

Communicating at Various Levels of Intimacy

Step 1: With your partner, select a topic to talk about. It can be any topic at all - the weather, this workshop, how we got here, etc.

Step 2: Talk about this topic for a few minutes at each level of intimacy (described below)
The leader will give you a signal as to when to move on to level 2, 3 etc.

INTIMACY LEVELS

- Level 1 - lowest level: Tell each other **FACTS** and information you have about the topic.
- Level 2 - Low level: Tell each other what **OTHERS** say and do about the topic (maybe others in general or someone you know)
- Level 3 - Moderate Level: Tell about your **OWN IDEAS** and opinions about the topic.
- Level 4 - High level: Tell what you yourself like and do not like with respect to the topic and how you come to **FEEL** the way you do, i.e. you share your **FEELINGS** about it.
- Level 5 - Highest level: Share how it feels to deal with this topic with your partner right now and what reservations you might have about sharing it and what you would especially enjoy in this sharing. In other words, you share about how you **FEEL ABOUT THIS RELATIONSHIP HERE AND NOW, BOTH POSITIVE AND NEGATIVE FEELINGS.**

Step 3: Process this exercise with your partner, using the following questions as guidelines.

1. How did your conversation go at each level of intimacy.
2. What were the easiest and hardest levels for each of you? Were they the same or different ones for each of you.
3. Did you find you r partner doing more or less sharing than you at certain levels?
4. Do you see any correlations in your own intimate relationship with you r own partner? Are you most comfortable at the same or different levels? How often do you reach level 5?

