

# IT'S STILL US – COUPLES SERIES

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Emotional Intimacy Worksheet Packet

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Keeping It Real Christian Fellowship | Kingdom Community Connections

## What is Emotional Intimacy?

Emotional intimacy is the ability to be seen, known, and still feel safe.

It is not just being together—it is being felt.

Key Truths:

- Proximity is not intimacy
- Emotional safety creates connection
- Connection awakens desire

## Emotional Intimacy Self-Assessment

Rate each statement from 1 (Rarely) to 5 (Consistently)

I feel emotionally safe sharing my feelings with my spouse. 1 2 3 4 5

My spouse listens to understand me, not just respond. 1 2 3 4 5

We have meaningful conversations beyond logistics. 1 2 3 4 5

I feel seen and valued by my spouse. 1 2 3 4 5

We check in emotionally with each other regularly. 1 2 3 4 5

I feel comfortable being vulnerable with my spouse. 1 2 3 4 5

We handle emotions with care and respect. 1 2 3 4 5

I feel chosen and prioritized in our relationship. 1 2 3 4 5

## Reflection

Where are we strongest?

Where do we need growth?

One step we can take this week:

### **Guided Emotional Check-In (Weekly Practice)**

Instructions:

Set aside 10–15 minutes. Sit facing each other. No phones. No interruptions.

Partner A shares:

- One thing I've been feeling lately is...
- One thing I've been carrying internally is...
- One way I would feel more connected to you is...

Partner B responds ONLY with:

- I hear you...
- Thank you for telling me...
- Help me understand more...

Switch roles.

Guidelines:

- No fixing
- No defending
- No interrupting
- Focus on understanding, not solving

Closing Question (ask each other):

“What can I do this week to help you feel more connected to me?”

## **Weekly Connection Commitment**

This week we will:

- Check in emotionally \_\_\_ times
- Practice active listening
- Be intentional about connection