

The 5 Important Types of Marital Intimacy

There are five types of intimacy that every married couple needs for a lasting and happy marriage.

Intellectual Intimacy

Exchanging thoughts and ideas openly. This isn't about discussing highly intellectual ideas. We're talking about sharing your opinions about food, health, work and all the other things that affect your lives.

Social Intimacy

Doing things together and experiencing life. This includes things like walks, making dinner, or watching a movie with your spouse. Find things you like to do as a couple and start doing them more often.

Emotional Intimacy

Sharing feelings and emotions with each other. This form of intimacy can also be nurtured through empathizing with each other and trying to understand each other's feelings. It's creating a safe environment of vulnerability where anything can be shared.

Spiritual Intimacy

This is about sharing your journey of faith through beliefs about God and life, and observing religious practices together. Christian couples can nurture spiritual intimacy by praying together, going to church, reading and discussing the Bible, and volunteering together.

Physical Intimacy

Giving and receiving loving touch. A loving touch, such as a hug or kiss, or sexual intimacy communicates acceptance and love to your spouse. This in turn boosts your emotional connection. Remember, though, that sexual intimacy is just one part of physical intimacy; physical affection has many aspects.

How many of these different forms of intimacy are you enjoying in your marriage? It's never too late to add different forms of intimacy for a more satisfying and lasting marriage.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!