

Intimate Connections: 7 Kinds of Intimacy

- **Social** – A connection with a person or people that is refreshing. These are people you enjoy just “hanging out” with and seek out for leisure time activities.
- **Intellectual** – A connection that involves sharing of ideas and stretches you mentally, a “head trip.” These are people you might seek out to assist you with creative problem solving or to discuss complex ideas.
- **Emotional** – A connection where there are shared feelings, shared passion, and enthusiasm. This is the “cathedral experience.” These are people you seek to empathize with your emotional experiences or reactions.
- **Spiritual** – A connection of shared values, beliefs, philosophies, and sense of awe. These are the people who you spend time with that experience spiritual and uplifting experiences in the same way you do.
- **Personhood** – A connection of mutual trust, admiration of integrity, and mutual appreciation. These are individuals and people who you value for their style of honesty and their way of being in the world.
- **Sexual Attraction** – A connection where there is affection, mutual touching, and naked vulnerability. This kind of intimacy offers delight both physically and emotionally between people.
- **Productive** – A connection of partnership, team work, and collaborating on a project or work. These are people you seek out or work with who work well together and everyone’s skills and talents are recognized and valued.

Your partner may offer several of these kinds of intimate connections for you, but it would be unrealistic to believe that a partner can provide all of them.

Nurturing those friends and relationships that help you fulfill your own intimacy needs / wants in each of these categories will enrich your life, provide balance, and increase your personal satisfaction.

This information from my notes was shared during a Co-Dependency Course led by Sondra Smalley, CCDP



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