT KEEP YOU FROM DEVELOPING INCREASED INTIMACY?

- d1. I'm judgemental 1
- c 2. shyness 2
- a 5. fear of being hurt 3  
c shyness 2
- c 7. shyness 2  
a fear of rejection, failure 4 5
- c 8. lack of trust 6  
b not self accepting 7
- r 9. need for independence 8
- c 10. tend to withdraw to myself 9
- e 11. suspicion of others motives 10 (goddam this is uncomfortable)
- a 12. scared stiff 11
- e 13. cynicism 12  
c mistrust 4
- e 14. not trusting 6
- a 15. fear of failure 5  
c not out going 2
- b 17. bad self image 7  
past failures 13  
other ~~f~~ ~~g~~ already have enough 14
- e 18. not trusting others to honor my integrity 15
- a 19. may not get love in return 4
- d 20. too picky (1) 15
- a 21. fear of being hurt 3
- d 22. pride 14
- g 23. impatience - who needs intimacy? 17
- b 24. lack of self confidence 7
- e 26. lack of trust 6
- a 28. fear of vulnerability and judgement 18
- b 30. insecurity 19
- a 34. fear of self disclosure 20
- a 35. fear of rejection 4

6.7.

- a<sup>b</sup> 36. scared, feel inferior 11, 7
- g 37. unwilling to take risks 21
- a 38. fear of rejection 4
- a 40. fear of rejection 4
- b 42. lack of self knowledge 22
- a fear of taking risks 21
- b 43. lack of self confidence 7
- a 45. fear of being vulnerable 18
- r 46. over concern of other's opinion 23
- r 47. cautious 24
- a 48. fear of losing identity 15
- c 49. fear of rejection 4
- h 50. unable to be totally open and honest 24
- a 52. fear of rejection 4
- g 55. liking solitude 8
- f 56. conflict with morals of today and those of parents 25
- b 57. self doubt 7
- g 58. too busy 26
- g 60. unwilling to give more time 26
- b 61. low self confidence 7
- e 62. don't trust enough 6
- h 63. I hide my angry feelings, sadness and pain 27
- a 64. fearful 11
- b 65. low self esteem 7
- h 66. I have a good facade that hides me 27
- a 67. fear of rejection 4
- e 69. lack of trust 6
- e a 70. failure to trust, fear humiliation 6, (3?)
- a 71. fear of rejection 4

6.8. WHAT ARE ASPECTS OF YOURSELF THAT YOU FEEL FACILITATE YOUR  
DEVELOPING INCREASED INTIMACY?

1. not afraid of self disclosure
2. warmth, empathy
4. take risks
5. need for human relationships
7. warmth, openness, empathy
8. openness, empathy, caring
10. enjoy sharing friendship
11. willing to be open
13. desire
15. honesty, sincerity
16. non judgemental
17. wanting it
18. willing to risk
19. openness
20. acceptance of self and others  
take the first move
21. desire to grow
22. honesty
23. caring
24. very sensitive  
desire intimacy
26. openness
28. openness
29. openness
30. openness
34. openness
35. openness
36. usually outgoing  
good sense of humor
37. openness
38. able to be understanding

6.8.

40. trust in love
42. openness
43. truly care  
want intimacy
45. honest, open
46. need to share myself
47. generally outgoing
48. sense of compassion
49. empathetic
50. general openness
51. strong desire to change
52. openness
54. caring
55. believe in good communication
56. empathetic
57. feel reinforced when intimate
58. ability to take risks  
warm and open
60. openness, patient
61. willing to give
62. building trust in others
63. open to expressing my thoughts
64. openness
65. sensitive to others
66. want it
67. trust self
69. openness
70. take risks
71. honesty, openness

6.9. WHAT IS THE LONGEST LENGTH OF TIME YOU HAVE BEEN IN A COMMITTED RELATIONSHIP?

1. 10 yrs
2. 15 yrs
3. 6 yrs
4. 9 yrs
5. 25 yrs
7. 9 yrs
8. 10 yrs
9. 23 yrs
10. 37 yrs
11. 2 yrs
12. 1 yr
13. 15 yrs
14. 3 yrs
15. 9 yrs
16. 30 yrs
17. 25 yrs
18. 7 yrs
19. 24 yrs
20. 5 yrs
21. 14 yrs
22. 25 yrs
23. 14 yrs
24. 7 yrs
26. 13 yrs
28. 5 yrs
29. 26 yrs
30. 11 yrs
34. 20 yrs
35. 6 yrs
36. 20 yrs



- 6.9.
- 37. 7 yrs
- 40. 13 yrs
- 42. 14 yrs
- 43. 2½ yrs
- 44 2 yrs
- 45. 18 yrs
- 46. 21 yrs
- 47. 14 yrs
- 48. 13 yrs
- 49. 7 yrs
- 50. 25 yrs
- 51. 2½ yrs
- 52. 13 yrs
- 54. 19 yrs
- 55. 12 yrs
- 56. 1 yr
- 57. 2 yrs
- 58. 9 yrs
- 59. 7 yrs
- 60. 33 yrs (to father)
- 61. 2 yrs
- 62. 24 yrs
- 63. 9 yrs
- 65. 8 yrs
- 66. 13 yrs
- 67. 6½yrs
- 68. 1 yr
- 69. 20 yrs
- 70. 3 yrs
- 71. 12 yrs
- 72. 28 yrs

6.10. WHAT QUALITIES DO YOU LOOK FOR IN AN INTIMATE RELATIONSHIP?

1. acceptance  
ability of other to self disclose to me  
honesty
3. trust  
closeness  
sharing
4. openness / understanding  
tenderness and gentleness  
connectedness
5. acceptance  
interchange of ideas
6. caring  
acceptance  
freedom
7. genuineness  
understanding  
trust
9. trust  
respect~~ky~~ for mate  
love of mate
10. mutual trust  
humor  
similar interests
11. acceptance  
sharing  
doing  
to share another's choices without... (lost the clarity)
12. finding someone to relate to  
openness  
intelligence
13. acceptance  
love trust
14. honesty  
exclusive commitment  
caring
15. trust  
accdptance  
warmth
18. trust  
risking  
interest
20. sexual expression  
physical affection  
intellectual agreement

6.10.

21. trust  
acceptance  
love
22. honesty  
caring  
openness
23. genuineness  
caring  
willing to risk
24. acceptance of me  
open affection of me  
other person's appeal
26. mutual acceptance  
sexual joy  
sharing ideas
28. heart  
easiness  
humor
29. trust  
mutual acceptance  
buoyancy of spirit
30. communication  
shared time  
trust
34. caring  
sharing  
closeness
35. understanding  
openness  
confidence in self
36. honesty  
supportiveness  
mutual interests
38. acceptance  
sharing  
trust
40. love  
gentleness  
trust
42. openness  
trust  
sincerity
43. self acceptance  
trust  
verbal and physical communication

6.10.

45. openness  
honesty  
leadershoip

46. caring  
sharing

47. trust  
understanding  
x acceptance

48. acceptance  
interest in me

49. open honesty  
trust  
compassion

50. accepting  
willing to share  
caring strongly

51. love  
trust  
acceptance

52. care  
openness  
honesty

54. freedom openness  
respect  
intelligence

55. respect  
communication  
physical affection

56. acceptance  
understanding  
fun

57. acceptance  
communication  
mutual interests

58. fun  
warmth  
openness

59. honesty  
sincerity  
understanding

60. sincerity  
total acceptance  
love

6.10

61. similarities in beliefs  
communication  
understanding

62. openness  
feelings  
affection

63. openness  
commitment  
liking each other

64. pleasure  
respect

66. trust  
depth  
self worth

67. honesty  
trust worthiness  
affection

68. honesty  
commitment  
trust

69. openness

70. pleasure  
mutuality  
honesty

71. honesty  
maturity  
sense of humore

72. trust  
friendship  
need