



Deepening Friendship Intimacy

Intimacy Disciplines Worksheet

Check (✓) the "intimacy disciplines" you would like to see in your marriage.

◆ **Friends make time for each other:**

1. Couple "dating"—When is your next one scheduled?
2. Common interests—What do you like to do together for fun?
3. 30 second phone calls (for no practical reason)—"I was thinking about you."
4. Surprise initiative—get-away, dinner, gift
5. How we part, how we come back together:
6. Weekly "Talk-Listen-Plan-Evaluate" Times: (See "Marriage Staff Meetings" handout.)

◆ **Friends heal inevitable hurts-through "comforting confession" and forgiveness**

(See "**Healing Family Emotional Hurts**" handout.)

◆ **Friends communicate their needs in loving ways—not critically, not demandingly, not silently, not manipulatively.**

1. Through understanding what each other's needs really are (See **Top 10 Needs list**.)
2. Through "**Learning to Identify Needs from What People Say**." (See handout.)
3. Through "Thanks" and "Wishes" (See "**Thanks / Wish List**" handout.)
4. Review "**Marital Games**" handouts (Or, Chapter 9 in Intimate Encounters.)
5. Through "**Speaking Words That Edify**." (See handout.)

◆ **Friends express appreciation for each other's character qualities**

(See "**Discover the Power and Potential of Appreciation**" handout.)

◆ **Friends respond to emotion with emotion (Romans 12:15).**

(See "**Developing Intimacy Skills: Emotional Responding**" handout.)