

# MarriageTeam

## Developing Intimacy (into-me-see)

One simple and useful definition of intimacy is "shared privacy." David Olson, founder of the PEPARE/ENRICH Inventory, has identified seven aspects of intimacy.

- Emotional — a closeness of feelings
- Social — having friends in common
- Intellectual — sharing ideas
- Recreational — enjoying the same hobbies or sports
- Spiritual — having a similar view of religious faith or the meaning of life
- Aesthetic — sharing the same concepts of beauty
- Sexual — enjoying sexual experience together

Respond to the following questions individually and then discuss your responses with your teammate.

1. What things am I aware of that make me feel close and intimate with my teammate?
2. What things am I aware of that hinder or are barriers to our intimacy?
3. What intimacy in our marriage would consist of for me is . . .
4. Remind your teammate of an intimate occasion you two shared which you still remember as a special time of exceptional closeness.
5. How can we regularly share feelings and make ourselves vulnerable?
6. Ask your teammate, "What is one thing I could do to meet your intimacy needs?"
7. How will you implement that "one thing?" Tell your teammate and insure it will work for him or her.
8. If you forget to do that "one thing," how can your teammate remind or encourage you in a way that will work for you? Write it down and give it to your teammate. It is your new "play." Discuss it with your teammate.