





# NASAHRHETTE BAWA

Ancestor Readings. Tantra Coach. Spiritual Mentor

*I help you develop the behaviors to becoming*

## EMOTIONAL INTIMACY CHECKLIST

**Keep this checklist handy when you encounter ANY new relationship to ensure you are in a position to love! Check the following that apply to you. Avoid thinking of these as always or never, but what is true most of the time.**

- I am comfortable expressing my feelings.
- I am sensitive to the needs of others.
- My ability to be present with others is strong.
- I am skilled at focusing my attention.
- When my thoughts wander, I know how to refocus.
- I recognize signs that I am becoming overwhelmed emotionally.
- I know how to turn down the intensity of my emotions.
- I am comfortable letting others know if I don't want to discuss something.
- I have a clear awareness of my boundaries.
- My ability to sit with my feelings is good.
- I am self-accepting in most areas.
- I am aware of the messiness that is me (good/bad/indifferent qualities)
- There are times when I catch myself being self-critical and change the course.
- I recognize unsafe relationships and respond accordingly.
- I am comfortable admitting my limitations and less admirable traits when I feel safe.
- I proactively choose how to respond to questions that make me uncomfortable.
- Most of the time, I can offer support for others.