

6 Criteria for a Good, Intimate Relationship: \*

1. Each person feels a greater amount of zest and vitality.
2. Each person feels more able to act and does act.
3. Each person feels a greater sense of worth.
4. Each person has a more accurate picture of him(her)self and of the other person
5. Each person feels more connected to the other person, and a greater motivation for connection with other people beyond this connection.
6. Each person's life is enlarged by this relationship.

- Taken from the Lecture, "On Intimacy", by Harriet Lerner, PhD
- To discuss any of these further, contact Counseling Services.