Shared intensity and responsiveness

Reflection and understanding | 1 of 2

Explore consensual interests without equating them with hostility or a fixed personality label.

Name or initials (optional): _____ Date: _____

1. What shared emotional experience appeals to me, and what do I understand my partner wants?

2. How do I distinguish my imagined experience from what my partner is actually communicating?

3. What limits do I have around responsibility, activities and emotional involvement?

Shared intensity and responsiveness

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. How do I respond to a change of mind, uncertainty or a mismatch in interests?

5. What helps both people feel respected and cared for after an intense experience?

6. What question should I ask before assuming we mean the same thing?

My next step / support I can ask for / date to review: