

THE 8 INTIMACY STYLES BLUEPRINT

*A trauma informed guide to understanding
how you love, connect, and feel safe.*

By: Virginie Sukri, clinical trauma hypnotherapist and empowerment coach.



— WELCOME LETTER

Welcome, beautiful soul.

This guide is a gentle doorway into understanding the way you love, the way you attach, and the way your nervous system seeks safety.

Your intimacy style is not a flaw or a label — it is a map. A map shaped by your past, your wounds, your longing, and your resilience.

Nothing about your patterns is random. Nothing about your reactions is “too much.” Everything you do in love makes sense when you understand what shaped you.

As you move through this blueprint, take your time. Pause when something resonates. Breathe when something stirs. Your body will tell you what’s true.

This is a journey of remembering — not fixing.

— WHAT ARE INTIMACY STYLES?

Intimacy styles are emotional patterns that shape how you connect, communicate, and feel safe in relationships.

They influence:

- how you bond
- how you protect yourself
- how you respond to conflict
- how you choose partners
- how you express needs
- how you experience closeness

Your intimacy style is shaped by:

- childhood experiences
- attachment wounds
- trauma
- nervous system conditioning
- past relationships
- unmet emotional needs

Your intimacy style is not your destiny — it's your starting point.

— HOW TO USE THIS GUIDE

Move slowly. Let your body guide you.

- Read one style at a time
- Notice sensations in your body
- Highlight what feels true
- Skip what doesn't
- Take breaks if needed
- Return to sections that call you

This guide is not here to judge you. It's here to help you understand yourself with compassion.

— THE 8 INTIMACY STYLES

Below are the eight intimacy styles — poetic, intuitive, trauma informed, and deeply resonant.

Each style includes:

- Essence
- How it forms
- How it shows up
- What it needs
- Shadow expression
- Sovereign expression
- Reflection prompts
- A healing mantra

STYLE 1 — THE MERGED LOVER

"I lose myself to feel loved."

Essence: Deeply emotional, intuitive, connection oriented.

How It Forms: Inconsistent affection, unpredictable emotional environments.

How It Shows Up:

- Over giving
- Difficulty being alone
- Anxiety when someone pulls away
- Absorbing others' emotions

What You Need: Reassurance, consistency, emotional presence.

Shadow Expression: Clinging, self-abandonment.

Sovereign Expression: Connection without losing yourself.

Reflection Prompts:

- Where do I disappear in love?
- What parts of me do I silence to keep the peace?

Mantra: *"I belong to myself first."*



STYLE 2 — THE GUARDED HEART

“I protect myself by staying distant.”

Essence: Independent, self-reliant, deeply sensitive underneath.

How It Forms: Emotional neglect, betrayal, unsafe vulnerability.

How It Shows Up:

- Emotional walls
- Pulling away
- Preferring logic over feelings

What You Need: Space, predictability, slow intimacy.

Shadow Expression: Avoidance, shutdown.

Sovereign Expression: Boundaries with openness.

Reflection Prompts:

- What am I afraid will happen if I let someone in?
- Where do I confuse safety with distance?

Mantra: *“It’s safe to open slowly.”*



STYLE 3 — THE ANXIOUS SEEKER

"I chase love to avoid abandonment."

Essence: Passionate, expressive, emotionally attuned.

How It Forms: Inconsistent affection, unpredictable love.

How It Shows Up:

- Overthinking
- Fear of being left
- Hypervigilance

What You Need: Stability, clarity, nervous system soothing.

Shadow Expression: Pursuing, spiralling.

Sovereign Expression: Grounded communication.

Reflection Prompts:

- What story do I tell myself when someone pulls away
- How can I soothe my body before I respond

Mantra: *"I am safe within myself."*



STYLE 4 — THE LONE WOLF

"I don't need anyone — but I secretly long for connection."

Essence: Strong, introspective, self-contained.

How It Forms: Early independence, emotional self-parenting.

How It Shows Up:

- Hyperindependence
- Avoiding vulnerability
- Choosing unavailable partners

What You Need: Slow intimacy, emotional safety.

Shadow Expression: Isolation.

Sovereign Expression: Interdependence.

Reflection Prompts:

- Where do I confuse strength with self denial?
- What would it feel like to let someone support me?

Mantra *"I can be strong and supported."*



STYLE 5 — THE FIXER

"I heal others to avoid healing myself."

Essence: Empathic, nurturing, intuitive.

How It Forms: Caretaker roles, emotional responsibility.

How It Shows Up:

- Attracting wounded partners
- Over responsibility
- Emotional burnout

What You Need: Boundaries, reciprocity, rest.

Shadow Expression: Self-sacrifice.

Sovereign Expression: Loving without losing yourself.

Reflection Prompts:

- Who am I when I'm not fixing?
- What emotions do I avoid by focusing on others?

Mantra *"I am not responsible for saving anyone."*



STYLE 6 — THE CHAMELEON

"I become who they want so I won't be rejected."

Essence: Adaptable, intuitive, socially attuned.

How It Forms: Unsafe authenticity, conflict avoidance.

How It Shows Up:

- People pleasing
- Shapeshifting
- Difficulty expressing needs

What You Need: Permission to be yourself.

Shadow Expression: Self erasure.

Sovereign Expression: Authenticity with confidence.

Reflection Prompts:

- Where do I shrink to stay loved?
- What truth am I afraid to speak?

Mantra: *"My truth is worthy of being heard."*



STYLE 7 — THE ROMANTIC IDEALIST

"I fall for potential, not reality."

Essence: Dreamy, hopeful, deeply loving.

How It Forms: Fantasy based coping, inconsistent love.

How It Shows Up:

- Falling fast
- Ignoring red flags
- Staying too long

What You Need: Grounding, slow pacing.

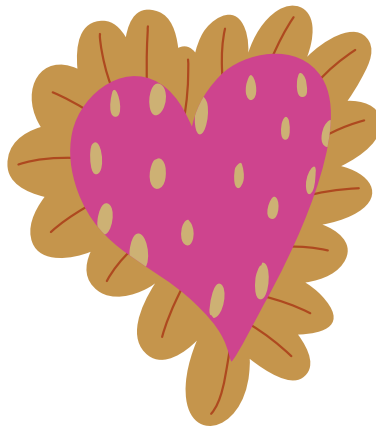
Shadow Expression: Projection.

Sovereign Expression: Seeing clearly while loving deeply.

Reflection Prompts:

- What am I hoping they will become?
- What is the truth of who they are today?

Mantra: *"I choose love that chooses me back."*



STYLE 8 — THE SOVEREIGN

"I love from wholeness, not wounds."

Essence: Grounded, self-aware, emotionally regulated.

How It Forms: Deep healing, self-work, nervous system repair.

How It Shows Up:

- Healthy boundaries
- Emotional clarity
- Choosing safe partners

What You Need: Reciprocity, maturity, depth.

Shadow Expression: Over independence.

Sovereign Expression: Soft, safe, aligned love.

Reflection Prompts:

- Where am I still protecting myself?
- What does safe love feel like in my body?

Mantra: *"I choose intimacy that honours my becoming."*



— HOW TRAUMA SHAPES INTIMACY

Trauma teaches your nervous system to survive, not to connect.

It shapes:

- who you're drawn to
- what feels familiar
- what feels safe
- how you react
- how you attach
- how you protect yourself

Healing changes your attractions. Healing changes your boundaries. Healing changes your capacity for intimacy.

— HOW TO SHIFT YOUR INTIMACY STYLE

Step 1 — Awareness: Name your patterns without shame.

Step 2 — Nervous System Regulation: Safety first.

Step 3 — Boundaries: Small, consistent, compassionate.

Step 4 — Rewriting the Story: New choices, new partners, new dynamics.

Step 5 — Sovereignty: Love that honours your worth.

— INTEGRATION RITUAL

Place one hand on your heart, one on your belly. Breathe slowly. Whisper:

"I am safe. I am worthy. I am becoming."

Let your body soften. Let your truth rise.

— CLOSING MESSAGE

Your intimacy style is not who you are — it's who you became to survive.

And now, you are allowed to choose differently. You are allowed to rise. You are allowed to love from safety, not fear.

You are becoming sovereign.

— INVITATION TO GO DEEPER

If you're ready to explore your intimacy style more deeply:

- [Book a session](#)
- [Explore the Healing Library](#)
- [Download more free tools](#)