



## Intimacy Ingredients

Vulnerable Communication  
Says "I Trust You"

Hindrances:

Fear

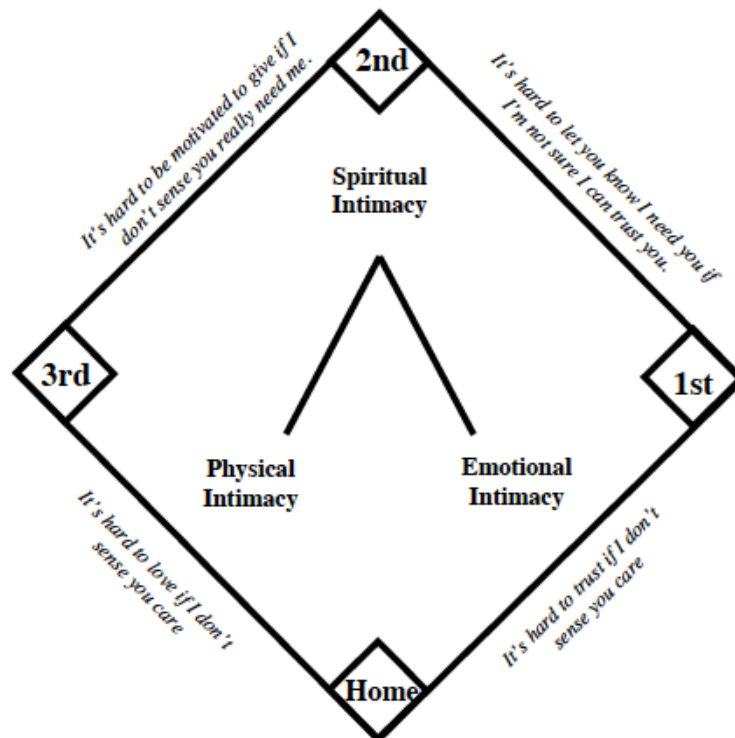
I John 4:18-19

Vulnerable about:

- Dreams
- Goals
- Feelings
- Your relationship

Joint  
Accomplishment  
Says  
"I Need You"

Hindrances:  
Self-sufficiency  
Galatians 6:2



Affectionate  
Caring Says  
"I Care About You"

Hindrances:  
Affectionate Caring  
Declines  
Ephesians 4:31

Mutual Giving Says  
"I Care About You"

Hindrances:

Selfishness

Philippians 2:3

Vulnerable about:

- Sacrificial love
- Agape Love
- Unconditional
- Selflessness
- Takes Initiative