

The Intimacy Risk List

A Courage-Based Worksheet to Deepen Emotional Vulnerability

Introduction

Emotional intimacy requires risk—the risk of being seen, misunderstood, rejected, or changed. In relationships that feel emotionally distant but peaceful, partners often avoid these risks to maintain stability. This worksheet invites you to gently name what feels risky to express, and how your partner can help you feel safe enough to be more emotionally open.

1. What Feels Emotionally Risky for Me to Share With You

These could be needs, memories, insecurities, longings, fears, or past hurts.

2. Why These Feel Risky for Me

Explore the internal fears behind your hesitation. What are you afraid might happen?

3. What I Need From You to Take That Risk

List what would help you feel safer being emotionally vulnerable (e.g., quiet space, eye contact, no problem-solving, empathy).

4. One Small Emotional Risk I'm Willing to Try This Week

Start with something gentle: expressing a need, sharing a story, asking for comfort, or telling the truth about a feeling.

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