

Intimacy Inventory

Assess emotional and physical connection

Instructions:

Rate each area from 1-10 (1 = needs work, 10 = excellent). Complete individually, then share.

Emotional Intimacy

Statement	Your Score	Partner's Score
I feel comfortable being vulnerable		
My partner knows my deepest fears and dreams		
We share our feelings regularly		
I feel emotionally safe with my partner		

Physical Intimacy

Statement	Your Score	Partner's Score
Our physical connection feels satisfying		
We're open about our physical needs		
Non-sexual touch is frequent and meaningful		
We make physical intimacy a priority		

Intellectual Intimacy

Statement	Your Score	Partner's Score
We have stimulating conversations		
We respect each other's opinions		
We learn new things together		
We challenge each other's thinking		

Recreational Intimacy

Statement	Your Score	Partner's Score
We have fun together		
We share hobbies or activities		
We laugh together regularly		
We create new experiences together		

Discussion Questions:

1. Which area of intimacy is strongest in our relationship?
2. Which area needs the most attention?
3. What specific actions can we take to improve our lowest-scoring area?
4. What gets in the way of intimacy for us?

Action Steps:

- Choose one area to focus on this month
- Schedule intimacy-building activities weekly
- Retake this inventory in 3 months to track progress