

The Intimacy Dojo's What's Your Fear of Intimacy Score?

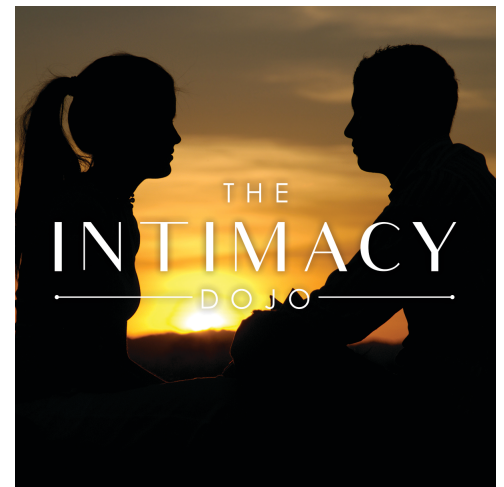
Congratulations on taking this quiz! Obviously, fear of quizzes is not your problem, right! 😊

Before you take this quiz:

1. Go to a quiet place if you can (and please don't say you'll do it later- few people will. It's better to take this quiz right now than wait until you have the "perfect" conditions).
 2. Take a few deep breaths and see if you can connect with your body. Being present with what is actually there, rather than skimming over the surface, will give you a much clearer picture.
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During the quiz:

1. Please circle the answers that resonate for you the most.
 2. *Note:* The options change depending on the question being asked, so be sure to consider which answer fits you best. Go get 'em!
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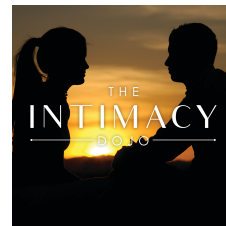


Self-esteem and Self-confidence

- 1) How often do you negatively compare yourself to others?
 - a. All the time (10 points)
 - b. Frequently (7 points)
 - c. About half the time (5 points)
 - d. Occasionally (3 points)
 - e. Almost never (0 points)

Boundaries and Speaking Up for Yourself

- 2) How comfortable are you with saying no to someone you just met? (e.g. *Let's go for coffee!* And you do not want to go for coffee.)
 - a. Extremely uncomfortable (10 points)
 - b. Somewhat uncomfortable (7 points)
 - c. I'm neutral on it – not comfortable, not uncomfortable (5 points)
 - d. Mostly comfortable (3 points)
 - e. Extremely comfortable (0 points)



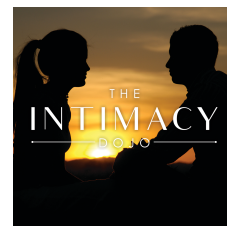
- 3) How comfortable are you with saying no to someone you know well? (e.g. *Will you take me to the airport at 4am? And you do not want to.*)
- Extremely uncomfortable (10 points)
 - Somewhat uncomfortable (7 points)
 - I'm neutral on it – not comfortable, not uncomfortable (5 points)
 - Mostly comfortable (3 points)
 - Extremely comfortable (0 points)

Fears around Rejection and Judgment

- 4) How easily do you deal with rejection with someone you just met?
- It hits me hard and feels like it lasts forever (10 points)
 - I always feel it, but it eventually gets better (7 points)
 - Sometimes it hurts, sometimes it doesn't (5 points)
 - It stings, but only for a moment (3 points)
 - Rejection? What rejection? (0 points)
- 5) How easily do you deal with rejection with someone you know well?
- It hits me hard and feels like it lasts forever (10 points)
 - I always feel it, but it eventually gets better (7 points)
 - Sometimes it hurts, sometimes it doesn't (5 points)
 - It stings, but only for a moment (3 points)
 - Rejection? What rejection? (0 points)

Perfectionism and Self-acceptance

- 6) How ashamed do you feel when you do something awkward (trip, say something wrong) in front of someone you *just* met?
- Extremely ashamed – I hate myself (10 points)
 - Mostly ashamed – I only want to die for a little while (7 points)
 - I'm more embarrassed than ashamed (5 points)
 - I think it's funny (3 points)
 - I can't stop telling everyone how I funny I thought it was! (0 points)
- 7) How ashamed do you feel when you do something awkward (trip, say something wrong) in front of someone you know well?
- Extremely ashamed – I hate myself (10 points)
 - Mostly ashamed – I only want to die for a little while (7 points)
 - I'm more embarrassed than ashamed (5 points)
 - I think it's funny (3 points)
 - I can't stop telling everyone how I funny I thought it was! (0 points)



Deserving and Allowing

- 8) How often do you feel like you belong?
- a. Almost never (10 points)
 - b. Occasionally (7 points)
 - c. About half the time (5 points)
 - d. Frequently (3 points)
 - e. All the time (0 points)
- 9) How easy is it for you to talk with someone new?
- a. Extremely difficult (10 points)
 - b. Somewhat difficult (7 points)
 - c. I'm neutral on it – not easy, not difficult (5 points)
 - d. Mostly easy (3 points)
 - e. Extremely easy (0 points)
- 10) How much do you feel like you belong in your community/group of friends?
- a. Almost never feel like I belong (10 points)
 - b. Occasionally I feel like I belong (7 points)
 - c. Depends on the day (5 points)
 - d. I'm pretty sure I belong (3 points)
 - e. Strong sense of belonging (0)

Way to go! You're almost done. Now let's see how you scored...



Scoring: Go back and add up your score using the points next to the answer you circled. Write your total score in the blank below and use the evaluation below.

Total Score: _____

75-100 points: Intense fear of intimacy is likely holding you back.

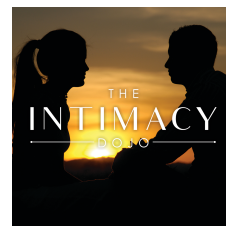
60-75 points: This fear has a high impact on your life.

40-60 points: Moderate fear of intimacy is affecting your interactions with others.

20-40 points: Some work in this area would help improve your world even more. And, congrats on all that you've accomplished!

0-20 points: If you answered authentically, fear of intimacy isn't a factor! If you have the skills to connect with others and you're using them, you should have a strong social life. If you don't, you may be lacking tools and skills around relating.

Whatever your score, you rock for being the kind of person who's curious about understanding themselves. I appreciate and see you!



Want to remove subconscious beliefs and fears around intimacy? Have more confidence and ability to connect with others? Our Fear of Intimacy Mini Course will guide you to unlocking easy and empowering ways to connection with yourself and others...

Visit TheIntimacyDojo.com/fear-of-intimacy-mini

If you want to send this quiz to friends and family who might benefit, share this link with them: TheIntimacyDojo.com/fear-of-intimacy-quiz