

LEVELS OF COMMUNICATION AND INTIMACY

Based on *The Five Levels of Intimacy* by Barbara Wilson (FamilyLife Canada)

Instructions: For each level, read the definition. Then rate yourself and your partner, explain why, and brainstorm how to grow together. Use the spaces provided to reflect individually and discuss as a couple.

Level One: Safe Communication

Talking about facts and information, no vulnerability.

RATE YOUR RELATIONSHIP:

Me: ____ / 10

Partner: ____ / 10

Why I chose this rating:

What would make this better?

Couples Prompt: Discuss how you each experience this level. Where are your strengths? Where are your weaknesses? What happens when you attempt this level?

Level Two: Others' Opinions and Beliefs

Sharing other people's views and beliefs, still guarded.

RATE YOUR RELATIONSHIP:

Me: ____ / 10

Partner: ____ / 10

Why I chose this rating:

What would make this better?

Couples Prompt: Discuss how you each experience this level. Where are your strengths? Where are your weaknesses? What happens when you attempt this level?

Level Three: Personal Opinions and Beliefs

Sharing your own thoughts, beliefs, and opinions.

RATE YOUR RELATIONSHIP:

Me: ____ / 10

Why I chose this rating:

What would make this better?

Couples Prompt: Discuss how you each experience this level. Where are your strengths? Where are your weaknesses? What happens when you attempt this level?

Level Four: My Feelings and Experiences

Expressing emotions, past experiences, joys, and struggles.

RATE YOUR RELATIONSHIP:

Me: ____ / 10

Why I chose this rating:

What would make this better?

Couples Prompt: Discuss how you each experience this level. Where are your strengths? Where are your weaknesses? What happens when you attempt this level?

Level Five: My Needs, Emotions, and Desires

Sharing deepest needs, hurts, wants, and emotional reactions.

RATE YOUR RELATIONSHIP:

Me: ____ / 10

Why I chose this rating:

What would make this better?

Couples Prompt: Discuss how you each experience this level. Where are your strengths? Where are your weaknesses? What happens when you attempt this level?

REFLECTION QUESTIONS

1. Which level is easiest for us?

2. Which level is hardest for us?

3. One step I can take this week to improve:

4. What usually happens when we try to go deeper?

5. What kind of communication makes me feel connected to my partner?

6. What is something my partner has given me feedback on about my communication I am willing to try?

7. Why it hard for me to communicate at level 4 or higher?

8. Am I content with the style of communication I have with my partner right now?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

9. Reflect on a time communication was deeper or higher in intimacy. What was different then? Recall a specific time. What did your partner do differently?

This image shows a single sheet of white paper with ten horizontal black lines spaced evenly apart, resembling notebook paper. The lines are parallel and extend across the width of the page. There is no handwriting or other markings on the paper.