

# Capacity for Intimate Connection Inventory

## Emotional:

These items are about how comfortable you feel sharing your own deep emotions with other people and how comfortable you are with others sharing their own deep feelings with you. (The ones that say reverse after them should be considered in the opposite direction. If you identify with them, you might have a lot of discomfort with the emotional aspect of intimacy).

1. I am comfortable talking about my deepest emotions with other people
2. I am comfortable being with someone who is feeling strong emotions (grief, fear, despair)
3. I feel comfortable when others share their deep emotions with me
4. It is easy for me to disclose my deeper feelings to others
5. I am usually able to put my own emotions into words
6. I often try to diffuse an emotional situation by making a joke (reverse)
7. When I share something vulnerable with another person, I feel depleted afterwards (reverse)
8. I cringe when someone wants to have a deep conversation (reverse)
9. My deeper feelings are painful, so I don't want to go there (reverse)
10. It makes me look/feel needy when I talk too much about my feelings (reverse)

## Physical/Expressive:

These items relate to how comfortable you feel sharing close physical contact or expression with other people or how aware you are of your body's reactions to intimacy.

1. I feel comfortable looking another person in the eye while talking
2. I am comfortable giving and receiving hugs
3. I feel comfortable saying "I love you" to other people
4. In general, I'm aware of what I feel
5. I enjoy giving a heartfelt compliment
6. I enjoy receiving a heartfelt compliment
7. Crying in front of another person would be humiliating (reverse)

## Relational:

How comfortable are you forming friendships and connections with others? Do you feel like you connect with people easily or is it a stretch for you?

1. I seek out connections with other people
2. I have deep friendships in my life
3. Other people feel comfortable sharing their innermost feelings with me
4. I am able to accept help and service from others

5. My relationships with others often break down and I'm not sure why (reverse)
6. I often feel lonely (reverse)
7. I feel comfortable reaching out for support when having a bad day
8. I am comfortable when people start to share personal details
9. I find that I try to manage other people's feelings and emotions (reverse)
10. I am comfortable asking others about their personal feelings or perspectives

### **Trust/Safety:**

Developing intimacy always takes time, but some people are more capable of trusting others with their personal thoughts and feelings. Consider how this happens (or doesn't happen) for you.

1. I tend to trust other people
2. It takes me a long time to form connections with other people (reverse)
3. I feel comfortable trusting other people with my deepest thoughts and emotions
4. I tend to fear rejection by other people (reverse)
5. I have trouble trusting other people to treat my deeper feelings with compassion (reverse)
6. I tend to feel emotionally safe with other people
7. It makes me feel weak to be too self-disclosing (reverse)

### **Worth:**

A big part of intimacy, as I mentioned, is feeling good about who you are so that you are willing to let others truly know you.

1. I am comfortable with who I am
2. I am at ease being around myself
3. I enjoy it when others succeed, and like to celebrate their success
4. There are things about me that I hide from other people (reverse)
5. If people knew the real me, they wouldn't like me (reverse)
6. I ruminate over things I have said in everyday social interactions (reverse)
7. I have many great qualities that make me worth knowing
8. I feel judged by others (reverse)

What do you think? Are there some areas where you are doing great and others that are a struggle? See if you can identify some areas of growth that matter to you that you'd like to work on.