

# What Being Close Feels Like

Works out what closeness actually feels like for you, so you know what to look for.

## WHEN TO USE THIS

Use this on a quiet day, with no rush on you.

Think of a time you felt close to someone. Where were you, and what were you doing?

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What did it feel like in your body?

*Draw it, mark it on a body, or write it. Any of those.*

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What has to be there for you to feel it?

*Time. No phones. Being asked a question. Doing something side by side.*

1. 

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2. 

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3. 

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4. 

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How much of that is in your weeks right now?

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*Once you know what it feels like, you can stop chasing the wrong version of it.*