

# Pebbles of Truth

## Couple's Worksheet

March 7, 2009

### *Evaluating Our Intimacy*

Today we talked about the 3<sup>rd</sup> law of marriage ... the law of possession. We must embrace all of our spouse. The key idea here is to build intimacy. Take some time to re-listen to the "pebble" and then work through this sheet together as a couple. It will take some time so budget at least an hour. What area(s) of intimacy do you wish to develop or strengthen ... how will you make this happen. Have fun!

The dimensions of intimacy are not difficult to understand once they are laid out in front of you. Evaluate your own intimate relationship in the light of the Clinebells' description. Then decide which areas are the most satisfying to continue to pursue...and also which are the weakest to be developed.

**Sexual Intimacy**                      *Weak* 1 2 3 4 5 6 *Strong*

is more than the bringing together of sexual organs, more than the reciprocal sensual arousal of both partners, more even that mutual fulfillment in orgasm. It is the experience of sharing and self-abandon in the merging of two persons.

**Intellectual Intimacy**            1 2 3 4 5 6

is the closeness resulting from sharing the world of ideas. Sharing mind-stretching experiences—reading a great book, studying an issue of joint concern, discussing a stimulating lecture—can bring a special quality of intimacy.

**Aesthetic Intimacy**              1 2 3 4 5 6

is the depth of sharing of experiences of beauty. One couple finds a special closeness in relaxing very near to each other as the stereo plays the soul-moving strains of a magnificent symphony. Another experiences together the raptures of natural beauty.... Others find it in great art.

**Creative Intimacy**                1 2 3 4 5 6

is the intimacy of shared creativity. Conceiving and parenting children is an act involving many forms of creativity. Creative intimacy is often linked to aesthetic intimacy in that which is created together is something of beauty--a garden, a house, a musical expression, a painting. Creative marital intimacy at its heart, is the experience of helping each other grow—to be co-creators of each other.

This worksheet is designed to complement the Pebbles of Truth radio feature heard on WJTL Saturday, March 7, 2009. If you missed the spot, or want to hear it again, you can listen to it on our website

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**Recreational Intimacy**      1 2 3 4 5 6

is essential to the mental health of the partners, reflecting the wells of energy and allowing one's "child" side, in Eric Bernes' terms, to rejuvenate the personality through stress-relieving play.

**Work Intimacy**      1 2 3 4 5 6

is the closeness which comes from sharing in a broad range of common tasks involved in maintaining a house, raising a family, earning a living and participating in community projects. Married partners face many common problems in which they join their strengths and support each other in bearing responsibilities and loads.

**Crisis Intimacy**      1 2 3 4 5 6

is the strength which stems from standing together against the buffeting of fate; standing together in the major and minor tragedies which are persistent threads in the cloth from which family life is woven. Included are the times of internal testing, when a crisis occurs in the marriage itself as the shifting tides of circumstance and pressure of aging throw the relationship off balance for a while. This particular form of crisis intimacy, derived from facing and struggling with differences, might be called "conflict intimacy."

**Commitment Intimacy**      1 2 3 4 5 6

is the core feeling of ongoing mutuality which develops in a marriage in which there is shared dedication to some value or cause that is bigger than the family, something both partners regard as worthy of self-investment.

**Spiritual Intimacy**      1 2 3 4 5 6

is the nearness that develops through sharing in the area of ultimate concerns, the meaning of life (to both partners), their relationship to the universe and to God. For many it is the sense of transcendent relatedness which provides a firm foundation or supportive ground for transient human relatedness.

**Emotional Intimacy**      1 2 3 4 5 6

is the depth awareness and sharing of significant meanings and feelings—the touching of the inmost selves....It is the foundation of all other forms of intimacy. It is the overlapping of the couple's inner worlds of meaning.

These categories and descriptions are taken from *The Intimate Marriage* by Charlotte and Harold Clinebell, published by Abingdon Press.

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