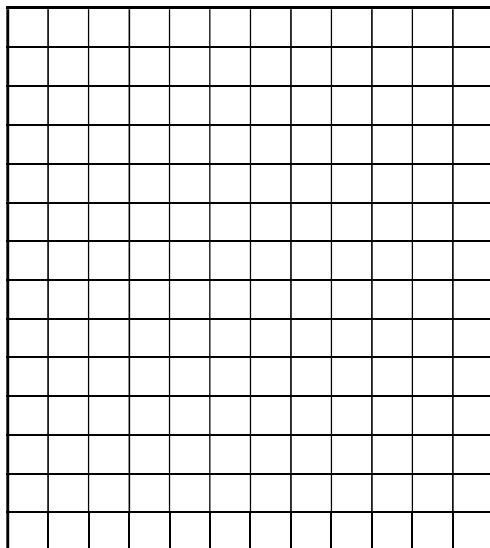




Scaling and Sculpting

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).
