

Building Intimacy Checklist

Are you receiving enough intimacy from your partner? Let your partner know what intimate activities you appreciate from them. Print two copies of this worksheet: one for you, and one for your partner. Answer with a number between 1-10. 10 means they are doing great and 1 lets them know you'd like more of it.

Random hugs for no reason at all	<input type="checkbox"/>	Complimenting me on my achievements or on my valiant attempts to do well	<input type="checkbox"/>
Random kisses at any time of day or night	<input type="checkbox"/>	Letting me know that you find me attractive	<input type="checkbox"/>
Hot open-mouth kisses when appropriate	<input type="checkbox"/>	Making me feel that I can trust you with my fantasies	<input type="checkbox"/>
Offering to help me out when I've got a lot on my plate	<input type="checkbox"/>	Remembering important dates and milestones in our relationship	<input type="checkbox"/>
Flirting with me when appropriate	<input type="checkbox"/>	Being generous with me and showing me that you appreciate my generosity	<input type="checkbox"/>
Copping a feel under the table or in passing when nobody is looking	<input type="checkbox"/>	Taking a genuine interest in my enjoyment of our sex	<input type="checkbox"/>
Calling/writing and letting me know you appreciate me	<input type="checkbox"/>	Listening to me when I tell you something I find important	<input type="checkbox"/>
Making time for the two of us to talk	<input type="checkbox"/>	Surprising me from time to time with unexpected tokens of your affection	<input type="checkbox"/>
Taking a genuine interest in my sexual fantasies and interests	<input type="checkbox"/>	Demonstrating a willingness to try your best to satisfy my sexual needs	<input type="checkbox"/>
Telling me about your sexual fantasies and interests	<input type="checkbox"/>	Showing interest when I tell you about my day	<input type="checkbox"/>
Allowing me to see your body at appropriate times	<input type="checkbox"/>	Random acts of romantic kindness	<input type="checkbox"/>
Cooking for me or going out to dinner with me	<input type="checkbox"/>	Letting me know that you miss me when I am away	<input type="checkbox"/>
Providing a romantic environment for the two of us	<input type="checkbox"/>		
Touching me in ways that make me feel good, relaxed and comfortable	<input type="checkbox"/>		
Spending time with me after we have sex	<input type="checkbox"/>		

In the spaces below, write a couple of your fondest memories of your partner doing their best to be intimate with you.
