

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?