

## **PHYSICAL INTIMACY**

Most people are familiar with physical intimacy or think it's the only kind of intimacy. Physical intimacy can include sexual intimacy, which is an integral part of a healthy couple's relationship. However, physical intimacy also includes affectionate touching, such as holding hands, hugs, kisses, and cuddling. We all have different needs when it comes to physical intimacy, and can wax and wane through different seasons – the most important piece is keeping open communication to ensure you both get your needs met.

## **EMOTIONAL INTIMACY**

Emotional intimacy is the degree to which you and your partner are willing and able to connect on a deep, meaningful emotional/feelings level. It's more than just saying how you feel: emotional intimacy requires trust and willingness to be open and vulnerable in expressing deeper thoughts, feelings, and needs. It's essential to practice emotional intimacy outside of moments of crisis so that when something big happens, you and your partner have established enough trust, vulnerability, and awareness to support each other. This type of intimate self-disclosure is key to building intimacy and closeness in relationships.

## **INTELLECTUAL INTIMACY**

In its simplest form, intellectual intimacy is having a healthy curiosity and learning from each other. Healthy intellectual intimacy is characterized by feeling safe to discuss various topics and share your views and perspectives while being open to different perspectives. Mutual respect allows you to connect and discuss topics beyond your usual day-to-day rapport, even when your opinions differ.

## **SPIRITUAL INTIMACY**

Spiritual intimacy has many meanings because spirituality is uniquely personal. Generally speaking, spiritual intimacy is the degree to which you and your partner share your thoughts, feelings, beliefs, and experiences about religion, spirituality, moral values, life after death, and other related issues. Spirituality isn't always about religion, although religious beliefs and practices can be part of one's spirituality. Spirituality is a broader concept that encompasses your connection to something larger than yourself and the search for meaning in life.

## **SOCIAL INTIMACY**

Social intimacy is the degree to which you and your partner share each other's interests and spend time together as a couple. Now, this doesn't mean doing everything together or always doing your own thing. Social intimacy is about spending time together doing fun things balanced with individual time – you need both. When it comes to togetherness, more isn't always better, and less isn't always more.

# Types of Intimacy

## Physical

- Sitting close/Lending on the other ("cuddle")
- Hand on arm/thigh/back
- Holding hands
- Kiss (Not on lips/on mouth/make-out)
- Massage (over clothes/skin to skin/sexual)
- Mouthing/Licking (Non-sexual/Sexual)
- Sexual talk/Flirting
- Sexual Intercourse

## Emotional

- Discuss strengths and weaknesses
- Share fears and concerns
- Discuss goals and felt failures
- Seek listening ("vent")
- Seek reassurance
- Seek advice
- Share memories, experiences, "inside jokes"
- Confide jealousy, embarrassment or other "negative emotions"
- Confide traumas, historic patterns or long held secrets.

## Intellectual

- Debate topics without need to agree
- Disagree on preferences and compromise
- Learn new skills
- Visit new places
- Consume and discusses media/arts together

## Spiritual

- Share experiences with religion, faith, morality and etc
- Discuss the purpose of existence ("What's the meaning of life?")
- Create rituals, traditions and celebrate holidays
- Share experiences with nature, meditation and meta-cognition

## Social

- Attend parties/events/outings
- Introduced to/Share friends
- Introduce to/Share family
- Take classes