Assessment

Are You Making Time to Develop Intimacy?

Talking helps to develop INTIMACY

1. Set aside 10-15 minutes to talk about your day’s activities with each other.

\_\_\_\_\_Often \_\_\_\_\_Sometimes \_\_\_Rarely or Never

1. Have conversation during dinner without the TV on in the background.

\_\_\_\_\_Often \_\_\_\_\_Sometimes \_\_\_Rarely or Never

1. Schedule a date with each other once a month and don’t break it.

\_\_\_\_\_Often \_\_\_\_\_Sometimes \_\_\_Rarely or Never

1. Get together for lunch once a week, if you can schedule it.

\_\_\_\_\_Often \_\_\_\_\_Sometimes \_\_\_Rarely or Never

1. Attend your children’s activities together. Conversation is easy when you are enjoying your family together.

\_\_\_\_\_Often \_\_\_\_\_Sometimes \_\_\_Rarely or Never

1. Take a walk together after dinner for talking and exercise.

\_\_\_\_\_Often \_\_\_\_\_Sometimes \_\_\_Rarely or Never

1. Read a magazine article or book together that might stimulate conversation.

\_\_\_\_\_Often \_\_\_\_\_Sometimes \_\_\_Rarely or Never

1. Write a note to let your spouse know you have something amazing to talk about.

\_\_\_\_\_Often \_\_\_\_\_Sometimes \_\_\_Rarely or Never

1. Plan a weekend getaway once or twice a year for just the two of you.

\_\_\_\_\_Often \_\_\_\_\_Sometimes \_\_\_Rarely or Never