

ULTIMATE *intimacy*®

Take this quick quiz to find out if your marriage is getting the sexual connection it needs to thrive.

Instructions: For each question, choose the answer that best describes your relationship. Be honest—this quiz is for you.

1. How often do you and your spouse have sex?

- A) Multiple times a week
- B) Once a week
- C) A few times a month
- D) Once a month or less

2. Do you both initiate sex or does it feel one-sided?

- A) We both initiate regularly
- B) One of us usually initiates, but it's mutual overall
- C) It's mostly one-sided
- D) No one initiates anymore

3. How satisfied are you (and your spouse) with your sex life?

- A) Very satisfied—no complaints
- B) Mostly satisfied but room to grow
- C) One of us is less satisfied than the other
- D) There's a lot of dissatisfaction or disconnect

4. How connected do you feel emotionally outside the bedroom?

- A) Very connected—we talk, share, and support each other
- B) Somewhat connected, but life gets in the way
- C) Not very connected—emotions feel distant
- D) We mostly feel like roommates

5. How comfortable are you talking about sex with your spouse?

- A) Super open—we talk about desires, needs, and preferences
- B) We talk sometimes, but it could be better
- C) It feels awkward or we avoid it
- D) We never talk about it

6. How often do you flirt, kiss passionately, or touch affectionately (outside of sex)?

- A) Daily
- B) A few times a week
- C) Occasionally
- D) Rarely or never

7. Do you feel desired and pursued by your spouse?

- A) Yes, absolutely
- B) Most of the time
- C) Sometimes, but I wish it was more
- D) Not at all

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8. Do you and your spouse make time for intimacy, even with busy schedules?

- A) Yes, it's a priority
- B) Sometimes—we try
- C) Rarely—it often gets pushed aside
- D) No—it's not even on the radar

9. Do you view sex as a way to bond and reconnect emotionally?

- A) Yes, it always brings us closer
- B) Sometimes, but not always
- C) Not really—it feels like a chore
- D) We don't think about it that way

10. When was the last time you tried something new together in the bedroom (position, game, location, etc.)?

- A) This month
- B) Within the last 3-6 months
- C) Over a year ago
- D) I can't remember

Scoring:

Give yourself points based on your answers:

A = 4 points

B = 3 points

C = 2 points

D = 1 point

Total your points: ____ / 40

What Your Score Means:

35-40: Intimacy Champions

You've made intimacy a real priority in your marriage—emotionally and physically. Keep showing up for each other and finding ways to grow together.

26-34: Solid, But Room to Grow

You're doing well overall, but a few intentional changes could deepen your connection. Make intimacy something you actively nurture, not just something that happens.

16-25: Needs Attention

Your intimacy might be feeling neglected. It's time to talk, reconnect, and intentionally work on both emotional and sexual closeness.

10-15: Danger Zone

There may be distance in your marriage that's affecting intimacy. But don't panic—this is your wake-up call. It's not too late to turn things around with honest conversations and consistent effort. Download the ultimate intimacy app to help you with conversations around all areas of intimacy and to help strengthen your emotional connection!