

# Types of Intimacy Worksheet

Client name:	Age:
Gender:	Date:
<b>Understanding intimacy</b>	
Intimacy is a multi-dimensional aspect of relationships that goes beyond physical closeness to include emotional, intellectual, experiential, and spiritual connections. This worksheet explores these dimensions to enhance your relationship's depth and fulfillment.	
<b>Emotional intimacy</b>	
A deep connection that allows you to share your feelings, thoughts, and experiences with another person openly and without fear of judgment.	
<b>1. How comfortable do you feel sharing your emotions with your partner/friends/family?</b>	
<b>2. Can you recall a recent moment when you felt emotionally connected? Describe it.</b>	
<b>Action steps</b>	
<b>Intellectual intimacy</b>	
Connecting ideas, values, and discussions and allowing for an exchange of thoughts and knowledge that stimulates mutual growth.	
<b>1. Do you and your partner engage in conversations that challenge and inspire you?</b>	

**2. What topics of conversation make you feel most connected?**

**Action steps**

**Physical intimacy**

This includes both sexual and non-sexual physical connections that foster closeness and affection.

**1. How satisfied are you with the level of physical touch in your relationship?**

**2. What non-sexual touch do you appreciate most?**

**Action steps**

**Experiential intimacy**

Building a bond through shared activities and experiences, creating memories together.

**1. What memorable experience have you shared recently with your partner?**

**2. Is there an activity you've always wanted to try together?**

**Action steps**

**Spiritual intimacy**

Sharing a bond over beliefs, values, or a sense of meaning and purpose in life.

**1. How do your beliefs and values align with those of your partner?**

**2. How do you express your spirituality or core values individually and together?**

**Action steps**

**Additional notes**

<b>Observations and recommendations</b>	
<b>Follow-up plan</b>	