



The Intimacy Umbrella for Teens

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 are my intimate fears?

3) What excites me about intimacy?

4) Is intimacy playful?

5) What areas of intimacy do I feel ready for?

6) What areas of intimacy do I not feel ready for?

7) How do intimate trust and intimate touch feel the same?

8) How do intimate trust and intimate touch feel different?

9) What questions do I have about intimacy?

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

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