

Couple's Intimacy Assessment Form

Each person in the couple should fill out this form separately without discussing it. For each of the six types of intimacy, rate on a scale of 0-10 the "current level of intimacy" (that is, what you have experienced in recent months) and the "level of intimacy you wish for." After you've completed this form, transfer your and your partner's answers to the chart. Then have a discussion about your results and what steps you want to take to build the kinds of intimacy you each desire.

Type of intimacy	Description	Current level of intimacy	Level of intimacy I wish for
Recreational intimacy	Closeness from playing together: sports, games, and whatever else is purely fun		
Intellectual intimacy	Closeness from sharing ideas; the interaction of two minds to create a shared understanding		
Vocational intimacy	Closeness from working on a task together; creating a shared sense of accomplishment		
Emotional intimacy	Closeness from sharing your emotional life including one's experience of life		
Spiritual intimacy	Closeness from sharing your beliefs about spirituality and the deeper questions of life		
Sexual intimacy	Closeness from genital and non-genital touch and the experience of physical connection		