

# INTIMATE CONNECTIONS

**Directions:** Offer this sheet to your partner and keep a separate copy for yourself. Read the 10 Types of Intimate Connections carefully and list your preferences beginning with 1 (most like you) to 10 (least like you). After you have reviewed your preferences, share the sheets with each other. Intimacy, as defined here, is a relationship characterized by firm loyalty, strong mutual support, a shared view of the world, mutual self-disclosure and shared vulnerability. In creating a strong intimate bond with another, it is essential to understand your priorities and your partners. Please remember there are only needs; no “right” or “wrong” needs.

## A. Analyzer

- Intellectual: Exploring and sharing ideas and concepts
- Crisis: Joining abilities to handle family difficulties

## B. Planner

- Work: Standing shoulder to shoulder to accomplish joint goals
- Commitment: Dedication to a vision larger than the family such as politics, religion or a new world order

## C. Emotional

- Sexual: Sharing physical ecstasy
- Spiritual: Expressing the meaning of life often including the belief in God
- Interpersonal: Communicating one’s innermost feelings

## D. Visionary

- Aesthetic: Enjoying natural and artistic beauty
- Creative: Sharing creative arts; conceiving & parenting children, building a house, gardening, playing music
- Recreational: Playing together, taking time to rejuvenate together

The following is based on The Herrmann Brain Dominance Model™ and on additional research provided by William M. Stierle of Corporate Culture Development and The Marriage Forum, Inc. For answers to your questions please contact [susan@susanallan.org](mailto:susan@susanallan.org)

