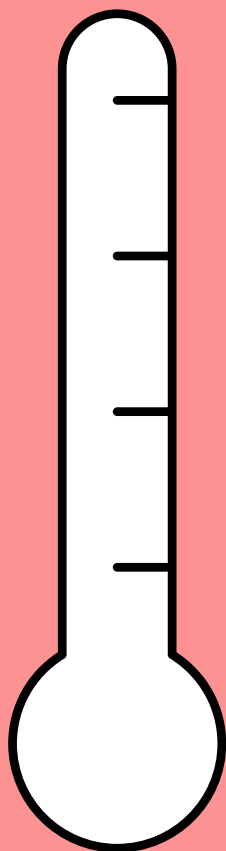


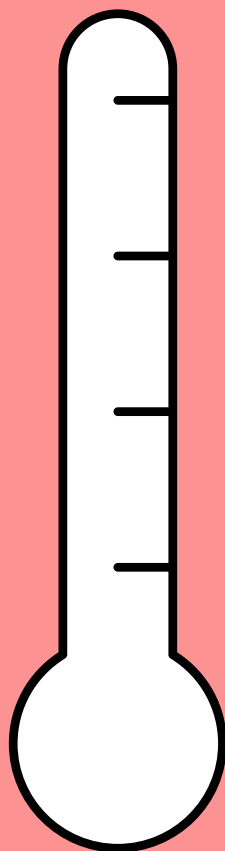
Intimacy Measurement

Intimacy is an important part of any relationship and there are a variety of different types of intimacy present in your relationship. Some areas of intimacy to name are: Social Intimacy, Emotional Intimacy, Sexual Intimacy, and Spiritual Intimacy.

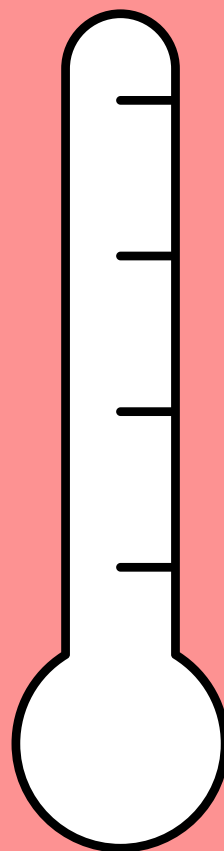
Reflect on your relationship as you currently experience each other. Look at the relationship thermometers below. For this activity, you will need two different colored pencils or pens. From 0 to 100, how high or low do you rate your intimacy in each area in your current relationship? Now, from 0 to 100, rate where you would like each area of intimacy to be in your relationship. There are additional thermometers on the next page to use for additional areas of intimacy you can identify in your relationship.



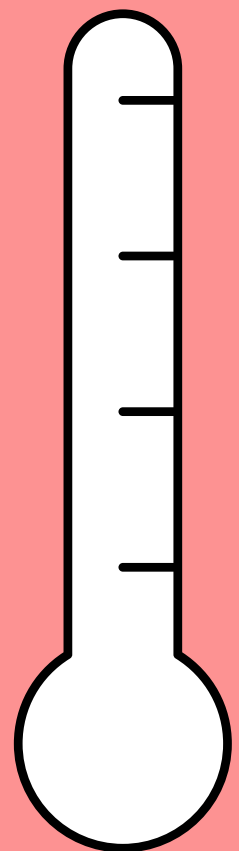
Sexual



Social



Emotional

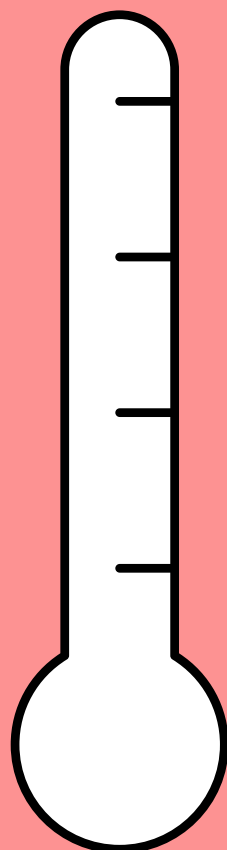
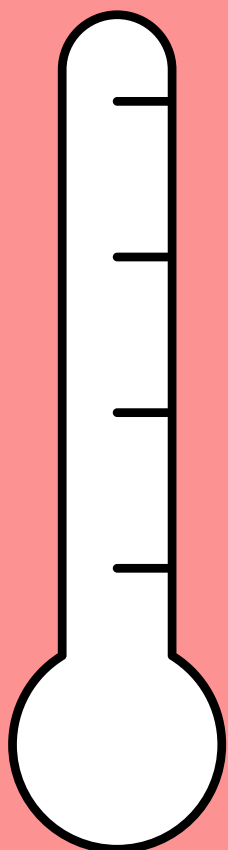
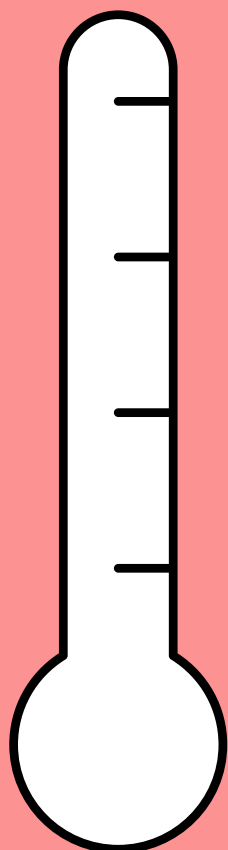
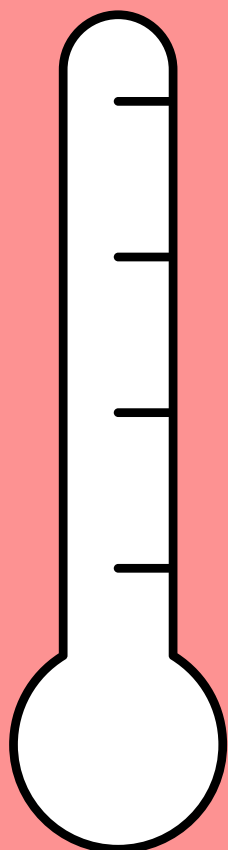


Spiritual



Intimacy Measurement

Below are additional thermometers to list and rate other forms of intimacy you may identify in your relationship.



Clinician Tip Sheet

This intervention is meant to accompany the intimacy psychoeducation powerpoint presentation information currently in the hope drive.

When beginning session, it will be helpful to ask the couple what they think of when they hear the word intimacy and process that with them first.

Then provide psychoeducation on the various types of intimacy in relationships then ask the couple if there are other types of intimacy that they can brain storm that are relevant to them. (from the presentation material)

Ask each partner to rate the level of intimacy in each area currently in their relationship from 0 to 100 using one color then using a different color to rate where they would like their intimacy level to be in each area 0 to 100.

Have each partner rate separately. Normalize for the couple that they may rate various areas of intimacy differently. This is an opportunity for them to be honest with each other, not judged. One or both partners may feel negatively evaluated during this conversation. Help them name that and process those feelings perhaps with a review of simple listen and repeat or TANGO.

Discuss with the couple the areas of intimacy that are most important to them.

Refer to the powerpoint presentation in the hope drive to discuss barriers to intimacy and builders of intimacy.

This intervention can be used in session or as a homework for the couple to gain more awareness on intimacy in their relationship prior to diving into intervention such as CLEAVE, Sensate Focus, etc.