
Intimacy, Passion & Commitment
Self-disclosure, attachment, connection.
1. Actively promoting the welfare of the other.
2. Happy with that person. Enjoy time together more than not.
3. Hold the person in high regard, despite awareness of their flaws.
4. Can be needy; count on them physically, emotionally, financially.
5. Willing to share your possessions.
6. You are able to receive emotional support.
7. Decide to give emotional support, even when you disagree
8. Can communicate well with that person (verbal, physical, non-verbal, written)
9. Can be open about things; if when you feel you are wrong.

Intimacy typically begins with personal, life-history, fears dreams etc. Reciprocal, back and forth build up. Other contemporary sex/love researchers and clinicians including David Schnarch emphasize paradoxical aspects of both autonomy and togetherness needs.
*Constant tension between togetherness and autonomy, self-assertion within the context togetherness, doesn’t always feel easy or safe; the basic paradox of intimacy.

Passion
Longing for union with another person; limerance and sex. To be nurtured, dominant, submissive. But not always or only sex, passionate “shared enjoyment” from travel, music, sports, intellectual pursuits....

*Passion must be kept through spontaneity and intermittent reinforcement (every so often something new). Requires autonomy and togetherness to keep passion going, as with intimacy!

Commitment
Decision to stay together despite some ups and downs. Over time, shared achievements and history. Can sometimes come first (arranged marriages)
Sternberg’s Taxonomy of Love

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*What’s the size and shape of your “love triangle”? (Handout). Sometimes arguments about who loves whom more, are about the “shape”, and not the size.*

Couple’s who have similarly shaped triangles report the most satisfaction.
Couple’s triangles can change shape over time.

Fill out the Love scale (Handout) in a “real” vs. “ideal” way. You and a partner can also fill it out for self vs. and for “other” (as perceived).