

LEVELS OF INTERPERSONAL INTIMACY

Developing Flexible Boundaries

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What are appropriate behaviors, topics of discussion, and levels of physical intimacy for your relationships with strangers, acquaintances & casual friends, dating partners, close friends, and partners? Think of the deepest, most private parts of yourself as your core self or the *real self*. The other end of the spectrum is the most surface part of you, the *public self*. Note, the public self is authentic, however more impersonal than the real self. The goal is to be flexible enough to move between these different boundary systems in order to balance protecting your self and sharing yourself.

