

MARITAL INTIMACY CHECK-UP

Instructions: After discussing each area, check the blanks that apply to your relationship.

<i>Facets of Intimacy:</i>	<i>Both desire Improvement</i>	<i>Wife desires improvement</i>	<i>Husband desires improvement</i>	<i>Both satisfied</i>
Sexual Intimacy				
Emotional intimacy (Being tuned into each other's wave length)				
Intellectual Intimacy (Closeness in the world of ideas)				
Aesthetic Intimacy (Sharing experiences of beauty)				
Creative Intimacy (Sharing in acts of creating together)				
Recreation Intimacy (Relating in experiences of fun and play)				
Work Intimacy (The closeness of sharing common tasks)				
Crisis Intimacy (Closeness in coping with problems and pain)				
Conflict Intimacy (Facing and struggling with differences)				
Commitment Intimacy (Mutually derived from common self-investment)				
Spiritual Intimacy (The we-ness in sharing ultimate concerns)				
Communication Intimacy (The source of all types of true intimacy)				

