

Types of Intimacy Worksheet

Client name:	Age:
Gender:	Date:
Understanding intimacy	
Intimacy is a multi-dimensional aspect of relationships that goes beyond physical closeness to include emotional, intellectual, experiential, and spiritual connections. This worksheet explores these dimensions to enhance your relationship's depth and fulfillment.	
Emotional intimacy	
A deep connection that allows you to share your feelings, thoughts, and experiences with another person openly and without fear of judgment.	
1. How comfortable do you feel sharing your emotions with your partner/friends/family?	
2. Can you recall a recent moment when you felt emotionally connected? Describe it.	
Action steps	
Intellectual intimacy	
Connecting ideas, values, and discussions and allowing for an exchange of thoughts and knowledge that stimulates mutual growth.	
1. Do you and your partner engage in conversations that challenge and inspire you?	

2. What topics of conversation make you feel most connected?

Action steps

Physical intimacy

This includes both sexual and non-sexual physical connections that foster closeness and affection.

1. How satisfied are you with the level of physical touch in your relationship?

2. What non-sexual touch do you appreciate most?

Action steps

Experiential intimacy

Building a bond through shared activities and experiences, creating memories together.

1. What memorable experience have you shared recently with your partner?

2. Is there an activity you've always wanted to try together?

Action steps

Spiritual intimacy

Sharing a bond over beliefs, values, or a sense of meaning and purpose in life.

1. How do your beliefs and values align with those of your partner?

2. How do you express your spirituality or core values individually and together?

Action steps

Additional notes

Observations and recommendations	
Follow-up plan	