## Intimacy or Intimidacy Profile

We often struggle with our humanness and judge ourselves much more harshly than anyone else ever would. Through our self-criticism, our brains become cluttered with feelings of inadequacy. Deep down, we don’t believe we deserve to have truly intimate relationships. We are afraid to be completely seen for who we are, so we are reluctant to see and accept others for who they are. We tend to put others on pedestals or to see them as undeserving. Either way, true intimacy does not exist.

Take an inventory of how much you struggle with intimacy and your sense of being good enough. For each of the questions below, choose the number that is most closely aligns with your beliefs or the situations you find yourself experiencing (1 being “not at all” and 10 being “a great deal”).

1. I believe I’m a wonderful, thoughtful, and kind companion to my friends.

1—2—3—4—5—6—7—8—9—10

2. I am satisfied with my friends. They treat me with kindness and compassion.

1—2—3—4—5—6—7—8—9—10

3. My relationships with friends and family grow stronger and more supportive.

1—2—3—4—5—6—7—8—9—10

4. With family or friends who have let me down, I have forgiven them and moved forward.

1—2—3—4—5—6—7—8—9—10

5. I am feeling really satisfied in my career. I love what I’m doing, and it loves me.

1—2—3—4—5—6—7—8—9—10

6. I have lots of creative outlets. I take time to nurture them.

1—2—3—4—5—6—7—8—9—10

7. I draw loving people into my life, because I am a very loving person.

1—2—3—4—5—6—7—8—9—10

8. It is easy for me to ask others for help when I am in need.

1—2—3—4—5—6—7—8—9—10

9. I am able to forgive myself for the errors I have made in my life.

1—2—3—4—5—6—7—8—9—10

10. I see others having what I want, and I am excited, knowing that I too can experience the same.

1—2—3—4—5—6—7—8—9—10

If you scored between 76 and 100, for the most part you do feel you are enough in your life, and you likely experience intimacy in relationships. You clearly see your worth and have been working on valuing yourself and creating a life of connection. Continue to fulfill yourself, knowing that meeting your own needs frees space for loving others in an authentic way, from a place of self-respect, self-love, and self-acceptance.

If you scored between 51 and 75, your sense of worthiness is quite strong. You are working towards accepting yourself as you are, and others as they are. You know deep in your heart that you deserve a life of joy and connection. Be sure to say yes to yourself more often, knowing that a yes towards your goals and dreams is a yes towards supporting your loved ones in doing the same.

If you scored between 26 and 50, you’re struggling, and you need to honor who you are. Start by seeing yourself as an innocent young child. Forgive yourself for your mistakes or shortcomings, and give yourself permission to thrive. As you forgive yourself, you will find it easier to forgive others for their shortcomings. You will gain patience. Know that you were created just as you were meant to be and you have walked a path of courage on this earth. When you can, look into the mirror and tell yourself that you are enough.

If you scored between 10 and 25, you are struggling with a sense of unworthiness and are likely distancing yourself from others. Give yourself permission to express any feelings that you have repressed in your attempt to be lovable, knowing that you are doing the best that you can. Look into the mirror work of best-selling author Louise Hay and commit to changing your mind about yourself and your right to a better life. Work on loving yourself now, at this moment, as you are. The more you love yourself, the more you will find patience and love towards others.