

## INTIMACY INVENTORY

SCALE: 1 poor, 2 infrequent and/or difficult, 3 fair, 4 consistently good, 5 excellent

- **INTELLECTUAL:** Mutual sharing of ideas in respectful, non-judgmental ways.

You

Transmission	1	2	3	4	5
Reception	1	2	3	4	5

Your Partner

Transmission	1	2	3	4	5
Reception	1	2	3	4	5

Your Relationship

Transmission	1	2	3	4	5
Reception	1	2	3	4	5

- **EMOTIONAL:** The expression of one's fears, joys, sadness, anger, etc and the receiving of each other's feelings with respect and compassion—without disqualifying, attacking or withdrawing.

You

Transmission	1	2	3	4	5
Reception	1	2	3	4	5

Your Partner

Transmission	1	2	3	4	5
Reception	1	2	3	4	5

Your Relationship

Transmission	1	2	3	4	5
Reception	1	1	2	4	5

- **PHYSICAL:** Active participation in mutual activities. Support in each other's physical care. Physical nurture and affection

You

Transmission	1	2	3	4	5
Reception	1	2	3	4	5

Your Partner

Transmission	1	2	3	4	5
Reception	1	2	3	4	5

Your relationship

Transmission	1	2	3	4	5
Reception	1	2	3	4	5

- **SEXUAL:** Honoring the mutuality of sex. Being open to your partner’s desires without doing something you do not want to do. Being open to your own desires and expressing them.

You

Transmission	1	2	3	4	5
Reception	1	2	3	4	5

Your Partner

Transmission	1	2	3	4	5
Reception	1	2	3	4	5

Your Relationship

Transmission	1	2	3	4	5
Reception	1	2	3	4	5

- **SPIRITUAL:** The sharing of a spiritual life, however defined. Support for each other’s sense of purpose and meaning. Support for each other’s devotion to a larger force (religious, artistic, social) beyond oneself.

You

Transmission	1	2	3	4	5
Reception	1	2	3	4	5

Your Partner

Transmission	1	2	3	4	5
Reception	1	2	3	4	5

Your Relationship

Transmission	1	2	3	4	5
Reception	1	2	3	4	5

It may be helpful to create a Journal – by imagining a scene where you have all “5’s” in every category

- What qualities are present in each of you that are lacking now.
- What is it like to get from your partner what you have been wishing for?
- What is it like for you to be expressing qualities you may not be currently expressing?
- With your scene as guide, make a list of the 5 most important changes you want to see in your **self**, your **partner** and your **relationship**.