

WHERE ARE WE NOW? WHAT LEVEL CAN WE WORK ON RIGHT NOW?

We are talking about June Hunt's Intimacy- Equipping Keys and the definitions of Intimacy come from her work. You will need to listen to this Podcast/YouTube:

Building Intimacy and Connection in an NeuroDiverse Christian Marriage (NDCCs) on our YT Channel Dr. Stephanie C. Holmes (<https://www.youtube.com/watch?v=hPPWGM8gk08>)



*This structure allows couples to first **self-reflect**, then **compare honestly**, then **plan together**. It works equally well for counseling, coaching, or personal use.*

Goals:

- Self-reflect
- Compare honestly without judgment but with curiosity
- Identify barriers right now to each level
- Decide what level we can work on right now *safely* for each of us

Step 1 – Personal Reflection (Do Separately)

For each intimacy level, rate your experience in your marriage:



For each level, add a short sentence about why you chose your rating.

Level of Intimacy	My Rating (1-5)	My Notes
Intellectual (sharing thoughts/ideas)		
Social (doing things together)		
Emotional (sharing feelings)		
Spiritual (faith, prayer, values)		
Physical Non-Sexual (touch, affection)		
Sexual (physical union)		

Step 2 – Compare & Combine

(Do with your coach unless instructed otherwise)

Now sit down and share your individual ratings. In the table below, record **both scores** and note where you align or differ.

Level of Intimacy	Partner A	Partner B	Do We Agree or Differ?	
			Agree	Differ
Intellectual				
Social				
Emotional				
Spiritual				
Physical Non-Sexual				
Sexual				

Step 3 – Barriers To Building Intimacy for Us Right Now

(To Discuss in Coaching)

Now sit down and share your individual ratings. In the table below, record **both scores** and note where you align or differ.

Level of Intimacy	What Are Our Barriers to Building Intimacy?	
	Based on Our History	Based on Our NeuroDiversity and Season of Life Now
Intellectual		
Social		
Emotional		
Spiritual		
Physical Non-Sexual		
Sexual		

Step 4 – Discussion Prompts in Coaching

(Come Prepared With Your Thoughts)

Use these questions to guide your conversation:

Which level(s) of intimacy feel strongest in our marriage?

Where do we notice the biggest differences in how we experience intimacy?

What might be one small, practical step we could take this week to grow in the next level of intimacy?

How does our faith or shared values help us navigate intimacy challenges?

Step 5 – Safety Levels

What level(s) do both feel safe to begin? What level feels the least safe for each/both? Why?

Level of Intimacy	Mark the Most Safe and Least Safe Levels	
	Partner A	Partner B
Intellectual		
Social		
Emotional		
Spiritual		
Physical Non-Sexual		
Sexual		

Step 6 – Next Steps/Growth Plan

(After Coaching Session Brainstorm)

Homework After Coaching Discussion

Examples are for the Future As Trust and Safety Build

Write down 1-2 simple actions for each intimacy type that you'd both like to strengthen.

Level of Intimacy	Actions
Intellectual (ex. Read a book together and discuss)	
Social (ex. Try one new activity together this month)	
Emotional (ex. Set aside 15 minutes daily for check-in)	
Spiritual (ex. Pray together before bed or Silent Prayer Same Room)	
Physical Non-Sexual (ex. Increase affectionate touch (hugs, holding hands))	
Sexual (ex. Communicate openly about needs and expectations)	