



## Relationship Intimacy Scale Directions

Intimacy is a critical aspect in all relationships. The more intimate you and your partner are, the healthier and more satisfying your relationship will be. Most people equate intimacy with sex, but intimacy is truly much more. Intimacy can be seen in many aspects of the relationship that you have with your partner, including romance, compatibility, love and sex. The Relationship Intimacy Scale will help you examine the quality of the intimacy in your relationship with your partner.

This assessment contains 32 statements related to intimacy in your relationship with your partner. Read each of the statements and decide whether or not the statement describes you. If the statement is true, circle the number next to that item under the **TRUE** column. If the statement is false, circle the number next to that item under the **FALSE** column.

In the following example, the circled number under **FALSE** indicates the statement is not true of the person completing the inventory.

	<b>TRUE</b>	<b>FALSE</b>
(A) There is no longer fire and passion in our relationship	1	(2)

This is not a test and there are no right or wrong answers. Do not spend too much time thinking about your answers. Your initial response will likely be the most true for you. Be sure to respond to every statement.

*(Turn to the next page and begin)*

SECTION IV: RELATIONSHIP INTIMACY SCALE

## Relationship Intimacy Scale

	TRUE	FALSE
(A) There is no longer fire and passion in our relationship	1	2
(A) My partner and I do things that are fresh and exciting	2	1
(A) My partner and I often demonstrate our love for each other	2	1
(A) My partner and I no longer kiss and caress	1	2
(A) It is difficult to keep our romance alive	1	2
(A) I wish my partner would be more romantic	1	2
(A) My partner and I have less energy than we used to	2	1
(A) My partner and I often plan romantic dates and/or surprises	2	1
(B) My partner is my best friend	2	1
(B) I always have fun when I am with my partner	2	1
(B) I am spiritually incompatible with my partner	1	2
(B) I love spending time with my partner	2	1
(B) My partner and I both have similar values	2	1
(B) My partner and I have very different interests	1	2
(B) My partner and I do not have the same goals	1	2
(B) My partner and I have similar socio-economic backgrounds	2	1

*(Continued on the next page)*

**(Relationship Needs Scale continued)**

	<b>TRUE</b>	<b>FALSE</b>
(C) I often think about my partner when we are apart	2	1
(C) I would still be with the same partner if I had to do it over again	2	1
(C) I am not sure my partner appreciates me	1	2
(C) My partner and I often kiss affectionately	2	1
(C) I feel accepted by my partner	2	1
(C) We rarely tell each other "I love you"	1	2
(C) I find myself turning to others for support and comfort	1	2
(C) I am often bored in our relationship	1	2
(D) Our sexual life is boring	1	2
(D) I feel sexy when I am with my partner	2	1
(D) My partner and I find each other attractive	2	1
(D) My partner and I see each other as sexy	2	1
(D) One of us has too high a level of sexual expectations	1	2
(D) Our sexual life is still satisfying	2	1
(D) My partner and I have different sex drives	1	2
(D) We no longer please each other sexually	1	2

*(Go to the Scoring Directions on the next page)*

## Relationship Intimacy Scale Scoring Directions

The Relationship Intimacy Scale is designed to measure the quality of your intimate relationships. To get your (A) Romance score, total the numbers you circled for statements marked (A), in the previous section. You will get a score from 8 to 16. Put that number on the line next to the (A) Romance Total scale that follows. Then, do the same for the other three scales: (B) Compatibility Total, (C) Love Total and (D) Sexual Total.

- (A) ROMANCE TOTAL = \_\_\_\_\_
- (B) COMPATABILITY TOTAL = \_\_\_\_\_
- (C) LOVE TOTAL = \_\_\_\_\_
- (D) SEXUAL TOTAL = \_\_\_\_\_

Add the four scores you listed above to get your Overall Relationship Intimacy Total. Total scores on this assessment range from 32 to 64. Put your Overall Total score in the space below:

OVERALL INTIMATE RELATIONSHIP QUALITY TOTAL = \_\_\_\_\_

### Profile Interpretation

INDIVIDUAL SCALE SCORES	RESULT	INDICATIONS
Scores from 8 to 10 or a total from 32 to 42	Low	You are probably experiencing a lack of intimacy in your relationship with your partner. You need to work on enhancing the intimacy in your relationship with the exercises that follow.
Scores from 11 to 13 or a total from 43 to 53	Moderate	You are probably experiencing some lack of intimacy in your relationship with your partner. By completing the exercises that follow, you can have even more intimacy in your relationship.
Scores from 14 to 16 or a total from 54 to 64	High	You are probably experiencing a great deal of intimacy in your relationship with your partner. The exercises that follow can help you enhance your intimate relationship even further.

*(Go to the Scale Descriptions that follow)*



## Relationship Intimacy Scale Descriptions

### SCALE A – Romance

People scoring low on this scale are experiencing a loss of romance in their relationship. They probably do not feel the passion that was once in the relationship, and are having trouble keeping the romance alive in their relationship. They no longer do the romantic things they did when they first started the relationship, and probably have a more difficult time showing affection and love for one another.

*With effective relationships, partners find ways to keep the romance alive for themselves and their partners.*

### SCALE B – Compatibility

People scoring low on this scale sometimes are unable to connect with each other because they lack basic compatibility with one another. They probably have experienced a change in values, interests and goals, and no longer feel compatible.

*With effective relationships, partners are able to connect with each other because they enjoy spending free time with each other, they have fun engaging in activities together, and they have the same basic needs, goals and dreams.*

### SCALE C – Love

People scoring low on this scale sometimes find themselves falling out of love with their partner. They think about how things used to be in the earlier stages of the relationship and how they would like a relationship to be. Sometimes couples begin to lose fondness and admiration for each other, stop telling their partner “I love you,” and find themselves not being as comforting or supportive as they once were.

*With effective relationships, partners exhibit a sense of excitement about their partner, maintain a sense of respect for their partner, and find themselves in as much love as the day they became partners, or more so.*

### SCALE D – Sexual

People scoring low on this scale tend to have less satisfying sex lives than they once had. They may feel that their sex life is boring or that their partner is no longer as attractive as they once were. They may have sexual expectations that are unrealistic and have a harder time pleasing, or being pleased by their partner.

*With effective relationships, people accept changes in each other's sex drive and work to ensure that their sexual life is pleasurable for both people in the relationship.*

**Intimacy is an important part of any relationship and needs to be nurtured. Regardless of your scores on the assessment, the following exercises have been designed to help you enhance your intimate relationship with your partner. By completing the following exercises and activities, you will find that your intimate relationship with your partner will improve.**

## Romance

Early in most relationships, romance comes very easily and naturally, and it is exciting. As time goes on, couples become more familiar and comfortable with each other and romance often seems to come less naturally. Sometimes, romantic gestures even cease to occur. Think about if the romance between you and your partner has changed over time. In the table that follows, record in the upper block those romantic things you and your partner did when you first met. Then, in the lower block, list those romantic things you and your partner do now.

ROMANTIC THINGS WE DID WHEN WE MET
<i>Ex. He brought me a flower almost every day.</i>

ROMANTIC THINGS WE DO NOW
<i>Ex. On our anniversary we go out on a special date.</i>

Referring to the tables above, what are the differences in the romance in your life?

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Has this changed your relationship? How?

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# Being Romantic

It is important to find ways to keep romance alive. Romance is an expression of love from one partner to another and can take many forms – words, gestures and actions. Think about the ways that you and your partner express your love to one another and complete the table that follows. In the middle column list the ways that you show love to your partner, and in the column on the far right, list the ways that your partner shows love to you.

HOW I CAN SHOW LOVE	HOW I SHOW I LOVE MY PARTNER	HOW MY PARTNER SHOWS LOVE
<p><b>Words</b></p> <p>Say "I love you, E-mail "I'm thinking of you" Leave a note</p>		
<p><b>Gestures</b></p> <p>Hold hands Give a neck rub Smile in a special way</p>		
<p><b>Actions</b></p> <p>Present flowers Schedule a date Give a surprise</p>		

In what ways can you be more romantic with your partner?

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In what ways would you like your partner to be romantic?

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## Compatibility

**Compatibility is about living in harmony with a partner as the dynamics of your relationship changes. Early in relationships, partners are probably very compatible. However, as they both grow as people, it affects the way in which they interact as partners. People who are compatible enjoy being with each other and having fun together, having similar interests and goals, and are good, if not best friends.**

In what ways are you and your partner still compatible?

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In what ways are you and your partner not as compatible as you once were?

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In what ways do you still enjoy spending time with your partner?

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If you don't enjoy spending time with your partner, why not?

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When do you and your partner have fun together?

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What fun things did you and your partner used to do, that you no longer do? Why not?

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# My Goals, Interests and Values

When goals and interests change in a relationship, partners often find themselves less compatible than they once were. In the tables that follow, identify the ways you and your partner's goals, interests and values have changed over time.

IMPORTANT FACTORS	AT THE BEGINNING OF OUR RELATIONSHIP	NOW
<b>Goals</b> Things you would like to accomplish		
<b>Interests</b> Things you enjoy doing		
<b>Values</b> Things important to you		

What differences stand out to you?

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## *My Partner's Goals, Interests and Values*

<b>IMPORTANT FACTORS</b>	<b>AT THE BEGINNING OF OUR RELATIONSHIP</b>	<b>NOW</b>
<p><b>Goals</b> Things your partner would like to accomplish</p>		
<p><b>Interests</b> Things your partner enjoys doing</p>		
<p><b>Values</b> Things important to your partner</p>		

What differences stand out to you?

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# Love

**Partners sometimes reach a stage when they feel too busy or tired to relate effectively to one another. Nothing may be wrong, but the relationship does not seem to feel right. Sometimes partners may feel bored or so comfortable that they forget how much they really love each other. We often forget how much we appreciate our partners and often take them for granted. Complete the following love exercises:**

What do you appreciate about your partner?

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What do you think your partner appreciates about you?

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How can you better express your affection for your partner?

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How can your partner better express affection for you?

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How do you support your partner?

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## Love *(continued)*

How does your partner support you?

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How do you comfort your partner?

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How does your partner comfort you?

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What weaknesses of your partner do you accept?

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What weaknesses of yours does your partner accept?

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How can you make more time for love to have "meaningful" talks, go to dinner for date night, etc.?

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# Taking for Granted

As relationships develop, partners often become more comfortable with one another and begin to take the other for granted.

Being taken for granted includes such things as:

- Getting used to and beginning to expect that the partner will continue to do all of the wonderful things the partner has been doing.
- Expecting someone or something to be available all of the time
- Forgetting to appreciate your partner
- Failing to acknowledge the special things your partner does for or with you

Think about your current relationship and answer the following questions:

In what ways do you take your partner for granted?

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In what ways does your partner take you for granted?

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## Taking For Granted Quotations

- When it comes to life the critical thing is whether you take things for granted or take them with gratitude. ~ G. K. Chesterton*
- Life is a gift. Never take it for granted. ~ Sasha Azevedo*
- Being taken for granted can be a compliment. It means you've become a comfortable, trusted element in another person's life. ~ Dr. Joyce Brothers*

Check off which of these quotes above resonate with you. Why?

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## Boring . . .

If you and/or your partner have become bored in your relationship, how do you think this came about?

REASONS I HAVE BECOME BORED IN MY RELATIONSHIP
<i>Ex: My partner works too much. We don't have time to spend together, so I do many things by myself. We do not seem to be interested in what the other is doing.</i>

REASONS MY PARTNER HAS BECOME BORED IN OUR RELATIONSHIP
<i>Ex: We have moved closer to my parents since they have gotten older. I have been spending more time with my family and I like talking about them a lot.</i>



## Sexual Drive

The sexual drive of partners in a relationship can change because of stress, illness, medication, age, boredom, fatigue, indifference and/or lack of variety or excitement.

How would you describe your sex drive?

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How would you describe your partner's sex drive?

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In what ways do you find your partner sexy? Not sexy?

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In what ways do you try to maintain your sex-appeal for your partner? How about your partner?

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Describe your feelings after sex when you first started a relationship with your partner.

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Describe your feelings after sex in your current relationship with your partner.

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## Sexual Life

In the following table, write your thoughts and feelings about your sexual life with your partner.

ISSUES RELATED TO SEX	MY THOUGHTS AND FEELINGS
The frequency of our lovemaking	
The changes in my sex drive	
The changes in my partner's sex drive	
The changes in my sex technique	
The changes in my partner's sex technique	
Sexual variety in our lovemaking	
Sexual performance of my partner	
My own sexual performance	

What did you learn about yourself?

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What did you learn about your partner?

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# I Have Learned . . .

In terms of the intimacy issues surrounding your relationship, what have you learned most about yourself?

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What have you learned most about your partner?

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What will you do to make the relationship with your partner more intimate?  
(think in terms of romance, compatibility, love, and sex)

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## Ways of Keeping Romance in Your Relationship

- Know and understand what your partner considers romantic . . . and do it!
- Be affectionate in public (in an appropriate way)
- Say “I love you” often
- Repeat the romantic gestures you did in the beginning of your relationship
- Show the kind of physical affection your partner enjoys (give your partner a massage, put your arm around your partner, hold your partner’s hand when walking outdoors, cook a special dinner for your partner, give your partner an “I love you present” (flowers, candy, tickets to a ball game, etc.)

## **Decreasing Intimacy**

- You don't care what's happening in your partner's life
- You rarely say "I love you"
- You do not look forward to spending time together
- You stop talking to your partner about important or unimportant issues
- You touch your partner less
- You find excuses to avoid making love
- You find excuses to spend more time alone
- You stay out of the house more often and for longer periods of time
- You no longer try to please your partner