

# 20

## Emotional Intimacy Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

1 · What Is Intimacy?

2 · Relationship Needs Worksheet

3 · Emotional Support

4 · Communicating Emotional Needs

5 · Processing Failed Connection Attempts

6 · Expectations in Relationship Worksheet

7 · Increase Self-Awareness

8 · Defining Your Values

9 · What Is Your Attachment Type?

10 · Increase Vulnerability

11 · Get to Know Each Other

12 · 5 Love Language Worksheet

13 · Areas of Similarity and Difference

14 · Manage Conflict: Translation of a Frustration to a Behavior Change

15 · Communication Tools

16 · Acceptance

17 · Appreciation Chart

18 · Practicing Forgiveness

19 · Build Trust

20 · Dating

# How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

## Contents

|                                                                                  |    |
|----------------------------------------------------------------------------------|----|
| What Is Intimacy? .....                                                          | 4  |
| Relationship Needs Worksheet .....                                               | 5  |
| Emotional Support .....                                                          | 6  |
| Communicating Emotional Needs .....                                              | 8  |
| Processing Failed Connection Attempts .....                                      | 10 |
| Expectations in Relationship Worksheet .....                                     | 16 |
| Increase Self-Awareness .....                                                    | 18 |
| Defining Your Values .....                                                       | 20 |
| What Is Your Attachment Type? .....                                              | 22 |
| Increase Vulnerability .....                                                     | 24 |
| Get to Know Each Other .....                                                     | 25 |
| 5 Love Language Worksheet .....                                                  | 28 |
| Areas of Similarity and Difference .....                                         | 31 |
| Manage Conflict: Translation of a Frustration to a Behavior Change Request ..... | 33 |
| Communication Tools .....                                                        | 34 |
| Acceptance .....                                                                 | 35 |
| Appreciation Chart .....                                                         | 36 |
| Practicing Forgiveness .....                                                     | 37 |
| Build Trust .....                                                                | 38 |
| Dating .....                                                                     | 40 |
| Introduce Love Rituals .....                                                     | 41 |
| Increase Emotional Intimacy Prompts .....                                        | 44 |

## What Is Intimacy?

When people think of intimacy they usually think about having sex or maybe a very personal discussion.

But intimacy has many facets.

An intimate encounter possesses three qualities: connecting, caring, and sharing.

**Connecting.** Be it through a physical interaction or an emotional connection when the person away.

**Caring.** It can involve feelings of love, compassion, or any other very positive feeling.

**Sharing.** This means that the connection is mutual rather than one-sided.

What does emotional intimacy mean to you?

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## Relationship Needs Worksheet

Identify your main relationship needs by rating each need's importance:

1-Not important      10- Very important

| Relationship Need                                         | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----------------------------------------------------------|---|---|---|---|---|---|---|---|---|----|
| Feeling safe                                              |   |   |   |   |   |   |   |   |   |    |
| Feeling connected through emotional intimacy              |   |   |   |   |   |   |   |   |   |    |
| Spending quality time together                            |   |   |   |   |   |   |   |   |   |    |
| Being touched non-sexually                                |   |   |   |   |   |   |   |   |   |    |
| Receiving gifts                                           |   |   |   |   |   |   |   |   |   |    |
| Receiving appreciation                                    |   |   |   |   |   |   |   |   |   |    |
| Having meaningful sex                                     |   |   |   |   |   |   |   |   |   |    |
| Being physically attracted to my partner                  |   |   |   |   |   |   |   |   |   |    |
| Having support for my career                              |   |   |   |   |   |   |   |   |   |    |
| Being included in decisions that involve our relationship |   |   |   |   |   |   |   |   |   |    |
| Feeling safe to be vulnerable                             |   |   |   |   |   |   |   |   |   |    |
| Feeling secure in finances                                |   |   |   |   |   |   |   |   |   |    |
| Feeling valued and accepted for who I am                  |   |   |   |   |   |   |   |   |   |    |
|                                                           |   |   |   |   |   |   |   |   |   |    |
|                                                           |   |   |   |   |   |   |   |   |   |    |
|                                                           |   |   |   |   |   |   |   |   |   |    |
|                                                           |   |   |   |   |   |   |   |   |   |    |
|                                                           |   |   |   |   |   |   |   |   |   |    |
|                                                           |   |   |   |   |   |   |   |   |   |    |
|                                                           |   |   |   |   |   |   |   |   |   |    |
|                                                           |   |   |   |   |   |   |   |   |   |    |
|                                                           |   |   |   |   |   |   |   |   |   |    |

## Emotional Support

1. How do you and your partner emotionally support each other? Use the following prompts to answer the question:

When I'm having a bad day, my partner provides emotional support by\_\_

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When my partner is having a bad day, I provide emotional support by\_\_

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I provide encouragement to my partner by\_\_\_\_\_

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My partner provides encouragement by\_\_\_\_\_

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I can better meet my partner's emotional needs by\_\_\_\_\_

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My partner could better meet my emotional needs by\_\_\_\_\_

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2. How can you make yourself more available to your partner?

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3. How can you let your partner know that this relationship matters?

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4. What questions can you ask when you are confused about your partner's emotional needs?

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5. How can you increase your empathy for your partner?

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## Communicating Emotional Needs

1. Are you comfortable reaching out to others with emotional needs? Why or why not?

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2. How communicating your emotional needs can impact your relationship?

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3. What would it be like to reach out with an emotional need?

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4. What experiences have you had with telling people what you need?

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5. How can you let your partner know when you have an emotional need?

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6. Do you believe the idea that people can function more independently if they know their partner is accessible and responsive?

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7. Write down about a time when you needed emotional support, or comfort and didn't have anyone there. Who do you wish had been able to be there for you?

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## Processing Failed Connection Attempts

Think of a time in the past few weeks when you tried to communicate or connect with your partner but felt rejected.

1. What had happened that made you want to communicate? (e.g. a thought, feeling, or memory; something your partner did, etc.)

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2. How did you try to communicate with your partner? (e.g. spoke to them (what did you say?); used touch or other non-verbal communication (what did you do?))

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3. How did your partner respond? What did they say or do?

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4. What do you think your partner was thinking or feeling at the time? (e.g. annoyed or irritated, preoccupied, etc.)

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5. What did it mean to you that your partner behaved the way they did? (e.g. about how your partner feels about you (e.g. they don't care about me), about how you see yourself (e.g. I can never get anything right), about the relationship (e.g. this relationship is failing))

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6. What events in your past does your partner's behavior remind you of? (e.g. with parents, siblings or other family members, at school or with friends, a previous relationship, etc.)

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7. What would you have liked your partner to do differently? (e.g. paid attention to me, listened respectfully, helped me get a sense of perspective, helped me work out a solution to a problem, communicated non-verbally e.g. smiled, touched me or held me, told me they loved me, etc.)

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8. If you partner had behaved the way you wish they did, what would that mean to you? (e.g. about how your partner feels about you (e.g. that they respect me), about how you see yourself (e.g. that I'm a worthwhile person), about the relationship (e.g. that we're good together))

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9. How would you like your partner to think of you? (e.g. supportive, considerate, caring, etc.)

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10. What was your part in this failed connection attempt? (e.g. I chose a bad moment, I was insensitive to my partner's needs, I was defensive, I read too much into my partner's behavior, I didn't own my feelings, etc.)

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11. What would you like to do differently in the future? (e.g. ask whether now is a good time to talk, state what I want or how I feel more directly, etc.)

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Allow your partner to read your answers and let them answer the following questions:

1. What were you doing at the time your partner tried to get your attention?

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2. What did you feel at the time?

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3. What went through your mind? (e.g. I don't want to be interrupted, I don't feel like talking right now, I'm too tired, etc.)

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4. How did you respond? What did you say or do?

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5. How did your partner respond?

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6. What did it mean to you that your partner behaved the way they did? (e.g. about how your partner feels about you (e.g. they don't care about me), about how you see yourself (e.g. I can never get anything right), about the relationship (e.g. this relationship is failing))

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7. What events in your past does your partner's behavior remind you of? (e.g. with parents, siblings or other family members, at school or with friends, a previous relationship, etc.)

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8. What would you have liked your partner to do differently? (e.g. asked me if it was a good time, accepted that I didn't want to interact right then and left me alone, etc.)

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9. If you partner had behaved the way you wish they did, what would that mean to you? (e.g. about how your partner feels about you (e.g. that they respect me, about how you see yourself (e.g. that I'm a worthwhile person), about the relationship (e.g. that we're good together))

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10. How would you like your partner to think of you? (e.g. supportive, considerate, caring, etc.)

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11. What was your part in this failed connection attempt? (e.g. I was insensitive to my partner's needs; I was defensive, I read too much into my partner's behavior, my reaction was unhelpful, etc.)

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12. What would you like to do differently in the future? (e.g. ask whether it would be okay to talk later at some specified time, state what I want or how I feel more directly and clearly, etc.)

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## Expectations in Relationship Worksheet

Conflict often comes from having unmet expectations. These expectations are often not clearly communicated.

| Expectation                                                                                   | Him | Her |
|-----------------------------------------------------------------------------------------------|-----|-----|
| What roles do you expect your partner to have in the relationship?                            |     |     |
| What chores do you expect your partner to do?                                                 |     |     |
| What priorities or activities should come first?                                              |     |     |
| How do you prefer to resolve conflict?                                                        |     |     |
| How do you prefer to de-escalate an argument?                                                 |     |     |
| What are your expectations when it comes to finances (e.g. paying bills, saving, debt, etc.)? |     |     |

|                                                             |  |  |
|-------------------------------------------------------------|--|--|
| What are your expectations when it comes to vacations?      |  |  |
| What are your expectations when it comes to sex?            |  |  |
| How much alone time do you need?                            |  |  |
| How much time do you need to spend with family and friends? |  |  |
| What activities do you want to do together?                 |  |  |
| What are your expectations when it comes to spirituality?   |  |  |
| Other:                                                      |  |  |

## Increase Self-Awareness

1. What did your family teach you about emotions in general?

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2. How was difficult emotions (anger, sadness, hurt, ect) expressed in your family?

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3. What are some of your beliefs about negative and positive emotion now?

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4. Think of a moment when you suddenly felt an unexpected surge of emotion:

Describe the situation:

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5. What emotions came up the strongest?

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6. Can you think of a time recently when you may have felt similar emotions? Describe the situation

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## Defining Your Values

| <b>Values</b>  | <b>Not especially important</b> | <b>Important to me</b> | <b>Very important to me</b> |
|----------------|---------------------------------|------------------------|-----------------------------|
| Acceptance     |                                 |                        |                             |
| Accountability |                                 |                        |                             |
| Adventure      |                                 |                        |                             |
| Appreciation   |                                 |                        |                             |
| Autonomy       |                                 |                        |                             |
| Balance        |                                 |                        |                             |
| Caring         |                                 |                        |                             |
| Charity        |                                 |                        |                             |
| Cheerfulness   |                                 |                        |                             |
| Communication  |                                 |                        |                             |
| Commitment     |                                 |                        |                             |
| Compassion     |                                 |                        |                             |
| Collaboration  |                                 |                        |                             |
| Consistency    |                                 |                        |                             |
| Encouragement  |                                 |                        |                             |
| Family         |                                 |                        |                             |
| Friendships    |                                 |                        |                             |
| Flexibility    |                                 |                        |                             |

|                     |  |  |  |
|---------------------|--|--|--|
| Freedom             |  |  |  |
| Generosity          |  |  |  |
| Growth              |  |  |  |
| Health              |  |  |  |
| Honesty             |  |  |  |
| Humility            |  |  |  |
| Humor               |  |  |  |
| Love                |  |  |  |
| Loyalty             |  |  |  |
| Making a difference |  |  |  |
| Optimism            |  |  |  |
| Peace               |  |  |  |
| Playfulness         |  |  |  |
| Preparedness        |  |  |  |
| Punctuality         |  |  |  |
| Reliability         |  |  |  |
| Safety              |  |  |  |
| Simplicity          |  |  |  |
| Spirituality        |  |  |  |
| Stability           |  |  |  |
| Traditionalism      |  |  |  |
| Warmth              |  |  |  |
| Wisdom              |  |  |  |

## What Is Your Attachment Type?

John Bowlby, the father of attachment theory, believed that infants possess an internal drive to connect with others so they can grow and develop within a safe environment (Bowlby 1971).

When caregivers offer babies attention, care, and protection, they feel soothed, safe, and secure. They develop a high level of trust and see themselves as valuable. This is a secure attachment type (Bartholomew and Horowitz 1991).

However, when the child doesn't have a safe and soothing environment, they may develop an insecure attachment type.

There are three types of insecure attachment (Bartholomew and Horowitz 1991):

- **Preoccupied:** Has an intense desire to connect to others to the point of relying on others and basing self-worth on their approval.
- **Dismissing:** Denies the need for close relationships and disregards others and their emotions
- **Fearful:** Wants to be with others but is afraid one is unworthy of love

Read the following statements and rate each one on a scale from 0 to 5 (0 being "not true at all" and 5 being "very true"):

| Secure Attachment                              | Rate | Preoccupied Attachment                                       | Rate |
|------------------------------------------------|------|--------------------------------------------------------------|------|
| • I find it comfortable to be close to others. |      | • I find it uncomfortable not being in a close relationship. |      |
| • I'm okay with others not                     |      | • I need lots of approval in my                              |      |

|                                                                                                                                                                                                                |             |                                                                                                                                                                                                                    |             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| approving of me.<br>•I am comfortable depending on others<br>•I am comfortable with others depending on me.                                                                                                    |             | relationships.<br>•I feel others don't get as close as I would like.<br>•I worry that others don't value me as much as I value them.                                                                               |             |
| <b>Score</b>                                                                                                                                                                                                   |             | <b>Score</b>                                                                                                                                                                                                       |             |
| <b>Dismissing Attachment</b>                                                                                                                                                                                   | <b>Rate</b> | <b>Fearful Attachment</b>                                                                                                                                                                                          | <b>Rate</b> |
| •I find it comfortable not having close relationship.<br>•Being independent is very important to me.<br>•I don't see a lot of value in close, emotional relationships.<br>•I never truly feel close to others. |             | •I find it uncomfortable being close to others.<br>•I want to be close to others but I'm afraid I'll be hurt if I get too close.<br>•I find it difficult to trust others.<br>•I feel unworthy of others attention. |             |
| <b>Score</b>                                                                                                                                                                                                   |             | <b>Score</b>                                                                                                                                                                                                       |             |

Note: You may have more than one attachment style or shift attachment styles over time or depending on the relationship. Whatever your attachment style is, the goal here is to become more secure.

Reflect on a couple of your relationships through the lens of your attachment type. How do you think your attachment type affects your relationships?

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## Increase Vulnerability

1. What feels risky about sharing your fears with your partner?

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2. What experiences have you had with sharing your fears?

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3. What reassurance do you need before you can start sharing more with your partner? The following are some examples and you can add ones of your own:

- ☐ I need to know that you still love me.
- ☐ I need to be reminded about what you love about me.
- ☐ I need to know that you value me and the relationship we have.
- ☐ I need to know that I matter to you.
- ☐ I need to know that I am special to you.
- ☐ I need to know that you see my efforts.
- ☐ I need a hug for comfort.

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## Get to Know Each Other

Set aside 15-20 minutes without interruption and take turns to ask questions about each other. When it's your partner's turn to answer, try not to guess their answers and keep a sense of curiosity.

1. Who are your two closest friends and why?
2. What is your favorite piece of music, band or instrument?
3. What are your favorite hobbies?
4. What is your favorite meal?
5. What is your favorite place to get away from it all?
6. What is one of your favorite films or TV programs?
7. What is your favorite form of exercise?
8. What is your favorite kind of holiday?
9. What is your favorite time of year and why?
10. What kind of present would you like best?
11. What was one of your best childhood experiences?
12. Who was your best friend in childhood?
13. What was one of your worst childhood experiences?
14. If you could change anything about your childhood, would you? What would you change?

15. What is your biggest stress at the moment, apart from our relationship?
16. What is an important event that's coming up in your life and how do you feel about it?
17. What is the worst thing you can imagine happening to you?
18. What are you currently most sad about?
19. What are you currently most worried about, apart from our relationship?
20. What medical problems do you worry about?
21. What is the loss or bereavement that has had the biggest impact on you?
22. What is your biggest fear?
23. What is your fondest dream, as yet unachieved?
24. What is your secret dream or ambition?
25. When you were a child, what did you want to be when you grew up?
26. What would be your ideal job?
27. If you didn't have to worry about earning money, what would you most likely do for the rest of your life?
28. Who are the people you know that you most admire?
29. What personal improvements do you want to make?
30. What do you hope to be doing in five years time?
31. What makes you feel most competent?
32. What did you do during the day yesterday?
33. What do you most like to do with time off?

34. What do you consider your greatest strengths?
35. What is one of your favorite weekend activities?
36. What was the happiest moment of your life?
37. What was your most embarrassing moment? How did you respond?
38. What was the biggest mistake you think you ever made and how did it change your life?
39. What is your biggest regret in your life?
40. Have you ever been able to overcome a bad habit? What was it?
41. What was the nicest thing anyone ever said to you?
42. What do you most like about yourself?
43. Which part of your body are you most sensitive about or unhappy with?
44. What is your favorite time and place for making love?
45. What is one thing that turns you on sexually?
46. What is your favorite way to spend an evening?
47. What is one of your favorite ways of being soothed?
48. What did you most like about me when we first met?
49. What do you most like, admire or respect about me?
50. Who is your greatest source of support, outside of our relationship?

## 5 Love Language Worksheet

Love languages refer to the different ways we show and receive love.

### Love Language #1: Words Of Affirmation

People with words of affirmation as a love language value verbal acknowledgments of affection, compliments, words of appreciation, verbal encouragement, etc.

How important is this for you?

How important is this for your partner?

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

1-Not Important

10- Very Important

1-Not Important

10- Very Important

### Love Language #2: Gifts

People whose love language is gifts feel loved when people give them "visual symbols of love," as Chapman calls it. People with this love language value the gift-giving process: the careful reflection, the deliberate choosing of the gift, and the emotional benefits from receiving the present.

How important is this for you?

How important is this for your partner?

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1-Not Important

10- Very Important

1-Not Important

10- Very Important

### Love Language #3: Acts of Service

People whose love language is acts of service value when their partner goes out of their way to make their life easier. This can include bringing

them soup when they're sick, making coffee for them in the morning, or picking up their dry cleaning when they've had a busy day at work, etc.

How important is this for you?

How important is this for your partner?

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

1-Not Important

10- Very Important

1-Not Important

10- Very Important

### **Love Language #4: Quality Time**

People whose love language is quality time feel the most love when their partner actively wants to spend time with them and is always down to hang out.

How important is this for you?

How important is this for your partner?

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

1-Not Important

10- Very Important

1-Not Important

10- Very Important

### **Love Language #5: Physical Touch**

People whose love language is physical touch feel most loved when they receive physical signs of affection, including kissing, holding hands, cuddling on the couch, and sex.

How important is this for you?

How important is this for your partner?

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

1-Not Important

10- Very Important

1-Not Important

10- Very Important

What is your primary love language? How can your partner satisfy you in this area? List down a few ideas:

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What is your partner's primary love language? How can you satisfy your partner in this area? List down a few ideas:

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## Areas of Similarity and Difference

| Area                      | Similar or different | For each are, think of at least one way in which you are similar and one way in which you are different |
|---------------------------|----------------------|---------------------------------------------------------------------------------------------------------|
| <i>Example:<br/>Money</i> | <i>Similar</i>       | <i>We are both worried about not having enough money to buy our own home</i>                            |
|                           | <i>Different</i>     | <i>I am frugal<br/>whereas you are relaxed about spending</i>                                           |
| Money                     | Similar              | We are both                                                                                             |
|                           | Different            | I am<br>whereas you are                                                                                 |
| Physical Health           | Similar              | We are both                                                                                             |
|                           | Different            | I am<br>whereas you are                                                                                 |
| Mental Health             | Similar              | We are both                                                                                             |
|                           | Different            | I am<br>whereas you are                                                                                 |
| Parenting                 | Similar              | We are both                                                                                             |
|                           | Different            | I am                                                                                                    |

|                 |           |                         |
|-----------------|-----------|-------------------------|
|                 |           | whereas you are         |
| Sexual intimacy | Similar   | We are both             |
|                 | Different | I am<br>whereas you are |
| Socializing     | Similar   | We are both             |
|                 | Different | I am<br>whereas you are |
| Spirituality    | Similar   | We are both             |
|                 | Different | I am<br>whereas you are |
| Leisure         | Similar   | We are both             |
|                 | Different | I am<br>whereas you are |
| Other:          | Similar   | We are both             |
|                 | Different | I am<br>whereas you are |

## Manage Conflict: Translation of a Frustration to a Behavior Change Request

|                                                                           |                                                                        |
|---------------------------------------------------------------------------|------------------------------------------------------------------------|
| <b>Frustrating behavior</b><br>(e.g. "When you are late and don't call.") | <b>Feeling</b><br>(e.g. "I feel angry.")                               |
| <div></div>                                                               | <div></div>                                                            |
| <b>Reactive behavior</b><br>(e.g. "I then withdraw.")                     | <b>Hidden fear/wound</b><br>(e.g. "To hide my fear of being unloved.") |
| <div></div>                                                               | <div></div>                                                            |
| <b>Global Desire</b><br>(e.g. "I want to feel that I matter to you.")     | <b>Present Desire</b><br>(e.g. "I want you to be here on time.")       |
| <div></div>                                                               | <div></div>                                                            |

List below three behaviors that would satisfy that desire:

e.g. if you are going to be more than 30 minutes late, please call or text to let me know.

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## Communication Tools

### **Speaker skills**

#### **1. Talk from your own perspective (use “I” statements)**

Talk about your own thoughts, feelings, and needs. Avoid making “I” statements that are actually demands, criticisms or accusations.

#### **2. Discuss specific situations and behaviors (clear and concrete)**

Talk about specific situations and behaviors. Avoid generalizations (“always, never”) and comments on the character of your partner (personality attributes)

### **Listener skills**

#### **1. Active listening**

Pay full attention to your partner and to show your interest by making brief comments or asking short questions to clarify what’s being said.

#### **2. Paraphrase**

Paraphrase or summarize in your own words what your partner just said to show and verify your understanding of their point of view.

#### **3. Ask open-ended questions**

If you’re not sure how your partner thinks or feels ask open-ended questions that starts with ‘who, what, where, when, and why,’ rather than questions that can be answered only with a ‘yes’ or ‘no’ answer. Follow up with, “is there more”, to extend the discussion.

## Acceptance

|                                                             |                                                                 |
|-------------------------------------------------------------|-----------------------------------------------------------------|
| <b>Aspects of myself that I find hard to accept</b>         | <b>Aspects of my partner that I find hard to accept</b>         |
| <b>Aspects of myself that I am still learning to accept</b> | <b>Aspects of my partner that I am still learning to accept</b> |
| <b>Aspects of myself that I have come to accept</b>         | <b>Aspects of my partner that I have come to accept</b>         |
| <b>Aspects of myself that I like, value and/or respect</b>  | <b>Aspects of my partner that I like, value and/or respect</b>  |

## Appreciation Chart

Write down 10 things your partner does that you appreciate. Make a note each day you notice that your partner did one of these things express your appreciation.

| Things my partner does that I appreciate: | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-------------------------------------------|-----|-----|-----|-----|-----|-----|-----|
| 1.                                        |     |     |     |     |     |     |     |
| 2.                                        |     |     |     |     |     |     |     |
| 3.                                        |     |     |     |     |     |     |     |
| 4.                                        |     |     |     |     |     |     |     |
| 5.                                        |     |     |     |     |     |     |     |
| 6.                                        |     |     |     |     |     |     |     |
| 7.                                        |     |     |     |     |     |     |     |
| 8.                                        |     |     |     |     |     |     |     |
| 9.                                        |     |     |     |     |     |     |     |
| 10.                                       |     |     |     |     |     |     |     |

## Practicing Forgiveness

Identify minor slights you can forgive your partner for to practice forgiveness on a daily basis. The following are some example and you can make a list of your own:

- ☐ Leaving clothes all over the bedroom
- ☐ Leaving wet towels on the floor
- ☐ Leaving dishes in the sink
- ☐ Leaving the gas tank empty

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## Build Trust

1. Thinking about your relationship history, has trust been compromised in some way? If so, how?

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2. Does the rupture in trust trigger emotions from earlier life experiences? If so, what?

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3. What do you need your partner to understand for you to move forward?

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4. Think about moments that put you on guard and made it difficult to trust your partner. Describe one incident here:

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5. What emotions did you experience at the time?

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6. What emotions come up right now as you think about it?

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7. Have you had the chance to talk to your partner about how painful or difficult this situation was for you?

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8. What have you done to try to heal this rupture?

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9. What does your partner do that helps you feel safe?

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## Dating

1. What is one thing you have been wanting to try with your partner?

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2. What is one thing your partner has been wanting to try with you?

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3. Can you think of something you tried with your partner that created a sense of excitement?

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4. How can you establish a routine of trying new things in your relationship regularly?

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## Introduce Love Rituals

Love rituals are things you and your partner commit to doing even if you're upset or angry at each other. These rituals help you connect and sustain your relationship.

### Examples of Love Rituals

- Cuddling while you watch TV
- Eating dinner together
- Ending conversations with "I love you"
- Going on walks together
- Going to bed at the same time
- Kissing or hugging each other goodbye
- Making each other coffee or breakfast
- Sharing something positive with them

1. List at least one special thing you can do daily to show appreciation for each other.

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2. List ways you can carve out time for your relationship regularly

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3. List things you can do when one of you is leaving or coming home

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4. List one thing you can do at bedtime to increase your emotional intimacy

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5. What regular connecting rituals would you like to implement for weekends?

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6. What special occasions would you like to celebrate regularly?  
(anniversaries, birthdays, special holidays)

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7. What love ritual you and your partner could do even when you're away from one another?

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8. What could make it difficult maintain your love rituals? Brainstorm ways to overcome those difficulties

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# Increase Emotional Intimacy

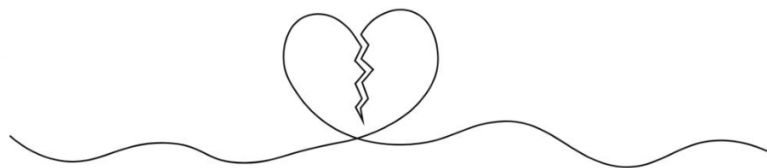
**Take turns asking each other the following questions:**

1. Do you remember the first time we met?
2. What was the first thing you noticed about me?
3. What was it about me that you fell in love with?
4. When did you know you had fallen in love with me?
5. Do you remember who said, "I love you" first?
6. When do you feel closest to me?
7. Do I show you often enough that I still love you?
8. What can we do to make our relationship feel new and exciting?
9. Do you think I make spending time with you a priority?
10. Do I show enough interest in your activities?
11. Do I treat you with enough respect and consideration?
12. Are you able to share you likes, dislikes, hopes and dreams with me?
13. Do I act like I value what you bring to my life?
14. Am I affectionate enough with you?
15. When was the last time I made you feel cared for?

16. Does it feel safe to be vulnerable with me?
17. Do you feel I love and accept you unconditionally?
18. Do you feel accepted by me more than you feel disapproved of?
19. Is it easy to approach me about my weaknesses or things I do wrong?
20. Was it acceptable to experience feelings as a child? If not, which ones were acceptable and which were not?
21. Do you feel embarrassed to have or share any feelings?
22. What do need most from me when you feel upset?
23. Do you think that I share my feelings enough?
24. How comfortable are you being emotionally intimate with me?
25. Do you feel like I miss you when we are apart?
26. Do I ever make you feel guilty for spending time alone or with your friends?
27. Do you think I am affectionate and make our sexual life enough of a priority?
28. Do you make decisions based on facts or emotion?
29. When you are upset do you make a plan to fix things on your own or do you need to talk to someone?

30. When something happens that I don't like do you think I get upset easily or can I let it go?
31. What do you value most at this point in your life?
32. Do you think that your values have changed as you have grown older?
33. Do you think we have similar values?
34. Do you feel that I respect your values?
35. When we are arguing do I ever change the subject or make a joke when you are speaking?
36. When we are arguing do you ever feel that I am thinking about what I am going to say next instead of really listening?
37. Do I ever jump in and give you advice while you are speaking?
38. Do you ever feel like I'm judging you while you speak?
39. When we have a conflict do you ever find me disrespectful?
40. Have I ever made you feel stupid, worthless or disapproved of?
41. When we have conflict, would you say that I am able to stay calm or that I escalate easily?
42. Are you able to express a complaint or make a request without my getting upset?

43. Do you think that we generally resolve things well?
44. Do you think that having a conflict has ever helped us make positive changes in our relationship?
45. Is there anything I can do to make our conflicts less difficult?
46. Do I ever deny there is a problem by acting like nothing happened?
47. Do you think that we have a healthy sexual life?
48. Do you feel comfortable talking to me about sex? Is there anything I could do to make it more comfortable?
49. Is there anything you would like to do differently in our sexual life?
50. Do you trust me when we are apart?
51. Do you trust me with our finances?
52. Are you comfortable with my having friends of the opposite sex?
53. Do you see apologizing as acting weak?
54. Do you think I am a forgiving person?
55. Is there anything that you feel I haven't forgiven you for?



# 2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

## Classification status

- DSM-5-TR: ·Emotional Intimacy· is not a standalone DSM-5-TR diagnosis · non-diagnostic or contextual/quasi-diagnostic construct
- ICD-11 CDDR: No dedicated ICD-11 CDDR mental-disorder code under this title · non-diagnostic or contextual construct
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

## Pages requiring the updated interpretation

- The audit identified source pages 2, 5, 22, 23. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

## Diagnostic and differential limits

- A symptom checklist or self-rating cannot establish diagnosis. Any diagnostic discussion must address clinically significant distress/impairment, required course or duration where applicable, developmental and cultural context, substance/medication and medical causes, comorbidity, exclusions, and reasonable differentials without reproducing copyrighted criteria.

## Document-specific corrections

- Describe Emotional Intimacy as a contextual, functional, occupational, umbrella, or proposed construct·not a confirmed diagnosis·unless a separately recognized disorder is assessed.
- Where Emotional Intimacy discusses symptoms, add the missing diagnostic frame: clinically meaningful distress/impairment, relevant course or duration, exclusions, developmental and cultural context, substance/medication or medical causes, and plausible differentials.
- Supersede diagnostic-sounding scoring on pages [2, 5, 22, 23]: disclose whether each tool is validated or author-created, remove unsupported thresholds, and separate symptom monitoring from diagnosis.
- Replace crisis wording on pages [2] with the current U.S. 988 call/text/chat pathway, 911 or nearest emergency department for immediate danger/medical emergency, and a direction to use verified local services outside the United States.

## Measures, scoring, and permissions

- Pages [2, 5, 22, 23] contain named, implied, or author-created screening/rating content . These scores are not diagnostic unless the exact instrument, version, validation population, administration, and interpretation are established. Identify provenance for every item set and scoring rule. Obtain publisher permission/license when required; otherwise remove cutoffs and label it as a nonvalidated reflection checklist, or replace it with a properly licensed measure without altering its wording/scoring.

## Intervention scope and contraindications

- Use Emotional Intimacy activities as psychoeducation and structured reflection, not diagnosis or a stand-alone treatment plan. Adapt or stop any exercise that worsens distress, functioning, conflict, pain, or dissociation, and escalate care according to the actual presentation.

## Crisis and current resources

- For Emotional Intimacy, use: ·If there is immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org for 24/7 crisis support. Outside the U.S., use verified local emergency and crisis services.· Verify all topic-specific agencies and links at publication.

## Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://www.psychiatry.org/getmedia/b68a5776-f88c-45c7-9535-fd219d7aa5cb/APA-DSM5TR-Update-September-2025.pdf>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://www.who.int/publications/i/item/9789240077263>

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- <https://www.samhsa.gov/mental-health/988>
- <https://www.samhsa.gov/mental-health/national-behavioral-health-crisis-care>
- <https://988lifeline.org/>