

Intimacy Check-up

Deepening the connection in our marriage is key to growing in oneness. When we are known and accepted, we experience a sense of safety and security to share and give more to one another.

Below are listed three aspects of connection with descriptive statements. After reading each statement, indicate on the scale from 0 to 10 how true each statement is for you. Select the number that best describes your experience during the last six months and write the number in front of each item.

0 1 2 3 4 5 6 7 8 9 10
Never true Rarely true Sometimes true Often true Always true

EMOTIONAL CONNECTION

- _____ 1. I can express my feelings about you to you.
- _____ 2. I think about you even when we are not together.
- _____ 3. I feel fondness and admiration toward you.
- _____ 4. I trust that you feel fondness and admiration for me.
- _____ 5. I trust you to remain committed to me even when our relationship is going through hard times.
- _____ 6. I feel understood and not judged by you.
- _____ 7. I feel safe with you to share my disappointments and hurts.
- _____ 8. I am open to receiving input about me from you.
- _____ 9. I feel safe to admit to you when I am wrong.
- _____ 10. I can freely express my desires and ambitions.
- _____ TOTAL

PHYSICAL CONNECTION

- ___ 1. I enjoy spending time with you.
- ___ 2. I am satisfied with the amount of quality time we spend together.
- ___ 3. I am satisfied with the physical affection exchanged between us (hand holding, hugging, cuddling).
- ___ 4. I am comfortable asking for more physical affection when I want it.
- ___ 5. I regularly seek opportunities for romance in our relationship.
- ___ 6. I am comfortable initiating sex with you.
- ___ 7. I am satisfied with our sex life.
- ___ 8. I am comfortable letting you know what is pleasurable sexually for me.
- ___ 9. I don't worry about satisfying you sexually.
- ___ 10. I don't worry about my performance during sex.
- ___ TOTAL

SPIRITUAL CONNECTION

- ___ 1. I believe we share the same vision and purpose for our marriage.
- ___ 2. I pray for you and our relationship.
- ___ 3. I feel comfortable praying for you when you are struggling.
- ___ 4. I am comfortable with your expression of religious beliefs.
- ___ 5. I am satisfied with our joint prayer time.
- ___ 6. I am satisfied with our interest and investment in reading scripture and other spiritual material.
- ___ 7. I value attending regular worship services with you.
- ___ 8. I believe we share the same desire for a deeper relationship with God.
- ___ 9. I am satisfied with our involvement in our Christian community and service.
- ___ 10. I am encouraged by your growth in spiritual maturity or by the reflection of Christ-like character in you.
- ___ TOTAL

Please note that this is not a pass/fail assessment. Remember, the goal of this check-up is to shed light into how you and your spouse are experiencing your marriage. If you scored high, you might want to discuss how you can maintain that throughout your marriage. Relationships never stay the same and need constant attention. This fact may give hope for couples that scored low in any of these areas. The most important thing is that you take the steps necessary to improve and grow. There is no doubt that one of God's highest purposes for marriage is to show us where we need growth (both individually and as a couple) and to help us progress toward more Christ-likeness. On that note, whether you scored high or low, please fill out the action steps below on your own and then share and discuss with your spouse.

Personal

Identify three areas where you would like to see progress in terms of your own personal growth:

- 1.
- 2.
- 3.

List at least three concrete and practical steps you will take in the next 3 months to bring about growth:

- 1.
- 2.
- 3.

Couple

Identify three areas where you would like to see progress in terms of your growth as a couple:

- 1.
- 2.
- 3.

List at least three concrete and practical steps you will take in the next 3 months to bring about growth:

- 1.
- 2.
- 3.