

Relationship Intimacy Assessment (RIA)

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Directions:

First, rank each of the 12 Facets of Relationship Intimacy according to *its importance to you* as a means of sharing intimacy. Rank the “Most Important” facet as “1,” and continue rankings to the “Least Important” facet as 12. After ranking the facets, then rate your current level of satisfaction with each facet in your relationship using a continuum from 1 to 10. Let “10” represent “Very High Satisfaction” and “0” to represent “Very Low Satisfaction.” Consider your preferences and current level of satisfaction. If you and your partner have each completed the RIA, share with openness to learn.

<u>FACETS OF RELATIONSHIP</u>	<u>RANK ORDER</u>	<u>LEVEL OF SATISFACTION</u>
RECREATION sharing experiences of fun, sports, hobbies, recreation; sharing ways of refilling the wells of energy, leisure.	_____	_____
INTELLECTUAL PURSUITS sharing the world of ideas; a genuine touching of persons based on mutual respect for each other’s intellectual capacities (reading, discussing, etc.)	_____	_____
WORK sharing common tasks, supporting each other in bearing responsibilities (raising family, house and yard chores, etc.)	_____	_____
COMMITMENT togetherness derived from dedication to a common cause, value (e.g., working for a political cause).	_____	_____
AESTHETIC sharing experiences of beauty -- music, nature, art, theater, dance, movies, poetry; drinking from the common cup of beauty	_____	_____

(Over)

FACETS OF RELATIONSHIP	RANK ORDER	LEVEL OF SATISFACTION
<p>COMMUNICATION INTIMACY being honest, trusting, truthful, loving; giving constructive, caring feedback; positive confrontation.</p>	_____	_____
<p>EMOTIONAL INTIMACY depth awareness and sharing of significant meanings and feelings; the touching of the innermost selves of two human beings.</p>	_____	_____
<p>CREATIVE PURSUITS helping each other to grow, to be co- creators (not “reformers”) of each other.</p>	_____	_____
<p>SEXUAL INTIMACY sensual-emotional satisfaction; the experience of sharing and self-abandon in the physical merging of two persons; fantasies and desires.</p>	_____	_____
<p>CRISIS standing together in the major and minor tragedies which persist in life; closeness in coping with problems and pain.</p>	_____	_____
<p>CONFLICT standing-up with and to each other; facing and struggling with differences ; pursuing mutual conflict resolution.</p>	_____	_____
<p>SPIRITUALITY the “we-ness” of sharing ultimate concerns, the meanings of life, philosophies, religious experience.</p>	_____	_____