

# EIGHT TYPES OF INTIMACY

How full is your bucket?

On a scale of 1-10 rate your feelings of fulfillment for each area of intimacy also add notes why gave that number



Affection



Social



Emotional



Intellectual

--	--	--	--



Spiritual



Physical



Aesthetic



Sexual

--	--	--	--

# EIGHT TYPES OF INTIMACY

- **Affection**-embodies sharing affection like holding hands in the park or sharing smooches and cuddles on the couch.
- **Social**- denotes doing social activities together such as seeing a movie, taking partnered salsa lessons or meeting for lunch.
- **Emotional**-Emotional intimacy involves opening up to deeper authentic feelings by sharing emotions verbally or nonverbally.
- **Intellectual**- is a cerebral connection often obtained through thoughtful conversations in respectful nonjudgemental ways.
- **Spiritual**- sharing ideals, values and a sense of purpose. Sharing dedication to a higher good beyond personal concerns.
- **Physical**-means doing physical activities together — hiking, biking, playing tennis or working out together.
- **Aesthetic**- Aesthetic intimacy refers to sharing something beautiful together — strolling through a botanical garden, listening to a live band on the lawn or watching a lightning storm from the patio.
- **Sexual**-consists of exploring and sharing sexuality together — sharing fantasies, foreplay, role-play, mutual masturbation, or non-genital, sensual touch.