

Couples Intimacy Assessment

10						
9						
8						
7						
6						
5						
4						
3						
2						
1						
0						
	Recreation Intimacy	Intellectual Intimacy	Vocational Intimacy	Emotional Intimacy	Spiritual Intimacy	Sexual Intimacy

X = Current level of intimacy

Blue Pen = Person One

O = level of intimacy I wish for

Red Pen = Person Two

After putting in the 6 blue “X’s”, connect with a blue line.

Then do the same for the blue “O’s”, red “X’s” and red “O’s”.