

TEN TYPES OF INTIMACY

1. Emotional Intimacy: The sharing of one's self through self-disclosure and inviting self-disclosure of other(s), i.e., the opening of one's deepest feelings to another person.
2. Intellectual Intimacy: The sharing of any thoughts or experiences that stimulates a person such as something read, heard, or observed.
3. Spiritual Intimacy: Simply stated, an individual's sharing of his/her daily relationship with "God", or what ultimately gives life meaning.
4. Recreational Intimacy: Sharing an activity requiring some form of recreational exertion, such as bicycling, jogging, playing tennis.
5. Social Intimacy: The sharing that comes in any social setting, ranging from a dinner party to attending movies or athletic events.
6. Genital Intimacy: Because the term "sex" has such wide connotations, "genital" specifies intimacy related to genital foreplay, intercourse, touching, etc.
7. Economic Intimacy: All areas related to finances such as budgeting, property management, investments, speculations, etc.
8. Parenting Intimacy: Any activity relating to children. Couples without children can relate this area of intimacy to their relationship with their own parents.
9. Household Intimacy: The sharing developed in the course of regular household chores or special home projects. This includes everything from grocery shopping to building an extra room.
10. Vocational Intimacy: Approximately 40 hours of our week are spent at a job. This produces a great deal to share with a partner. For the homemaker, an equally extensive area of one's life that can be shared.

*From Couple Communication II by E. Nunnally, S. Miller, and D. Wackman.