



FREE RESOURCE · INTIMACY & RELATIONSHIPS

Your Relational Map

*A guided inquiry into the patterns you carry, what
they have protected, and what becomes possible
when you can see them clearly.*

Four movements · Thirty minutes · Complete honesty

Every pattern you carry began as intelligence.

The way you move toward closeness, and the way you protect yourself within it, was learned somewhere. In relationships that came before this one, and often long before you had language for what you were learning.

Those adaptations were skilful. They kept connection possible under whatever conditions you were given, and they deserve real respect for what they made survivable.

This inquiry is not designed to dismantle them. It is designed to bring them into view, so that what has been running automatically can become something you choose.

*We do not repeat the past
because we are bound to it.
We repeat it because it lives
in the body, and the body has not
yet been offered something new.*

HOW TO USE THIS

Set aside thirty unhurried minutes somewhere you will not be interrupted. Read each prompt slowly, and notice what arrives in your body before you reach for words. Write from that, rather than from the answer you think is expected.

You may find that a particular question lands with unexpected weight. That weight is worth staying with. It usually marks the place where something important is held.

A GENTLE ORIENTATION

This inquiry moves through four movements. The body, the history, the distance, and the possibility.

Together they map the terrain of how you relate. Nothing here is a verdict, and nothing needs to be resolved today. Seeing clearly is the whole of the work at this stage, and it is enough.

The Body.

Where relating actually happens.

Every connection you have ever had is held in the body as much as in memory. Not as a story you could tell, but as physiology. As the subtle responses that arise in the presence of closeness, desire, conflict or vulnerability, arriving before conscious thought has time to assemble a position.

This is why relational insight alone rarely changes things. The body holds the pattern, and so the body must be included in any genuine change. The encouraging half of that finding is that the body is also remarkably responsive once it is given something new to learn.

TRACKING THE FELT SENSE

Take each cue below in turn. Recall a real moment, then notice what happens physically. Write what you find, in whatever language is closest to the sensation.

Someone moves closer

You are truly seen

A conflict begins

You need to ask for

something

You are offered tenderness

Someone withdraws

Which of those cues brought the strongest response?

Strength of response is a signal of significance, not a sign of anything being wrong.

In which relationship does your body feel most at ease?

There is always one. This is your reference point for what safety feels like.

The History.

What your patterns have been protecting.

The patterns below are among the most common that people carry into intimate relationship. Each one was learned, each one was useful, and each one becomes more workable once it can be named. Read them with curiosity, and resist the pull to judge what you recognise.

Giving more than you receive

This secured connection where connection felt conditional. It is generous, and becomes costly only when the giving is the price of belonging.

Withdrawing as closeness deepens

A precise response, developed where closeness once carried risk. This is not indifference. It is care for something vulnerable.

Making yourself easy to be with

Attunement is a real gift, and this is built from it. It becomes limiting only when your own needs quietly leave the room.

Managing the other person's feelings

Highly skilled, often learned early. It reads the room beautifully, and tends to read the other person more accurately than it reads you.

Holding back what you truly need

This protects against a disappointment that once landed hard. Naming a need is a small risk with a large return, and can be practised in stages.

Which of these patterns do you recognise most?

Write it in your own words. Your language will be more accurate than mine.

What was it protecting, and when did it first become useful?

Answer with warmth. That version of you was doing something intelligent.

The Distance. Between connection and being known.

Most of us have become genuinely skilled at connection. Warm, engaging, relationally fluent, and yet holding something back that would allow us to be fully known.

This is not dishonesty. It is protection, and it is remarkably common. Genuine intimacy asks for a quality of regulation, self-knowledge and courage that very few of us were ever explicitly taught. The gap it creates is not a character flaw. It is a skill that has not yet been built, and skills can always be built.

Where in your life are you most fully known?

Begin here. This is evidence of what you are already capable of.

What do you tend to keep back, even from those closest to you?

Notice this gently. It is being kept back for a reason worth understanding.

What would you want someone to understand about you, without you having to explain it?

Write it here. This page is a safe place for it to exist.

WORTH HOLDING

Intimacy is not a feeling that arrives. It is a capacity that develops, through the gradual widening of your tolerance for being seen.

It builds at whatever pace your nervous system can genuinely absorb, and it responds far better to patience than to force.

The Possibility. What a different way might feel like.

Having seen the map, the question becomes a generative one. Not what needs correcting, but what wants to grow.

Relational change rarely arrives through grand gestures. It arrives through small, repeated moments in which something honest is risked and met, and the body slowly gathers evidence that being genuinely known is safe.

If your most familiar pattern softened, what would become possible?

Describe the relationship, not the outcome. What would it feel like inside it?

What is one honest thing you could say this week?

Keep it small and genuinely achievable. Small is what compounds.

What would you need to feel, in order to say it?

Safety is a condition, and conditions can be created deliberately.

What is one thing you already do well in relationship?

Answer this one fully. It is the foundation everything else is built on.

Three things worth noticing.

WHAT YOUR BODY TOLD YOU

The cue that produced the strongest response is usually the one carrying the most history. It is not a warning. It is a marker, showing you where the richest work is available and where your system is asking for something.

WHAT YOUR PATTERN WAS FOR

Once you can name what a pattern was protecting, it stops being something you do without knowing why. It becomes a decision. And a decision, unlike a reflex, can be made differently the next time.

WHAT YOU ALREADY DO WELL

The relationship in which your body feels at ease, and the thing you named that you do well, are not incidental. They are the ground you are standing on. Relational change is never built from nothing. It grows outward from what already works, and you have more of it than you think.

*The relationship you are longing for
begins with the one you are
willing to have with yourself.*

Looking across everything you have written, what one thing stands out?

Trust the first answer that arrives. It is usually the truest one.

WHAT COMES NEXT

You are not repeating your history. You are learning to author it.

What you have written is a beginning. A clearer view of terrain you have been walking for a long time, often in the dark.

Return to these pages whenever you wish. The answers will change as you do, and that is exactly as it should be.

*Every pattern you carry
was once an act of care.
Seeing it clearly is how
it becomes a choice.*

BOOK YOUR EXPLORATORY SESSION

45 minutes · No commitment · Online globally or in person in Lisbon

ReHuman Lab

WHOLE BY DESIGN. HUMAN BY NATURE.

rehumanlab.com · info@rehumanlab.com

© 2026 ReHuman Lab. This is a reflective resource and does not constitute clinical advice. If you are experiencing significant distress, please seek support from a qualified professional.