



KRISTIN SNOWDEN
the journey from crisis to clarity

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Is it Intimacy or Intensity?

(Adapted from Dr. Patrick Carnes book *The Betrayal Bond: Breaking Free of Exploitive Relationships*)

This is a great chart to help you better understand a relationship dynamic that is based on INTIMACY versus one that's based on INTENSITY-SEEKING.

Consider your current or past relationship dynamics (or the behaviors of your betraying partner) and explore each of these areas of how you engaged one another, the roles you played, the emotions that were present or allowed in the relationship, how committed you or the other were in the relationship, the path and pace of the relationship, how stressful it was, the problems that surfaced and how you each handled problems.

Area of the Relationship	INTENSITY	INTIMACY
Each of Your ROLES	Victim/Victimizer	Mutual, Respectful, Balanced
The EMOTIONS present	Fear and Arousal	Passion and Vulnerability
COMMITMENT by each	One in/One Out	Involved, Enduring, Present
Where is the relationship going? Its PROSPECTS	Threats of betrayal and/or abandonment	Committed, Safe, Patient
The Stress & ANXIETY level	High drama, high stress	focus on problem resolution
How does the relationship handle PROBLEMS and conflict	No structure/no rules, can get out of hand quickly and become abusive at times	Both "fight fair", uphold boundaries and don't engage in harmful words or behaviors
How does the relationship DEVELOP over time	High distraction from the relationship, itself	High growth process
Is there OPENNESS	Built on secrets and fractured truths	No secrets, transparent, open, honest
CONFLICT process	Escalation	Negotiation
SCENARIO or "rhythm" of relationship	Moving from one intense episode to the next	There's a constancy and stability