From *The Intimate Marriage* by Howard Clinebell:

“Intimacy is not so much a matter of what and how much is shared as it is the degree of mutual need-satisfaction within the relationship.”

“The nurturing of one’s partner is much more than an obligation derived from the marriage covenant… it is a way of satisfying one of the fundamental needs of every person – the need to give as well as to receive love.”

**DIMENSIONS OF INTIMACY**

**Sexual Intimacy:** “the experience of sharing and self-abandon in the merging of two persons…’to become one flesh’”

**Emotional Intimacy:** “the depth awareness and sharing of significant meanings and feelings

**Intellectual Intimacy:** “the closeness resulting from sharing the world of ideas”

**Aesthetic Intimacy:** “the depth sharing of experiences of beauty” (music, nature, etc.)

**Creative Intimacy:** “the intimacy of shared creativity… the experience of helping each other to grow – to be co-creators (not reformers) of each other”

**Recreational Intimacy:** “rejuvenating the personality through stress-relieving play”

**Work Intimacy:** “the closeness which comes from sharing in a broad range of common tasks…joining strengths and supporting each other in bearing the load”

**Crisis Intimacy:** “the strength which stems from standing together in minor and major tragedies… It includes ‘conflict intimacy’ within the relationship itself”

**Commitment Intimacy:** the core feeling of ongoing mutuality when there is shared dedication to some value or cause that is bigger than the family”

**Spiritual Intimacy:** “the nearness that develops through sharing in the area of ultimate Concerns… the sense of transcendent relatedness”

“It is the ‘us’ or ‘we’ feeling that identifies the existence of a relationship of ongoing intimacy.”

“The marital identity is more than the sum of what each partner brings to the relationship. It is the sum of these, plus what they become together in their interaction.”

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