

## Intimacy Expressions

Instructions: After considering each of the twelve expressions of intimacy here, list those people with whom you have had an experience of intimacy. You may list more than one person per category. Also, you may list the same person under several kinds of expressions of intimacy.

	Family Member	Close Friend	Spouse	Coworker
1. Sexual Intimacy <i>(shared gestures of affection)</i>	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
2. Emotional Intimacy <i>(tuned into each other's wavelength)</i>	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
3. Intellectual Intimacy <i>(close in ideas)</i>	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
4. Aesthetic Intimacy <i>(sharing experiences of beauty together)</i>	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
5. Creative Intimacy <i>(sharing in acts of creating together)</i>	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
6. Recreational Intimacy <i>(relating in experiences of fun and play)</i>	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____

# Handout 3 continued

7. Work Intimacy

*(closeness of sharing common tasks)*

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

8. Crisis Intimacy

*(closeness in coping with problems and pain)*

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

9. Conflict Intimacy

*(facing and struggling with differences)*

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

10. Commitment Intimacy

*(mutuality derived from common self-investment)*

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

11. Spiritual Intimacy

*(sharing of religious and spiritual concerns)*

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

12. Communication Intimacy

*(verbal and nonverbal sharing)*

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____