

## **Intimacy Survey for Married Couples**

*Now that you've downloaded the survey, print two copies—one for you and for your spouse. Take a few minutes to complete the survey. Set a date for the two of you to go out for dinner with the intention of sharing your answers with one another.*

### **Here are the survey questions...**

1. Check all of the following statements that apply to you:

#### **Spiritual Intimacy**

- I pray regularly throughout the day for my spouse.
- We pray together regularly.
- We read/study the Bible together.
- I am comfortable sharing with my spouse what God is teaching me.
- For Wives only: My husband actively leads me spiritually.
- For Husbands only: I take my role as spiritual leader of my wife/family seriously.
- During times of conflict, we pray together inviting God to help each of us change.

#### **Intellectual Intimacy**

- I pay attention to my spouse's interests and hobbies.
- I feel that my spouse supports me in my personal interests.
- My spouse and I try to learn more about what we believe and think on a lot of topics.
- My spouse's choice of interests and hobbies make me feel proud of him/her.
- I feel free to express my opinion even though my spouse may disagree with me.
- We agree on what our core values and beliefs are.
- Because of our commitment to one another, I can fully trust my spouse and allow myself to be vulnerable to him/her.

#### **Emotional Intimacy**

- I feel cherished and cared for by my spouse.
- My spouse and I enjoy romancing one another.
- We say "I love you" to one another often.
- My spouse and I spend quality time together almost every day.
- I enjoy spending time in conversation with my spouse.
- My spouse is my very best friend!
- We have learned how to handle conflict with one another.
- My spouse rarely interrupts me when I'm talking.
- We still hold hands in public.
- My spouse surprises me with loveletters, small gifts, and other expressions of romance.
- For Wives only: my husband usually remembers special dates (Valentine's Day, my birthday, our anniversary)
- For Husbands only: I rarely forget to celebrate special dates.
- My spouse expresses his/her appreciation of me and what I do.
- We are so busy that we only have time to "connect" at the end of the day.
- My spouse is still holding a grudge even though I've asked for forgiveness.
- I find I get distracted easily when my spouse is talking with me.
- We almost never go out for a "date night" or a "weekend getaway" just with the two of us.
- My spouse spends more time in front of the TV than communicating with me.

