



# THE INTIMACY PYRAMID™

Creating connections that stand the test of time.

INTIMACY

Passionate • Purposeful • Playful

VULNERABILITY

Empathetic • Empowering • Expressive

TRUST

Committed • Courageous • Cooperative

SAFETY

Responsible • Reliable • Regulated

HONESTY

Aware • Authentic • Assertive

## 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.