

Arias Franco Intimacy Assessment (AFIA)

Client Name:

Date Assessed:

For the following questions or statements, please rate your answer on a scale of 1 to 5.

1 Never 2 Rarely 3 Sometimes 4 Frequently 5 Always

Section 1: Recreational Intimacy

1. I feel close to my partner when we partake in hobbies together.
2. I feel close to my partner when we enjoy the same music.
3. I feel close to my partner when we enjoy the same movie or show.
4. I feel close to my partner when we enjoy the same food.
5. I feel close to my partner when we share the same opinion on travel goals.
6. I feel close to my partner when I participate in things that they are interested in.
7. I feel close to my partner when they participate in things that I am interested in.
8. I feel close to my partner when we like doing the same things in our free time.
9. I feel close to my partner when we participate in the same physical activities.
10. I feel close to my partner when we engage in activities that we enjoyed when we first started dating.

Section 2: Intellectual Intimacy

1. I feel close to my partner when they ask clarifying and helpful questions during a conversation.
2. I feel close to my partner when we ask each other for advice.
3. I feel close to my partner when we keep promises with each other.
4. I feel close to my partner when I know they are listening to me when I am speaking.
5. I feel close to my partner when we discuss opinions on local, national, and worldwide issues.
6. I feel close to my partner when we remain positive while having differing opinions.
7. I feel close to my partner when we learn from each other's perspectives.
8. I feel close to my partner when there is open dialogue between us.
9. I feel close to my partner when they are thoughtful when I explain my perspective.
10. I feel close to my partner when my opinions are valued.

Section 3: Physical Intimacy

1. I feel close to my partner when we hold hands and sit close to each other.
2. I feel close to my partner when we make time for hugging and kissing.

3. I feel close to my partner when we have fun together.
4. I feel close to my partner when we take turns initiating physical contact.
5. I feel close to my partner when we display physical affection for one another in public.
6. I feel close to my partner when I touch my partner.
7. I feel close to my partner when they touch me.
8. I feel close to my partner when we are on the same page regarding sex and physical intimacy.
9. I feel close to my partner when I feel heard while talking to my partner about intimacy issues.
10. I would feel comfortable asking my partner to look at something weird on my body.
11. I am satisfied with the level of physical intimacy and passion in my relationship.

Section 4: Emotional Intimacy

1. I feel close to my partner when we feel compatible emotionally.
2. I feel close to my partner when we forgive each other.
3. I am happy when I spend time with my partner.
4. I have a strong emotional connection with my partner.
5. I feel cared for when I express emotion with my partner.
6. My feelings feel important to my partner.
7. I feel close to my partner when I share my deepest fears and insecurities with them.
8. I feel close to my partner when I feel understood by them.
9. I feel close to my partner when they support me in difficult situations.
10. I am certain about a future with my partner.