

# Autonomy and Intimacy

Autonomy= Independence Intimacy= Connectedness

1=Low 5=High

## Levels of Intimacy and Autonomy Snapshot

Person	Intimacy					Autonomy				
Parent/Guardian 1	1	2	3	4	5	1	2	3	4	5
Parent/Guardian 2	1	2	3	4	5	1	2	3	4	5
Sibling 1	1	2	3	4	5	1	2	3	4	5
Sibling 2	1	2	3	4	5	1	2	3	4	5
Friend	1	2	3	4	5	1	2	3	4	5
Roommate	1	2	3	4	5	1	2	3	4	5
Romantic Partner	1	2	3	4	5	1	2	3	4	5
Coworker/ Classmate	1	2	3	4	5	1	2	3	4	5

## Ebb and Flow in my Relationship

Consider a relationship that you would like to focus on and reflect on the following questions:

What are the current autonomy and intimacy levels I am feeling?: \_\_\_\_\_

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How have the levels of intimacy and autonomy varied over time and experiences?: \_\_\_\_\_

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Where would I like my intimacy and autonomy levels to be?: \_\_\_\_\_

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