

Teach Me Your Love Language

In your opinion, what is more intimate, saying "I love you" or having sex? Does your partner feel the same? Print two copies of this worksheet: one for you, and one for your partner. Below there is a list of a variety of intimate acts. Take the intimate acts and write the letter in order from least intimate (#1) to most intimate (#40) in the numbered spaces below. No peeking! Do not look or discuss until you have both completed your entire sheet. Write your own: if you want to write your own the acts must be the same on both pages in order to rank them accurately.

MY INTIMACY RANKING

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INTIMATE ACTS WORD BANK

- A. Grinding with clothes on
- B. Using sex toys
- C. Being blindfolded
- D. 69 Position
- E. Interfemoral sex (penis between thighs/breasts)
- F. Sharing secrets
- G. Erotic role playing
- H. Planning a date
- I. Mutual masturbation
- J. Nipple play
- K. Spanking
- L. Watching porn together
- M. Fingering
- N. Hand job
- O. Analingus (using the mouth to stimulate the anus)
- P. Committing to be exclusive
- Q. Anal sex
- R. Massaging
- S. Reading erotica together
- T. Vaginal sex
- U. Holding hands
- V. Fellatio (blow job)
- W. Soft tickling
- X. Cunnilingus (using the mouth to stimulate the vagina)
- Y. Dry kissing
- Z. Playful wrestling
- AA. French kissing
- BB. Gazing into each other's eyes
- CC. Whispering "sweet nothings"
- DD. Slow dancing
- EE. Spooning/cuddling
- FF. Saying "I love you"
- GG. Tantric sex (an intense mind-body connection)
- HH. Getting engaged/married
- II. Helping get room set/clean
- JJ. Giving me time on my own prior to sex
- KK. _____
- LL. _____
- MM. _____
- NN. _____
- OO. _____