



THE INTIMACY INTEGRITY AUDIT

A 10-Point Diagnostic for the High-Performing Man

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Before You Begin

This is not a therapy assessment.

It is a private leadership audit, built for men who lead in every other arena, but suspect their marriage may be quietly leaking the power that should be funding the rest of their life.

You are not being scored on how you feel. You are being shown where your influence at home may have thinned out without you noticing.

Read each point honestly. Mark each one **True** or **Not True** for your current season. There is no winning answer. Only an accurate one.

A man cannot lead what he refuses to look at.

1. The Provider Paradox

The Hidden Struggle:

You provide consistently for your home, yet sometimes feel like a stranger inside it.

The Emotional Root:

Many men were taught that provision *is* love. The highest, fullest expression of it. So provision became fluent, and emotional presence stayed underdeveloped. The home runs on what you give. But it rarely receives what you actually need to say.

The Restoration Step:

Tonight, tell your wife one thing about your day that isn't a logistical update. A thought, a frustration, a moment that stayed with you. No solution required. Just visibility.

2. The Performance Reflex

The Hidden Struggle:

Sex sometimes feels like another arena where you have to deliver.

The Emotional Root:

When competence has been your primary language for decades, even intimacy can become a stage. The body shows up. But the man inside is still measuring himself.

The Restoration Step:

Initiate physical closeness today without leading toward sex. A long hug. A held hand. A forehead kiss. Connection with no destination.

3. The Composed Distance

The Hidden Struggle:

Others praise your steadiness, but your wife may not feel like she truly knows the man inside it.

The Emotional Root:

Composure became armor early. What protected you publicly now keeps you unknown privately. The strength that earned respect outside has accidentally built distance inside.

The Restoration Step:

Share one thing this week that you've been carrying alone, even imperfectly. Let her see the man behind the steadiness, not just the steadiness itself.

4. The Solo Architect

The Hidden Struggle:

Major decisions get processed in your head, then announced. Rarely discussed.

The Emotional Root:

Somewhere along the way, leadership got confused with isolation. Bringing her in started to feel like weakness, when in truth, it is the highest form of partnership.

The Restoration Step:

Bring one current decision to her. Not for permission, but for partnership. Ask: *"What do you see here that I might be missing?"*

5. The Initiator's Imbalance

The Hidden Struggle:

You initiate physical intimacy regularly, but rarely initiate emotional conversation.

The Emotional Root:

Sex became the one form of vulnerability that felt safe and rewarded. Emotional initiation never had the same reinforcement. So one channel does the work of two.

The Restoration Step:

Tonight, initiate a five-minute conversation that has nothing to do with the kids, the calendar, or the bills. Ask her about her interior world, and listen without redirecting it back to logistics.

6. The Transactional Drift

The Hidden Struggle:

Affection between you has started to feel earned, owed, or strategic. Rather than freely given.

The Emotional Root:

When emotional needs go unspoken long enough, intimacy quietly becomes currency. Both partners feel the shift. Neither names it. The relationship begins running on accounting instead of presence.

The Restoration Step:

Offer one act of affection today with no expectation attached. Tell her so plainly: *"I'm not building toward anything. I just wanted to."*

7. The Quiet Resentment

The Hidden Struggle:

You stay composed on the outside, but there is friction underneath you rarely admit, even to yourself.

The Emotional Root:

Suppressed frustration does not disappear. It leaks. Often into the very moments that were meant for closeness. Most resentments, traced back, are unspoken requests that never had language.

The Restoration Step:

Identify one resentment you have been carrying silently. You do not have to share it raw. But name to yourself what it is actually asking for. That alone changes how you walk into the next room.

8. The Receiving Wall

The Hidden Struggle:

You struggle to fully receive affection, compliments, or care from your wife.

The Emotional Root:

Men who learned to be the source often forget how to be a recipient. Receiving feels exposing in ways giving never does. So compliments get deflected. Care gets minimized. And she slowly stops offering.

The Restoration Step:

The next time she compliments or thanks you, resist deflecting. Hold eye contact. Say, *"Thank you. That means something to me."* Stop there. Let it land.

9. The Identity Merge

The Hidden Struggle:

Husband, father, provider. These roles have started to consume who you actually are.

The Emotional Root:

When identity collapses into role, intimacy collapses with it. She begins relating to the function, not the man. And eventually, you start to as well.

The Restoration Step:

Share something with her this week that has nothing to do with your roles. A memory. An interest. An unfinished thought. A question you have been sitting with. Let her meet you, not your responsibilities.

10. The Bedroom Silence

The Hidden Struggle:

Sex happens, but conversation around it, before, during, or after, is rare.

The Emotional Root:

When desire has carried the weight of unsaid words for years, words around desire begin to feel risky. So silence becomes the easier path. But silence in the one place built for closeness is one of the loudest forms of distance.

The Restoration Step:

After your next moment of closeness, physical or otherwise, ask her one question: *"How are we, really?"* Then let her answer fully before you respond.

YOUR SCORING KEY

Count the number of points marked **True**.

0–3 | THE CONNECTED KING

You are leading at home with the same intention you lead everywhere else. The architecture of your marriage is intact. Connection is functioning as it was designed to. A source of strength, not a source of strain.

The work in this season is not repair. It is **protection**. Guarding what you've built. Continuing to deepen what most men spend a lifetime trying to recover.

You are not without blind spots. No man is. But you are positioned to lead from fullness rather than depletion. That changes everything that flows downstream from you.

4–7 | THE ROOMMATE

The infrastructure of your home is functional. Schedules align. Bills get paid. Children are cared for. From the outside, everything reads as stable.

But emotional connection has quietly thinned out. Intimacy is starting to carry weight it was never designed to carry. The two of you may be running parallel. Efficient, coordinated, but no longer fully met.

This is not a crisis. It is a signal.

And signals, when responded to early, do not become crises. High-performing men in this category respond faster than they expect, because the muscle for leadership is already there. It just hasn't been pointed in this direction yet.

8–10 | THE ISOLATED LEADER

You are carrying more than you have named.

The weight is showing up in the place that hurts the most. The relationship that was meant to be your refuge.

This is not a verdict on your character. It is a measurement of how long you have been leading without anyone leading alongside you. Men who score in this range are almost always the most capable, most relied-upon, most outwardly successful men in their circles.

The cost of carrying it all quietly has simply caught up.

The good news: high-functioning men in this category respond rapidly when given the right framework. This is not about therapy. This is about realignment. Restoring the integrity between the man you are and the marriage you are leading.

WHAT NOW

Wherever you scored, the audit has done its job. It has given you language for something that was, until now, mostly atmosphere.

Awareness is the first act of leadership.

What you do with it next is the second.

If something in this audit reached a quiet place, that is information worth honoring. Reach out, privately, directly, without performance. Restoration begins where honesty begins.

CONTINUE THE CONVERSATION

I built my practice at the intersection most clinicians avoid. Psychology, intimacy, and the interior life most men were taught to handle privately.

The high-functioning. The high-responsibility. The man whose marriage is not in crisis, but is no longer fully met.

No diluting. No diagnosing. No coaching dressed up as depth.

You don't need a crisis to justify the conversation.

You don't need to know what to call this yet.

If something in this audit reached a quiet place, that is the only invitation needed.

When you are ready, I am here.

FOR PRIVATE CONSULTATION

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