

## *How Well Have You Loved Each Other?*

### **Analyzing the Affection Intimacy (AI) in your Long-Term Love Relationship (LTLR)**

In assessing the state of your Long-Term Love Relationship, analyzing where you two are in the Three Intimacies (Self Intimacy, Conflict Intimacy and Affection Intimacy) will tell you why you are having problems and pinpoint exactly what those problems are.

Of the Three Intimacies, Affection Intimacy or AI is the closest to what we normally think of when we hear the word “intimacy.” Whereas Self Intimacy (SI) is about each partner being able to be close or intimate with their self, and Conflict Intimacy is about the partners being able to be close or intimate even when they are fighting, AI is about the ways in which two LTLR partners are able to be close or intimate through their expressions of love for each other.

At the Relationship Institute we have discovered that the ways that LTLR partners express their love to each other can be divided into four categories. These four types of Affection Intimacy are:

1. **Verbal AI:** the verbal expression of your love and affection for each other.
2. **Actions AI:** doing things just to bring a smile to your partner’s face or simply to make his or her day a little easier.
3. **Sexual AI:** the sexual, lovemaking expression of your affection
4. **Non-Sexual Physical AI:** physical touch in whatever form that expresses your affection but that is not sexual or in anticipation of sex

In getting a clear picture of the state of Affection Intimacy in your relationship, it is important to analyze your LTLR’s relative strength in each of these AI types. So in this exercise you are to rate how well you think you and your partner do both in giving and in receiving (or participating) in the four types of AI.

Using a scale of 1 to 10, in which 1 is “Terrible or non-existent” and 10 is “Fantastic, couldn’t be better,” rate you and you partner on the four dimensions of Affection Intimacy. For each type of AI, give a rating based on how well and how often you or your partner give that type of AI and then how well or comfortable you or your partner are in receiving it or participating in it.

	<b>You Giving</b>	<b>You Receiving</b>	<b>Partner Giving</b>	<b>Partner Receiving</b>	<b>Total Score</b>
<i>Verbal AI</i>					
<i>Actions AI</i>					
<i>Sexual AI</i>					
<i>Non-Sexual Physical AI</i>					
<i>Total Score</i>					

You can use these ratings to see where you are strong and where you are weak, both in giving and in receiving Affection Intimacy in your Long-Term Love Relationship. This analysis also tells you how you experience your partner’s expression and reception of AI.

Comparing your ratings with those done by your partner is usually very revealing of differences in how the two of you experience AI in your LTLR and of differences in how the two of you view each other’s relative AI strengths and weaknesses. If you two talk over these ratings you can use them as a guide, showing you which of the four types of AI you each can work on to increase the love that you each feel in your LTLR. This will make a world of difference to the health of your relationship by greatly increasing the loving intimacy the two of you feel from each other.