

INTIMATE MOMENTS

Research tells us that what couples yearn for in their marriages is INTIMACY.

There are moments of moving toward one another at certain times and places in our marital life that could be thought of as special experiences of intimacy.

Could each of you, separately, recall five such special moments in the past year (the time, place and setting of each) when you felt particularly close to your spouse?

1.

2.

3.

4.

5.

No look at the intimacies on the next page and see if the five you have recalled fit any of the areas listed. If not, you have just created a new intimacy and may add it to the list.

Circle those areas that you think are already in your marital intimacy repertoire.

Then list the intimacies that you would like to develop with your spouse in the next six months.

Now compare notes with your spouse.

It can be fun and challenging to work together on building a repertoire of intimacies!

INTIMACY AREA:

1. Emotional Intimacy: The sharing of one's self through self-disclosure and inviting self-disclosure of other(s), i.e., the opening of one's deepest feelings to another person.
2. Intellectual Intimacy: The sharing of any thoughts or experiences that stimulated a person such as something read, heard, or observed.
3. Spiritual Intimacy: Simply stated, an individual's sharing of his daily relationship with God, that is, what gives life meaning.
4. Recreational Intimacy: Sharing an activity requiring some form of recreational exertion, such as bicycling, jogging, and playing tennis.
5. Social Intimacy: The sharing that comes in any social setting, ranging from a dinner party to attending movies or athletic events.
6. Sexual Intimacy: Specifies intimacy related to genital foreplay and the act of intercourse.
7. Economic Intimacy: All areas related to finances such as budgeting, property management, investments, speculations, etc.
8. Parenting Intimacy: Any activity relating to children. Couples without children can relate this area of intimacy to their relationship toward their own parents.
9. Household Intimacy: The sharing developed in the course of regular household chores or special home projects. This includes everything from grocery shopping to building an extra room.
10. Vocational Intimacy: Approximately 40 hours of our week are spent at a job. This produces a great deal to share with a partner. For the homemaker, an equally extensive area of one's life that can be shared.
11. Affectional Intimacy: A sharing of demonstrative love (embracing, caressing, touching, stroking, fondling) without the act of intercourse.
12. Aesthetic Intimacy: A closeness achieved while viewing or experiencing artistic beauty in any number of areas from music to art.
13. Crisis Intimacy: A tragic or traumatic happening that promotes and establishes intimacy to those persons experiencing/sharing it.
14. Serendipitous Intimacy: Joyfully surprised by a moment or moments of intimacy when not anticipated or expected.