

## Alex Iantaffi's Intimacy Assessment Tool

Intimacy Type	Who meets these needs?	Current Satisfaction	Rank of Importance
<b>Work</b> Sharing tasks, supporting each other in various responsibilities (e.g., raising family, house chores, office tasks)			
<b>Recreation</b> Sharing experiences of play (e.g., fun activities, sports, hobbies)			
<b>Mind</b> Sharing the world of ideas (e.g., reading, discussing a movie, debating politics)			
<b>Commitment</b> Togetherness through dedication to common values/ideals (e.g., doing activism together, celebrating anniversaries)			
<b>Delight</b> Sharing experiences of beauty (e.g., nature, art, dance, theater)			
<b>Communication</b> Being truthful and open with each other (e.g., giving constructive feedback)			
<b>Emotion</b> Sharing significant feelings (e.g., being vulnerable, emotionally open and available)			
<b>Creativity</b> Helping others to grow and celebrating them as co-creators (e.g., nurturing self-development, celebrating change)			
<b>Sexual</b> Sharing sensual, physical, and sexual experiences (e.g., cuddling, kissing, having sex)			
<b>Crisis</b> Experiencing closeness through standing together at a painful/difficult times (e.g., death of loved one, illness)			

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<b>Conflict</b> Facing differences, negotiating conflict resolution (e.g., arguing, disagreeing)			
<b>Spirituality</b> Sharing a sense of communion/ belonging (e.g., philosophical or religious experiences, the meanings of life)			