

Intimacy

Things that improve Intimacy:

- Get better at being vulnerable (i.e. admit some of your own relevant fears and weaknesses, like saying “I’m like that too” or “I hate seeing that.”)
- Don’t be afraid to show emotions (e.g. “Wow, Tell me more” or “I hate that.”)
- Take risks (“I hope I’m not prying if I ask....)
- Be aware of phrasing and slang to lessen the chance of misunderstanding or making inadvertent insults.
- Don’t dig or grill someone about their habits or family details. Instead, ask if they are having a good or bad day, what they like or don’t like regarding the topic, misgivings, as well as their wishes and hopes about the topic.
- Don’t talk about your conversation or post it on social media without the person’s permission. (e.g. “Do you mind if I tell that we talked?)

David Maister, Charles Green, and Robert Galford, *The Trust Equation*