

INTIMACY QUESTIONNAIRE – Terry Real

Assess how well you transmit (share yourself) and how well you receive (take in what your partner shares) in the five domains of intimacy. Then assess your partner.

SCALE: 1 poor 2 infrequent and/or difficult 3 fair 4 consistently good 5 excellent

INTELLECTUAL: The mutual sharing of ideas in respectful, nonjudgmental ways.

YOU

Transmission 1 2 3 4 5

Reception 1 2 3 4 5

YOUR PARTNER

Transmission 1 2 3 4 5

Reception 1 2 3 4 5

EMOTIONAL: The expression of one's fears, joys, sadness, anger etc, and the receiving of each other's feelings with respect and compassion – without disqualifying, attacking & withdrawing.

YOU

Transmission 1 2 3 4 5

Reception 1 2 3 4 5

YOUR PARTNER

Transmission 1 2 3 4 5

Reception 1 2 3 4 5

PHYSICAL: The active participation in mutual activities. Support in each other's physical care e.g. household chores, money, child-care. Physical nurture and affection e.g. non-sexual touch, quality time.

YOU

Transmission 1 2 3 4 5

Reception 1 2 3 4 5

YOUR PARTNER

Transmission 1 2 3 4 5

Reception 1 2 3 4 5

SEXUAL: Honouring the mutuality of sex. Being open to your partner's desires, without doing something you don't want to do. Being open to your own desires and expressing them.

YOU

Transmission 1 2 3 4 5

Reception 1 2 3 4 5

YOUR PARTNER

Transmission 1 2 3 4 5

Reception 1 2 3 4 5

SPIRITUAL: The sharing of a spiritual life, however defined. Support for each other's sense of purpose or meaning. Support for each other's devotion to a larger force (religious, artistic social) beyond oneself.

YOU

Transmission 1 2 3 4 5

Reception 1 2 3 4 5

YOUR PARTNER

Transmission 1 2 3 4 5

Reception 1 2 3 4 5