

Signs of emotional intimacy in relationships:

- Mutual trust in each other
- Validation and acceptance of each other for who you each are
- A sense of emotional safety to share your most personal thoughts and feelings without fear of judgment.
- You feel safe and secure in the relationship
- You're emotionally available to each other
- You openly express your feelings, care, and affection for each other
- You share experiences
- You support and encourage each other



Streb Busters Twentyone Thoughts For Your Emotional Wellneb

M Carnoy



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