

INTIMACY ASSESSMENT CHART

Trait	Description	1	2	3	4	5
Self-Knowledge	How well do you know yourself?					
Knowledge of Other	How well do you know the other person?					
Knowledge of Other's Family	How well do you know his or her family?					
Attraction	Are you attracted to him/her?					
Pure Love	Is your love for him or her selfless?					
Shared Experiences	Have you shared a variety of experiences?					
Commitment to the Relationship	How committed are you to the relationship?					
Time in Relationship	How long have you known each other?					
Trust	How much do you trust him or her?					
Conflict/Disagreement	How well do you deal with conflicts or disagreements?					
Commitment to the Other's Highest Good	Do you have his or her highest good in mind?					
Physical Intimacy	What is your level of physical intimacy?					