

MARRIAGE
COURSE

DISCOVER
DEEPER
Intimacy
IN YOUR MARRIAGE

MODULE 3

UNDERSTANDING EACH OTHER'S NEEDS FOR INTIMACY



FIRST
things
FIRST

DIFFERENT TYPES OF INTIMACY *may speak more to one spouse* THAN THE OTHER.

Self-awareness helps you _____
to your spouse how to _____ you well.

EXPLORING YOUR INTIMACY *Needs*

ASK YOURSELF:

Are there types of intimacy that mean more to you than others?

Do you have specific things you like or need within the various types of intimacy?

How do you know when your spouse is hitting that “sweet spot” of knowing you almost as well as you know yourself?

NOTES

Activity

Using the scale below, rate how important each type of intimacy is to you. (Don't look at each other's answers yet!)

INTELLECTUAL intimacy

0	1	2	3	4	5
Not Important	Extremely Important

EXPERIENTIAL intimacy

0	1	2	3	4	5
Not Important	Extremely Important

SPIRITUAL intimacy

0	1	2	3	4	5
Not Important	Extremely Important

EMOTIONAL intimacy

0	1	2	3	4	5
Not Important	Extremely Important

PHYSICAL intimacy

0	1	2	3	4	5
Not Important	Extremely Important

SEXUAL intimacy

0	1	2	3	4	5
Not Important	Extremely Important

Now rate how important you believe each type of intimacy is to your spouse.

INTELLECTUAL *intimacy*

0	1	2	3	4	5
Not Important	Extremely Important

EXPERIENTIAL *intimacy*

0	1	2	3	4	5
Not Important	Extremely Important

SPIRITUAL *intimacy*

0	1	2	3	4	5
Not Important	Extremely Important

EMOTIONAL *intimacy*

0	1	2	3	4	5
Not Important	Extremely Important

PHYSICAL *intimacy*

0	1	2	3	4	5
Not Important	Extremely Important

SEXUAL *intimacy*

0	1	2	3	4	5
Not Important	Extremely Important



SHARE YOUR ANSWERS WITH EACH OTHER

What do you notice about yourself and your spouse and where you landed with intimacy needs?

SHADES OF *Intimacy*

Just like different shades of paint, intimacy can have different shades.

Activity

Now that you've rated each type of intimacy's importance to you, choose the two you rated the highest. Talk about them with your spouse.

Learning your spouse's intimacy needs will help you know your spouse more fully and let them know you deeply care about them. What your spouse rated the highest may have been rated the lowest for you.

Tell your spouse what **speaks intimacy** to you in those two areas by answering these questions:

1 How would you like those **intimacy needs met**?

If you are struggling to answer the question above, try thinking about these questions:

2 When do you feel **most connected** to your spouse?

3 What do you **long to do more of** with your spouse?

4 What makes you feel **most known** by your spouse?

IT'S AN ONGOING *Conversation*

Talking about your needs and asking your spouse what their needs are will be an ongoing conversation in your marriage. The results will be powerful for your relationship.

KEY POINTS:

Always ask questions with a heart of curiosity and a true desire to hear and learn the answer. Pursue your spouse because you want to fully know them.

You want your spouse to know you care and you're committed.

You want your spouse to trust that you view your marriage as your highest to priority.

When you _____ and ask questions to _____ ,
you're sending the message you want to know them and that you
_____ them.

REMEMBER THESE QUESTIONS WE ALL WANT TO ASK OUR MATE:

Do you _____ me?

Are you _____ to me?

Do I _____ ?

Will you _____ when I call?

Am I _____ and _____ by you?

THE PERSON WHO *feels heard*
IS THE PERSON WHO *feels valued*

In marriages where spouses not only understand each other's intimacy needs, but actively seek to meet those needs, each person feels connected and safe in being vulnerable.

Dr. John Gottman, marriage researcher and therapist, encourages couples to consider doing the following when it comes to meeting each other's intimacy needs.

1 _____ that you understand your partner's needs and why it's important to them.

2 Reiterate why tending to their needs is _____ to you.

TALKING ABOUT YOUR NEEDS

ISN'T A ONE TIME THING BECAUSE...

a You won't always _____.

b As you grow, you _____, sometimes your needs _____.

c You'll make _____, and that's ok.

d There's always something new to _____.

OBSERVE:

Study your spouse. Pay attention to the things that turn them on, frustrate them, get them excited, and turn them off.

Notice how they respond to different triggers, both good and bad.

Notice the topics that cause them to want to talk for hours.

Pay attention to what they complain about.

Take mental notes of what gets them to their happy place.

Learning your spouse's needs through observation and study will help you know your spouse more fully, and show them you deeply care about them.

As you try to understand and meet each other's intimacy needs, keep these tips in mind:

- 1** **Keep a heart of curiosity.** Trying out different ways to meet your spouse's needs can be fun and adventurous.
- 2** The simple fact that you're **willing to try new things** for the sake of your relationship can be appealing in and of itself.
- 3** Sometimes your best made plans won't turn out like you thought they would. Instead of giving up or feeling rejected, **adapt, adjust the playbook and try again.**