

## INTIMACY CHECKLIST

EMOTIONAL INTIMACY: Sharing feelings, emotions, joys, sorrows

SEXUAL INTIMACY: Enjoying sexual experiences together

TIME INTIMACY: Sharing time together

WORK INTIMACY: Sharing household chores, projects, other works

SPACE INTIMACY: Sharing the same rooms/spaces

INTELLECTUAL INTIMACY: Sharing ideas or thoughts

RECREATIONAL INTIMACY: Sharing hobbies, sports, leisure activities

TIME-APART INTIMACY: Sharing what we did while apart or at work

FINANCIAL INTIMACY: Sharing in earning money and deciding how to spend it

SPIRITUAL INTIMACY: Sharing beliefs and experiences about the meaning of life and/or our spiritual lives

PAST HISTORY INTIMACY: Sharing experiences we had before we met

GOALS INTIMACY: Sharing personal and marital goals

SOCIAL INTIMACY: Having friends in common

AESTHETIC INTIMACY: Sharing same concepts of beauty

### Queries

What 3 to 5 intimacies are most important to you, and why?

What 1 to 2 intimacies are least important to you, and why?

What feelings come up for you as you consider these intimacies?

Any personal surprises in considering these intimacies?

What is alive in you that you'd like to share/speak about, with another person "reflective listening" to you?