



## Close Relationships

**In a nutshell:** *Closeness is experienced differently by individuals based on their relationships. Some people prioritize emotional intimacy whereas others may seek physical intimacy. For many others, it is a mixture of both. Other ways of feeling close is sharing similar hobbies or interests.*

Being emotionally closer means deepening trust in the other person and opening up and sharing things you may not have done before. This needs to be reciprocated by both sides for relationships to become stronger and closer.

Close relationships also necessitate having healthy boundaries which is important to building close relationships – clarity in this regard is paramount. There needs to be a healthy distance, psychologically, between you and others so that you're clear with your choices and experiences.

Curiosity is another good quality that creates closer relationships. Asking yourself and others how they're feeling, what they're experiencing, what they need, and so on. By no means is it a case of "one-size-fits-all" as every relationship is unique. Being inquisitive about others and their feelings is a good bridge towards building "closeness".

A good way to think about close relationships is to assess who in your life do you feel close to? Would you want to deepen or enhance this connection? Are there others with whom you imagine you'd like to be closer? Having at least one close relationship is really crucial for mental well-being.

**Put in practice:** *Ask yourself who among your circle of friends would you want to be closer to? This can be a useful exercise.*

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- By Allison Heiliczer, *Rethink The Couch*.