

INTIMACY DAILY RATING SCALE

1. Feelings of stagnation, isolation, anger, fear, insecurity, and loneliness. Completely unaware of my Self and unauthentic in my expression. Withdrawn and reluctance to share myself with anyone. Judgments abundant and not recognizing them. Cold and distant relationships with superficial conversation. Secretive and uninvolved with others. No trust present. Feeling separate from God.
2. Feelings of stagnation, frustration, edginess, insecurity, and loneliness. Completely unaware of my Self and unauthentic in my expression most of the time. Withdrawn and reluctance to share myself with anyone most of the time. Aware of judgments. Cold and distant relationships with superficial conversation. Secretive and uninvolved with others. No trust present. Feeling separate from God.
3. Feelings of frustration, insecurity, and loneliness. Noticing some awareness of my Self and my unauthentic expression. Withdrawn and trying to share myself. Aware of my judgments. Cool relationships with superficial conversation. Less cautious and involvement with others once in awhile. Noticing my lack of trust. Feeling separate from God.
4. Feelings of frustration, insecurity, and loneliness present most of the time with glimpses of happiness and closeness. Noticing some awareness of my Self and attempting to be more authentic in my expression with little success. More friendly and trying to share myself. Aware of my judgments and practicing Self-Forgiveness occasionally. Warmer relationships with casual conversation. Less cautious and involvement with some people. Trust in some relationships but not many. Aware of my feelings of separation from God.
5. Feelings of frustration, insecurity, and loneliness present less often. Feelings of happiness, closeness, and comfort showing up more often. Aware of my Self and setting the intention to express myself more authentically. Friendly encounters and openly sharing myself with others. Practicing Self-Forgiveness when judgments are present. Some close, warm relationships with open conversation. Connecting and involved with others more often. Trust present more often than not. Aware of my connection with God once in awhile.
6. Feelings of happiness, closeness, and comfort present more often. Feelings of frustration, insecurity, and loneliness show up less frequently. Aware of my Self and expressing myself more authentically. Sharing myself with others more consistently. Practicing Self-Forgiveness when judgments are present. Several close relationships with open, caring conversation. Actively connecting and involved with others most of the time. Trust growing with God and others. Aware of my connection with God.
7. Feelings of closeness, confidence, comfort, familiarity, warmth, happiness showing up most of the time. Aware of my Self most of the time and authentically expressing myself to most people. Judgments rarely present and practicing Self-Forgiveness as needed. Deeper connection in my relationships with loving conversation. Embracing my involvement with others. Trust present most of the time. Closer dialogue with God and awareness of my connection to the universe.
8. Feelings of closeness, confidence, comfort, familiarity, warmth, happiness, and affection. Aware of my Self and authentically expressing myself. Openly sharing myself with my environment and others. Practice Self-Forgiveness when needed. Acceptance and loving present most of the time. Easy exchange of thoughts, sharing of ideas, and enjoying similarities between myself and others. Trusting in Self, God, and others. Feeling fully connected with God and the universe.
9. Feelings of closeness, confidence, comfort, familiarity, affinity, warmth, happiness, affection, and joy. Completely authentic in my expression. Deep capacity for closeness in relationships. Acceptance and loving present all the time. Easy exchange of thoughts, sharing of ideas, and enjoying similarities and differences between myself and others. Warm and close relationships with soulful, open communication. Intimacy shared intellectually, experientially, emotionally, spiritually, and sexually. Full connection with God and the universe and joyfully loving my intimate relationship with all.