

AREAS OF MARITAL INTIMACY

AREA OF INTIMACY	Who Desires Improvement?			ACTION PLAN
	Husband	Wife	Both	
1. Emotional Intimacy (being tuned to each other's wavelength)				
2. Sexual Intimacy (closeness in the physical relationship)				
3. Intellectual Intimacy (closeness in the world of ideas)				
4. Aesthetic Intimacy (sharing experiences of beauty)				
5. Creative Intimacy (sharing in acts of creating together)				
6. Recreational Intimacy (relating in experiences of fun and play)				
7. Work Intimacy (closeness of sharing common tasks)				
8. Crisis Intimacy (closeness in coping with problems and pain)				
9. Conflict Intimacy (closeness while facing and struggling with differences)				
10. Commitment Intimacy (doing something important together)				
11. Spiritual Intimacy (sharing spiritual life together)				
12. Communication Intimacy (being able to talk and share deeply on common concerns)				
13. Parenting intimacy (being able to agree on parenting issues)				

(adapted from Growing Together In Marriage)