



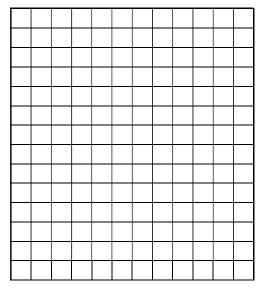
## Scaling and Sculpting

## your relationship: A Physical Metaphor for

Closeness and Intimacy

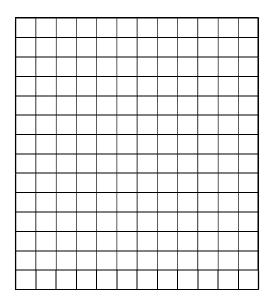
Sometimes in our relationships, we

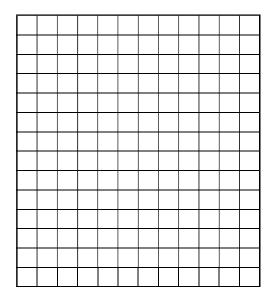
feel a million miles away, and other times we feel like we couldn't be closer. Use this worksheet as you discuss the CLEAVE intervention as a tool to help you graph your intimacy and make change "sensible"!



1) Pretend this graph represents the room you are in. Before discussing CLEAVE, graph how close you feel to each other and act it out too. Use appropriate body gestures like crossing your arms, reaching out, or whatever else you need to express yourself. Feel free to use any of the various areas of intimacy (e.g. sexual, emotional, and spiritual).

2) Now share your ideal - where would you like to be in terms of intimacy and closeness... Again, feel free to use whatever area you would like to work on.





3) Now go ahead and spend some time talking about the CLEAVE model, working through the assessments and information, and discussing how this might apply to your relationship. After spending some time discussing intimacy together as a couple, go ahead and graph your intimacy again, and see if it's changed. Again, feel free to act it out and use whatever sculpting (body gestures, etc.) you need.

You can keep this as a reminder of how even discussing intimacy as a couple can help you grow closer. If you are having trouble, consider our consultation option to help you along this journey to greater intimacy. We pray a blessing for your relationship and wish you well!