

## AREAS OF MARITAL INTIMACY

AREA OF INTIMACY	Who Desires Improvement?			ACTION PLAN
	Husband	Wife	Both	
<b>1. Emotional Intimacy</b> (being tuned to each other's wavelength)				
<b>2. Sexual Intimacy</b> (closeness in the physical relationship)				
<b>3. Intellectual Intimacy</b> (closeness in the world of ideas)				
<b>4. Aesthetic Intimacy</b> (sharing experiences of beauty)				
<b>5. Creative Intimacy</b> (sharing in acts of creating together)				
<b>6. Recreational Intimacy</b> (relating in experiences of fun and play)				
<b>7. Work Intimacy</b> (closeness of sharing common tasks)				
<b>8. Crisis Intimacy</b> (closeness in coping with problems and pain)				
<b>9. Conflict Intimacy</b> (closeness while facing and struggling with differences)				
<b>10. Commitment Intimacy</b> (doing something important together)				
<b>11. Spiritual Intimacy</b> (sharing spiritual life together)				
<b>12. Communication Intimacy</b> (being able to talk and share deeply on common concerns)				
<b>13. Parenting intimacy</b> (being able to agree on parenting issues)				

(adapted from Growing Together In Marriage)