

SPICE EXERCISE

Spiritual, Physical, Intellectual, Communicative/Creative, Emotional

List 10 activities you enjoy doing

	S	P	I	C	E
1. _____	___	___	___	___	___
2. _____	___	___	___	___	___
3. _____	___	___	___	___	___
4. _____	___	___	___	___	___
5. _____	___	___	___	___	___
6. _____	___	___	___	___	___
7. _____	___	___	___	___	___
8. _____	___	___	___	___	___
9. _____	___	___	___	___	___
10. _____	___	___	___	___	___

Check **S** for any activities that are **Spiritual** in nature

Check **P** for any activities that are **Physical** in nature

Check **I** for any activities that are **Intellectual** in nature

Check **C** for any activities that are **Creative/Communicative** in nature

Check **E** for any activities that are **Emotional** in nature

The purpose of this exercise is to:

1. Identify the fact that our sexuality encompasses all that we are, and all that we do as men and women.
2. Identify aspects of your life where you spend most of your time
3. Identify aspects of your life that you may want to develop and spend more time at.
4. Raise awareness to the fact that a sexuality that is mature and developed is one that balances the spiritual, physical, intellectual, communicative/creative, and emotional

SPICE Questionnaire

Respond to each of the following 10 SPICE behaviours by circling either:

1. = rarely (seasonally),
2. = sometimes(monthly)
3. = regularly (weekly)
4. = often (a few times a week)
5. = all the time (daily)

You may complete this inventory individually or as a couple :

1. Share Feelings
1 2 3 4 5
2. Kiss/Hug/hold hands
1 2 3 4 5
3. Share books, art, music
1 2 3 4 5
4. Encourage intellectual pursuit
1 2 3 4
5. Share goals/values/dreams
1 2 3 4
6. Verbally express love for each other
1 2 3 4 5
7. We pray together
1 2 3 4 5
8. Support each other's hobbies/ sporting activities
1 2 3 4
9. Co-operate with household responsibilities
1 2 3 4
10. We enjoy family outings together
1 2 3 4

Total Score_____

Just as too much of too much spice in food can spoil the meal, so too in a relationship

- <10 = Under-spiced
- 11-19 = Bland
- 20-29 = Room for improvement
- 30-35 = About right
- >35 = Don't overdo the spice