12 Types of Intimacy

1. _____ Recreational intimacy (sharing fun, hobbies, recreation; leisure; refills my wells of energy)

2. _____ Intellectual intimacy (sharing the world of ideas; a genuine touching of persons based on mutual respect for each other’s minds; e.g., reading, discussing, studying, learning)

3. _____ Work intimacy (sharing common tasks, supporting each other in bearing responsibilities e.g., raising family, house, yard chores)

4. _____ Commitment intimacy (togetherness derived from dedication to a common cause; values; e.g., Working together for a political cause)

5. _____ Aesthetic intimacy (sharing experiences of beauty; e.g., music, nature, art, theater)

6. _____ Communication intimacy (being honest, trusting, truthful, loving; giving constructive feedback)

7. _____ Emotional intimacy (sharing of significant feelings; touching of the innermost selves)

8. _____ Creative intimacy (helping each other to grow, to be co-creators, not “reformers” of each other)

9. _____ Sexual intimacy (sensual emotional satisfaction, experience of sharing and self-abandon in the physical merging of two persons, fantasies & desires)

10. _____ Crisis intimacy (standing together in the major and minor tragedies of life; closeness in pain and problems)

11. _____ Spiritual intimacy (the Awe-ness of sharing intimate concerns, the meanings of life, philosophies and religious experience)

12. _____ Conflict intimacy (standing up with/to each other; facing and struggling with differences together; “fighting”)

Directions

1) Rank each one on a 1-10 point scale. 1 Means you are not satisfied at all in this area. 10 Means you are completely satisfied in this area of intimacy.
2) Compare this list to your spouse, in which areas do you agree? In which do you disagree?
4) Which type of intimacy is causing you the biggest conflict right now?
5) What is one thing you can do this week to improve this issue?