

**What really are characteristics of intimacy in a relationship?**

1. *Each person has a separate identity and gives and receives without losing separateness*
  - a. Good boundaries here in essence; what defines you and the other?
2. *Each is able to talk openly about significant issues*
3. *Each assumes personal responsibility for his or her level of happiness*
  - a. Each is responsible to take care of him/herself as able to
4. *The couple can play together*
5. *The couple can fight constructively*
  - a. There is constructive and destructive honesty
6. *Each makes an attempt to keep the romance alive.*
  - a. It is not just one's responsibility to plan a date night either
7. *Each consider the other an equal in the relationship and both demonstrate concern for one another*
  - a. Wives and Husbands should submit to one another
8. *Each is growing and open to new experiences*
  - a. If one is not growing, the relationship will not only grow stagnate but also deteriorate over time
9. *Each can find meaning outside of the relationship and finds solitude at times from the other*
  - a. There is a high need for both to have outside friendships but not at the cost of the relationship!
10. *There is no manipulation in relationship*
  - a. This includes passive aggressive behavior
11. *There is no assumption for ownership for the other where there's enablement*
  - a. Each is responsible to, not for the other
12. *Each shows flexibility in the roles*
13. *Each is able to disclose inner feelings and thoughts with the other*
  - a. No excuses men
14. *Each has a desire to give to the other*
15. *Each allows the other a sense of privacy*
16. *Each encourages the other to become all he/she is able to become*
  - a. There's an encouragement for each to fulfill their "purpose"
17. *Each is committed fully to one another*