

Intimacy Assessment Questionnaire

This assessment is designed to help you become more aware of intimacy and how it occurs in your life. Answer the questions T=True or F=False below by circling the answer that best fits your relationships, experience, and views. Wait until you have completed the questionnaire before consulting the scoring key.

1. T/F I rarely share my true self with others
2. T/F Sometimes we get mad at one another and it is a sure sign that we have fallen out of love
3. T/F I was basically happier years ago than I am now
4. T/F When I am in a very close relationship I feel comfortable
5. T/F I like to touch and be touched when appropriate
6. T/F I don't trust most people
7. T/F I am comfortable when others disclose personal matters with me
8. T/F If someone compliments me I accept it easily
9. T/F I really enjoy just doing nothing at all
10. T/F I get along well with others
11. T/F It is important that I be right when we disagree
12. T/F Keeping very busy helps things in my relationships
13. T/F It's easy for me to understand the emotions and experiences of others
14. T/F I hate it when my partner feels vulnerable
15. T/F Being kind is more important than being honest
16. T/F It is easy for me to talk to members of the opposite sex
17. T/F My needs and wants are usually met in my relationships
18. T/F I rarely show my feelings to others
19. T/F I sometimes pretend that everything is alright when it isn't
20. T/F I am comfortable with disagreements in my relationships
21. T/F I am attractive to others
22. T/F I know my partner has had other relationships. I'm O.K. with that
23. T/F When my partner needs space I struggle to give it to him or her
24. T/F I am always pleasant in my relationships
25. T/F I know my partner sometimes looks at others and it makes me jealous
26. T/F If my partner truly loved me he/she would know what I want and need
27. T/F I enjoy receiving gifts
28. T/F In order for relationships to work out, I put up with a lot of things I don't like
29. T/F I fall in love quickly
30. T/F Love is risky but worth it
31. T/F We often work through our disagreements rather than ignore them
32. T/F I hesitate to express my true inner feelings because I might get hurt
33. T/F I enjoy pleasing my partner but don't go way out of my way to do it
34. T/F If people really knew who I was they would love me
35. T/F I try to conceal my private life from most people

Scoring Key:1-F,2-F,3-F,4-T,5-T,6-F,7-T,8-T,9-T,10-T,11-F,12-F,13-T,14-F,15-F,16-T,17-T,18-F,19-F,20-T,21-T,22-T,23-F,24-F,25-F,26-F,27-T,28-F,29-F,30-T,31-T,32-F,33-T,34-T, 35-F. Grade your assessment using this key. Count the number of correct answers and record it here____.

This assessment is keyed toward intimacy. That means the higher your score the higher the quality of intimacy you probably experience. Intimacy is often established as we balance: risks vs. closeness, self needs vs. others' needs, and disclosure vs. privacy. The items you missed above can be considered in terms of these balances or imbalances. Do the findings from this assessment accurately reflect you, your expectations, and your life experience? Why?