

Assessing Relationship Intimacy

Using a scale of 1-10, with 10 being excellent, please rate your marriage in each of the following areas:

I. Physical Intimacy

This area of intimacy is comprised of two types of touch:

Sexual..... ()

Non-sexual..... ()

II. Intellectual Intimacy

This area of intimacy is defined as the ability of the couple to engage in non-relationship conversation (current events, politics, etc.); in a manner that enhances closeness.

Intellectual.....()

III. Social Intimacy

Social intimacy deals with relationships outside of the marriage and has three subcategories. No person can meet all of the relationship needs of another person. It is to the advantage of the marriage for each to have same-sex friends, as well as couples they each enjoy the company of.

His friends..... ()

Her friends.....()

Couple friends..... ()

IV. Emotional Intimacy

This is primarily the ability of both members of the marriage to cultivate a sense of safety in the relationship. While safety is to be understood as physical safety, it also involves a sense of protection, such as keeping each other's secrets and not using negative information in a harmful way. Without safety, people do not normally make themselves vulnerable.

Emotional.....()

V. Verbal Intimacy

Words have the power to build and the power to destroy. It is not merely the words themselves, but also the manner of their delivery.

Word choice and tone of voice..... ()

Facial expressions, posture during conversation, etc.....()

VI. Financial Intimacy

This facet of the intimacy equation is the result of feeling financially secure, and having shared financial dreams. It is also important for both parties of the marriage to have access to funds and financial information.

Financial..... ()

VII. Spiritual Intimacy

This area is comprised of a shared belief system that is also practiced together in a way that enhances the relationship. Similar views with regard to life after death and moral conduct are critical to this area of intimacy.

Similarity of beliefs..... ()

Practiced together..... ()