

The Emotional Intimacy Map

A Guided Worksheet for Emotional Awareness and Sharing

Introduction

Emotional intimacy isn't just about sharing thoughts—it's about being seen, known, and safe in your emotional truth. Many couples feel distant not because they don't care, but because they don't know how to express what's happening inside. This worksheet is designed to help you name what emotions feel safe, which feel vulnerable, and how to begin sharing more of your inner world with your partner.

1. Emotions I Feel Comfortable Sharing With You

List the emotions you feel safe expressing in this relationship. These may be easier to talk about or receive support around.

Examples: Joy, gratitude, worry, irritation

2. Emotions I Struggle to Share With You

These are the emotions that feel risky, too intense, or hard to explain. Reflect on why they feel difficult to express.

Examples: Sadness, shame, anger, neediness, loneliness

3. How Were Emotions Handled in My Family Growing Up?

Think about what emotional expressions were welcomed, dismissed, or discouraged in your childhood home. This often shapes how we share as adults.

4. What Emotions Do I Think You Avoid Sharing With Me?

Notice what feelings your partner might hide or struggle to express. This section is not for blame—just reflection.

5. What Helps Me Feel Safe to Share Emotionally?

Identify what your partner can do to help you open up: tone of voice, body language, listening style, or simple words.
