

The 4 Areas of Intimacy

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Intellectual Intimacy

An aspect of intimacy shared with most friends. Intellectual intimacy is the sharing of thoughts and ideas, beliefs and world views.

Intellectual intimacy shared with a close friend, significant other, or spouse, may also include sharing life aspirations, dreams, and hopes for the world.

Rate on a scale of 1-10, 1 being poor and 10 being excellent.

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Emotional Intimacy

An aspect of intimacy shared within close relationships. Emotional intimacy is communication based on a deep connection and trust between two people.

Emotional intimacy is built on validation, comfort, and closeness. It is a willingness to share your genuine self and your experiences in the world and protect the emotions shared with you.

Rate on a scale of 1-10, 1 being poor and 10 being excellent.

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Physical Intimacy

An aspect of intimacy typically shared with romantic partners. Physical intimacy is the touch and care of a relationship.

Physical intimacy includes more than loving and romantic touches. It's also the act of physical care when your partner is unwell, and can be as simple as holding hands or looking at each other.

Rate on a scale of 1-10, 1 being poor and 10 being excellent.

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Spiritual Intimacy

An aspect of intimacy that connects you to a larger entity. Spiritual intimacy is the belief that your presence impacts more than your immediate surroundings.

Spiritual intimacy brings together groups of people with a larger purpose, be it religious or not. This is a connection with a community and a faith in that community.

Rate on a scale of 1-10, 1 being poor and 10 being excellent.

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