



LUMI REFLECTION WORKSHEET

Radical Honesty vs.
Emotional Intimacy

WORKSHEET: *Transforming honesty into true connection in relationships*

You've likely heard the advice: *"Just be radically honest."* It sounds empowering—especially after doing personal work—but in relationships, unfiltered honesty isn't always what strengthens connection.

This worksheet is designed for women navigating friendships, partnerships, and parenting. It will help you:

- Notice the difference between radical honesty and emotional intimacy
- Explore your patterns of sharing in relationships
- Practice connecting with others in ways that are honest and relational

Think of this as an interactive guide: a space to reflect, experiment, doodle, and practice small shifts that build real intimacy.

Remember: Emotional intimacy isn't about saying everything. It's about how you share in a way that keeps connection alive.

1. Spot the Confusion

Think back to a recent conversation where you said something "honest." Answer the prompts:

1. What did you say? _____
2. Why did you say it? Check all that apply:
 - To connect
 - To release emotion
 - To be right
 - To be seen
 - Other: _____
3. What was the impact on the other person? _____

Mini-Challenge: Circle the parts where honesty may have overshadowed connection.

Notes:

2. Map Your Patterns

Create a simple “honesty vs connection” map for yourself:

| Pattern | How it shows up | Impact on me | Impact on others | Notes |
|------------------------------------|-----------------|-----------------|------------------|-------|
| Example: Flooding with feelings | In arguments | Relief, anxiety | Distancing | ... |

Creative Twist: Use colours: red for disconnection, green for connection. Visual cues help track your patterns.

Notes:

3. Pause & Play

Before sharing something personal, try this **interactive pause exercise**:

1. **Check-in:** Name your feeling in one word. _____
2. **Visualize the other person:** Imagine how your words might land. Draw a quick emoji or symbol to represent it.
3. **Reframe:** Rewrite your statement to prioritize connection.
 - Original: _____
 - Connection-focused version: _____
 - How does this feel in your body? _____

Challenge: Try saying it out loud **as if the other person is right there**. Notice what changes.

Notes:

4. Emotional Intimacy Toolkit

- **Micro-practice:** Share one small, regulated truth today and notice the response.
- **Reflection prompt:** After sharing, jot down:
 - What worked?
 - What felt uncomfortable?
 - What did I learn about staying connected while being honest?

Creative variation: Turn this into a mini comic or doodle showing your interaction, visualizing emotions builds awareness.

Notes:

5. Deep Dive Reflection

Answer freely:

- When I say “I’m just being honest,” am I connecting, or offloading?
- How does my body signal when I’m leaning toward radical honesty vs relational intimacy?
- What is one habit I can try this week to prioritize connection over urgency?
- How do my roles as partner, friend, or parent influence these patterns?

Notes:

Call to Action

You don’t have to navigate this alone. Explore relational intimacy through:

- **1:1 therapy** – a safe space to practice honesty, connection, and emotional regulation.
- **LUMI Circles** – practice relational presence in a supportive community.
- **Your next conversation** – choose one moment this week to experiment with connection-focused honesty.

Remember: Intimacy is co-created, not declared. Small, mindful steps create lasting connection.

Notes:

www.countercurrenttherapy.com

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