

Intimacy Continuum

Check the box indicating the intimacy zone you feel corresponds to each of the following behaviors.

Zone of safety = Always ok

Zone of vulnerability = Sometimes ok

Zone of abuse = Never ok

BEHAVIOR	ZONE OF SAFETY	ZONE OF VULNERABILITY	ZONE OF ABUSE
Giving a gift			
Accepting a gift			
Lending money			
Borrowing or accepting money			
Giving a hug			
"You are a very special person"			
"You're so important to me"			
Inviting them to your holiday dinner			
Engaging in a romantic/sexual relationship			
Engaging in a romantic/sexual relationship with a member of their family			
Using profanity			
Using drug culture slang			
"I'm going through a really bad breakup right now"			
"You're so cute!"			
Attending a recovery meeting together			
"You're my best friend"			
Giving them your home address			
Sharing your relationship status			

Asking them to go on a double date with you and your partner			
Discussing their personal life with your friends and family			
Offering to house sit or babysit while they are on vacation			
Giving them a ride home			
Venting about coworkers or other system partners			
Doing them a favor			
Calling them when you need support			
Saying "hi" to them when they are out in the community			