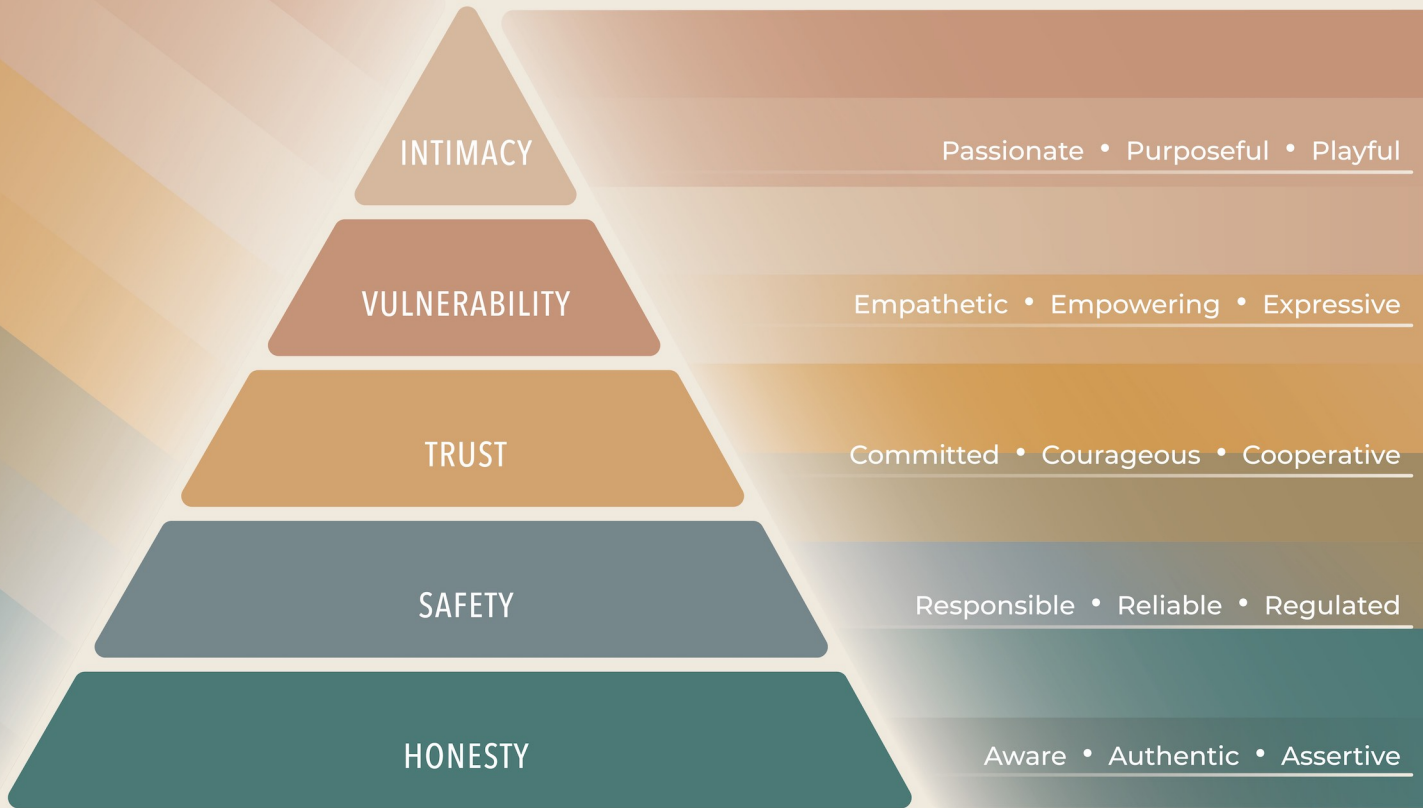




# THE INTIMACY PYRAMID

Creating connections that stand the test of time.



## **HONESTY**

The regular practice of transparency with self and others, experienced through awareness, authenticity, and assertiveness.

## **SAFETY**

A sense of relational security created by ongoing constructive behavior from each participant, experienced through responsibility, reliability, and regulation.

## **TRUST**

A confident conviction that our partner says and does things that are for us and for our relationship, experienced through courage, compassion, and cooperation.

## **VULNERABILITY**

An act of giving of ourselves that opens us up to the possibility of a deeper connection in partnership, experienced through empathy, empowering, and expressiveness.

## **INTIMACY**

A sustained and life-giving unity that leads to mutual flourishing, experienced through passion, purpose, and playfulness.