

8 Forms of Intimacy Heatmap — Relationship Recovery Blueprint

Rate your relationship in each form of intimacy. Each section includes two scales — one measuring how connected you currently feel (1–7) and one measuring how important that form of intimacy is to you right now (0–10). There are no right or wrong answers — only awareness and alignment.

Physical Intimacy

Connection through touch, affection, body language, and closeness. Examples: holding hands, hugging, sitting close, relaxing together.

Current Connection Scale (1–7):

- 1 – Completely disconnected
- 2 – Rarely connected
- 3 – Occasionally connected
- 4 – Moderately connected
- 5 – Consistently connected
- 6 – Deeply connected
- 7 – Fully fulfilled and effortless

Current Priority Scale (0–10):

- 0 – Not relevant
- 1–3 – Low priority
- 4–6 – Moderate importance
- 7–8 – High importance
- 9–10 – Urgent or crucial priority

Emotional Intimacy

Sharing feelings vulnerably and safely — expressing emotions without judgment. Examples: empathy, emotional openness, support.

Current Connection Scale (1–7):

- 1 – Completely disconnected
- 2 – Rarely connected
- 3 – Occasionally connected
- 4 – Moderately connected
- 5 – Consistently connected
- 6 – Deeply connected
- 7 – Fully fulfilled and effortless

Current Priority Scale (0–10):

- 0 – Not relevant
- 1–3 – Low priority
- 4–6 – Moderate importance

- 7–8 – High importance
- 9–10 – Urgent or crucial priority

Intellectual Intimacy

Stimulating each other's minds through curiosity and shared learning. Examples: deep talks, debates, sharing ideas.

Current Connection Scale (1–7):

- 1 – Completely disconnected
- 2 – Rarely connected
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- 4 – Moderately connected
- 5 – Consistently connected
- 6 – Deeply connected
- 7 – Fully fulfilled and effortless

Current Priority Scale (0–10):

- 0 – Not relevant
- 1–3 – Low priority
- 4–6 – Moderate importance
- 7–8 – High importance
- 9–10 – Urgent or crucial priority

Experiential Intimacy

Bonding through shared experiences that build meaning. Examples: travel, teamwork, exploring new things together.

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- 4 – Moderately connected
- 5 – Consistently connected
- 6 – Deeply connected
- 7 – Fully fulfilled and effortless

Current Priority Scale (0–10):

- 0 – Not relevant
- 1–3 – Low priority
- 4–6 – Moderate importance
- 7–8 – High importance
- 9–10 – Urgent or crucial priority

Social Intimacy

Connecting as a couple through community and shared relationships. Examples: social events, family time, group belonging.

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- 2 – Rarely connected
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- 4 – Moderately connected
- 5 – Consistently connected
- 6 – Deeply connected
- 7 – Fully fulfilled and effortless

Current Priority Scale (0–10):

- 0 – Not relevant
- 1–3 – Low priority
- 4–6 – Moderate importance
- 7–8 – High importance
- 9–10 – Urgent or crucial priority

Creative Intimacy

Expressing creativity, play, and imagination together. Examples: humor, inside jokes, artistic collaboration.

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- 5 – Consistently connected
- 6 – Deeply connected
- 7 – Fully fulfilled and effortless

Current Priority Scale (0–10):

- 0 – Not relevant
- 1–3 – Low priority
- 4–6 – Moderate importance
- 7–8 – High importance
- 9–10 – Urgent or crucial priority

Psychological Intimacy

Mutual respect and understanding of values and beliefs. Examples: shared ethics, worldview alignment, deep understanding.

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- 6 – Deeply connected
- 7 – Fully fulfilled and effortless

Current Priority Scale (0–10):

- 0 – Not relevant
- 1–3 – Low priority
- 4–6 – Moderate importance
- 7–8 – High importance
- 9–10 – Urgent or crucial priority

Sexual Intimacy

Passion, desire, and erotic connection that feels safe and alive. Examples: feeling desired, sexual exploration, intimacy communication.

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- 5 – Consistently connected
- 6 – Deeply connected
- 7 – Fully fulfilled and effortless

Current Priority Scale (0–10):

- 0 – Not relevant
- 1–3 – Low priority
- 4–6 – Moderate importance
- 7–8 – High importance
- 9–10 – Urgent or crucial priority

Final Reflection

- 1. Which intimacy domain feels most disconnected for you right now?
- 2. Which domain feels like your strongest area?
- 3. What's one small action you'd like to take this week to nourish your connection?

Intimacy Scoring Chart

Intimacy Type	Current Connection (1-7)	Current Priority (0-10)	Gap (B-A)	Focus Area / Notes
Physical				
Emotional				
Intellectual				
Experiential				
Social				
Creative				
Psychological				
Sexual				
Average				
Top 2 Weak				
Top 2 Strong				
Focus Domains				