

# The Roadmap to Intimacy: Tools to Move You Forward

A direct self-identification tool and action plan for progressing through six stages of intimacy. The internal work comes first. It is the foundation for everything else.

## Stage 1: Tolerance

### The Gateway of Withstanding



Definition: the ability to physically tolerate or withstand being in/with situation (sensation), even when it is uncomfortable

(1) Physical Sensations



Tightness in the chest – unbearable. You are fighting it.

(2) Emotional Signal



Fear (consuming)

(3) Suggested Tool



**Titration** – oscillate between the unbearable and a neutral place in the body. Build capacity to stay.

## Stage 2: Acceptance

### Settling into Reality



Definition: settling into and accepting the current dynamics, your feelings and the reality of what's happening with or without judgment

(1) Physical Sensations



Tightness in the chest – present. You are with it.

(2) Emotional Signal



Fear (present)

(3) Suggested Tool



**Attribute Scan** – Scan for the 7 Attributes of Violence: Hurt. Harm. Loss. Deficit. Injury. Death. Pain. If none are present right now, the body can begin to settle.

## Stage 3: Safety

### The Foundation for Opening



Definition: Safety is more than just an idea; it's a feeling in your body, a deep knowing that you're free from hurt, harm, loss, deficit, injury, death, perceived or actual, right now

(1) Physical Sensations



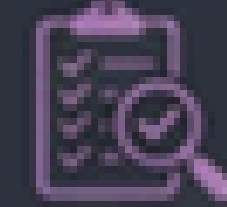
Tightness in the chest – noticed. You are observing it.

(2) Emotional Signal



Fear (witnessed)

(3) Suggested Tool



**STATE=S Assessment\*** – identify one thought about the situation. See how your thinking is shaping the emotion you're still feeling.

## Stage 4: Vulnerability

### Open with Possibility



Definition: The act of letting things in and letting things out, the stage where boundaries are actively created and maintained.

(1) Physical Sensations



Tightness in the chest – opening. You are curious about it.

(2) Emotional Signal



Fear (opening)

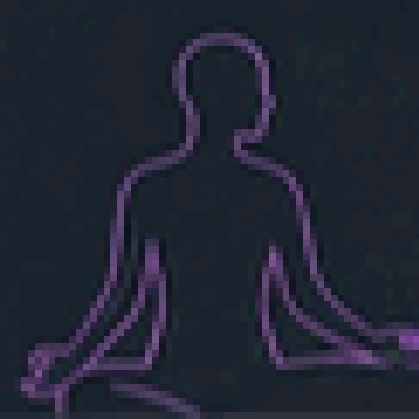
(3) Suggested Tool



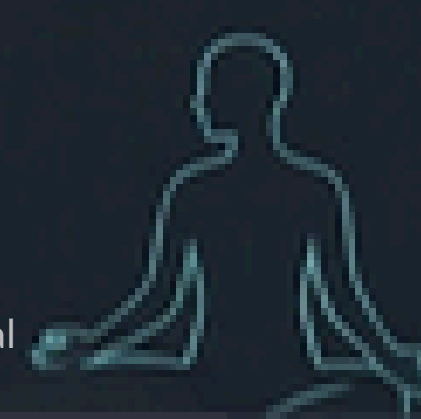
**Holding Space for Sensation/Emotion** – Who feels the sensation? Who feels the emotion? Who has been observing?

## Stage 5: Connection

### The Back-and-Forth Exchange



Definition: The moment the part of you experiencing sensation/emotion and your Witness Self are simultaneously present with each other, in internal dialogue.



(1) Physical Sensations



Tightness in the chest – communicating. It has something to say.

(2) Emotional Signal



Fear (speaking)

(3) Suggested Tool



**Parts Dialogue** – Your Witness turns toward the part. What is it carrying? Let it speak.

## Stage 6: Intimacy

### The Woven Tapestry

Definition: A deep, intricate connection where the sharing of true selves – internally and with others – has become integrated into a unified dynamic.



(1) Physical Sensations



Tightness in the chest – familiar. It is no longer the enemy.

(2) Emotional Signal



Fear (integrated)

(3) Suggested Tool



**Anchor and Return** – You know how to be with this now. Return to the roadmap anytime.