



Elements of Intimacy Process

1. Ground, centre, and orient to what is happening in the moment.
2. Is this real danger, or unnecessary fear?
3. If this is real danger, address it powerfully.
4. If this is unnecessary fear, identify the quadrant you are in by paying attention to your feelings and thoughts. Pass through the portal of your reactive energy into the archetypal energy of that quadrant.
5. Return to the reactive energy to hear its guidance.