

# SEEKING INTIMACY

Intimacy is far more than sex. It is any process that moves us closer to another human being. But intimacy is never risk free. When we give others the key to our innermost self, we take a chance. Will they treasure what they find or will they use it against us in times of difficulty? To better understand intimacy, complete the activities below.

1. Identify five ways concern and affection were shown in your family.

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_

2. Identify five ways you show your concern & affection for your fiancée.

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_

3. Identify five ways you like to have concern & affection shown to you.

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_

4. Compare your list with your future spouse's and discuss how closely you meet each other's intimacy needs.

5. Recalling your experiences when you have risked being close to another, share with your future spouse when your efforts failed.

6. What resolutions can you make together that can sustain your intimacy?