



The Intimacy Umbrella

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Reflect. Intimacy means different things to different people, and how we define it directly influences our expectations and boundaries. How do you define intimacy?

1) What does intimacy mean to me?

2) What does being desired by my partner(s) mean to me?

3) What does my desire for my partner(s) mean to me?

4) What do I enjoy being done to / for me, and why?

5) What do I enjoy doing to / for my partner(s), and why?

6) What are my intimate fears?

7) Is my intimacy playful?

"We all want the freedom to be ourselves, yet we are most afraid of being ourselves."

www.nurtureplaystructure.com