

Intimacy Inventory

What is your level of intimacy as a couple in each sphere?

This inventory is designed to help married couples grow in intimacy in five specific areas. Use it to prompt discussion between you and your spouse as you determine areas you need to work on.

- *Read some of the Scripture passages listed under each area.*
- *Then answer on a scale of 1 – 5 rate the level of your enthusiasm regarding each question. 1 being lowest, 5 being highest.*
- *Then answer how you perceive your spouse's level of enthusiasm regarding the same questions*
- *Compare your answers with your spouse's. Discuss your similarities and your differences.*
- *Keep the “5 Rules of Communication” as foundation to a beneficial discussion. Specifically write down Ephesians 4:29 and make sure all that you say conforms to this biblical communication rule. You can address a problem without attacking the person but instead edifying the person and giving practical solutions.*
- *Under the areas you scored 20 or less. Think of two helpful activities you could do together to help build intimacy in that area. Get out your schedule and plan two or more into your week each week.*

1. Spiritual Intimacy – Read Eph. 5:30-31; Amos 3:3; 2 Cor. 6:14

Do you find in your relationship the following indications of spiritual intimacy?

True for you	True for your mate	
_____	_____	You look forward to going to church and worshipping together with your spouse.
_____	_____	You enjoy the times of discussion of spiritual things.
_____	_____	You value times of Bible study together, interacting over things you are learning.
_____	_____	You look forward to times of prayer together with your spouse.
_____	_____	You cherish the times when you have opportunity to serve the Lord together.
_____	_____	You enjoy the spiritual opportunity to give financially to the Lord.
_____	_____	You are growing in your own intimate relationship with the Lord.
_____	_____	TOTAL

2. Social Intimacy – Read John 2:1-2; Luke 10:38-42; John 21:1-14

Do you find in your relationship the following indications of a growing social intimacy?

True for you	True for your mate	
_____	_____	You enjoy times of being alone together.
_____	_____	When it comes to doing things together, one says “Lets” and the other says “go!”
_____	_____	Increasingly you and your spouse are finding things you enjoy doing together.
_____	_____	You enjoy attending a social activity together more than alone.
_____	_____	You enjoy interacting with your spouse’s friends together.
_____	_____	Social activities with other Christians are the highlights of your social life.
_____	_____	TOTAL

3. Intellectual Intimacy – Read 2Tim 3:10,14-17; Eph 5:26

Do you find in your relationship indications of a growing intellectual intimacy?

True for you	True for your mate	
_____	_____	You share the new things that you are learning about life together.
_____	_____	You value the opinions and ideas of your mate.
_____	_____	You share the pros and cons with your spouse in the decision-making process.
_____	_____	You can have differences of opinion without feeling threatened or reacting in pride.
_____	_____	You have an active mind and never want to stop developing mentally together.
_____	_____	You are willing to try to see situations from your spouse’s point of view.
_____	_____	You enjoy reading a book or watching a video together and talking about it.
_____	_____	TOTAL

4. Emotional Intimacy – Read Eph 5:25, 28, 33; 1Cor 13; Tit 2:4

Do you find in your relationship the following indications of a growing emotional intimacy?

True for you	True for your mate	
_____	_____	The number of ways is increasing: “How do I love thee, let me count the ways!”
_____	_____	You express appreciation to your spouse.
_____	_____	You share daily cheerful and verbal expression of affection to your spouse.
_____	_____	You appropriately respond to the emotional ups and downs of your spouse.
_____	_____	You know your spouse’s “love language” and desire to give your spouse the greatest return for your love investment.
_____	_____	You can enjoy a good joke and laugh together and at one another without feeling threatened.
_____	_____	TOTAL

5. Physical Intimacy – Read 1 Cor 7:3-5; Heb 13:4

Do you find in your relationship the following indications of a growing physical intimacy?

True for you	True for your mate	
_____	_____	You are active in the expression of loving physical contact with your spouse.
_____	_____	You are aware of the non-sexual touches that are meaningful to your spouse.
_____	_____	You enjoy appropriate physical displays of affection to your spouse in public.
_____	_____	When your spouse is in pain or physically ill you cheerfully comfort and meet needs.
_____	_____	You observe good hygiene and keep yourself physically attractive to your spouse.
_____	_____	In sexual relations you are patient and eager to meet the desires of your spouse.
_____	_____	TOTAL