How To Deepen Intimacy Into Your Relationship

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“When someone loves you, the way they talk about you is different. You feel safe and comfortable.”

– Jess C. Scott

The rush felt at the start of a relationship is exciting and invigorating. You're going on dates, trying new things, getting to know someone new. Everything feels easy and energizes you.

But as the relationship progresses, things become more complicated. Those initial feelings naturally begin to fade, date nights happen less frequently, and misunderstandings happen.

When this happens, you might feel lost. After all, we don't learn how to handle the complexities of a relationship in school.

You might start wondering how you can continue getting closer with your partner once the initial excitement starts to fade.

One trick is by deepening the intimacy in your relationship.

When you read the word “intimacy,” you might instantly associate it with sex.

Intimacy is the closeness and connection you feel with someone else.

Just like you can have sex without intimacy, you can have intimacy without sex. And there are different types of intimacy.

In a relationship, intimacy is how you grow your love and desire for someone.

Intimacy is the glue that keeps relationships together after the initial spark fades. Intimacy is a closeness that builds over time in a relationship. It is that

safe space where you can be vulnerable and open.

It's being understood, letting your walls fall down, and being accepted.

Maintaining and growing intimacy takes work, intention and time. It will certainly benefit you to make it a priority.

Use these topics to deepen the intimacy of your relationship:

- Chapter 1: The Importance of Intimacy in Relationships. What are the types of intimacy?

- Chapter 2: 10 Obstacles to Building Intimacy. What are the obstacles that make building intimacy in your relationship more challenging? Here are the obstacles to avoid and what you can

do to overcome them.

- Chapter 3: Self-Intimacy and its Impact on the Relationship. How can your relationship with yourself deepen the connection in your romantic relationship? Having a truly intimate relationship with your beloved starts with the relationship with yourself first.

- Chapter 4: Building Trust and Intimacy. Trust is the foundation for intimacy in your relationship. Couples will need to trust that each other's love is unconditional and that they can lean on each other for support.

- Chapter 5: Emotional Intimacy. Emotional intimacy is how safe and secure you feel with your partner. It's built through raw, deeper conversations about

feelings, struggles and needs.

- Chapter 6: Intellectual Intimacy. Intellectual intimacy is getting to know how your partner's mind works. You learn about your partner's opinions and the way they see the world.

- Chapter 7: Building Physical Intimacy. See how physical intimacy can boost your immune system, help you live longer, and keep you happier.

- Chapter 8: Experiential Intimacy. Experiential intimacy is built by doing shared activities with your partner. It's growing your memory bank, creating inside jokes, and enjoying time together.

- Chapter 9: Building Intimacy Beyond Conflict. Instead of settling when things get hard, the disagreements you

have can become a way for you to understand each other better, learn, and grow. That's how you build intimacy beyond conflict.

- Chapter 10: 5 Exercises to Build Intimacy. These exercises will bring you closer together. Follow these practical tips in your daily life to feel understood in a way you haven't before.

If you apply what you learn in this book, it will affect you in wonderful ways.

Chapter 1: The Importance of Intimacy in Relationships

Although deepening intimacy is challenging and takes time, the work done will enhance the quality of your relationship and your life.

Intimacy is important because it is the glue that helps a relationship get through difficult times. Intimacy builds a safe space for honesty and openness. It creates opportunities for you and your partner to learn from each other and grow.

Your basic human desire to be understood can be fulfilled by intimacy.

The closeness found in intimacy will create a safe space where you feel heard,

accepted, and understood by your partner.

As you get closer with your partner, you can develop four different types of intimacy.

These are the different types of intimacy in relationships:

1. Emotional. Emotional intimacy is building closeness and trust. It's that safe space you create to share your deepest thoughts and feelings with each other.

2. Intellectual. Intellectual intimacy is getting to know how your partner's mind works. Ideas, thoughts, and opinions. Accepting differences of opinions.

3. Physical. Physical intimacy is built through touch and physical closeness.

4. Experiential. Experiential intimacy is built by doing activities with your partner.

A truly healthy relationship builds on all four of these types of intimacy.

As you get closer to your partner, you might learn that you each have different intimacy styles.

What types of intimacy are most important to you? What types of intimacy are important to your partner? That type of intimacy style would be your intimacy language.

While you'll likely practice every intimacy style in your relationship, keep in mind

which intimacy language your partner speaks.

What You Need to Build Intimacy

These are the essential ingredients to build intimacy:

1. Compassion. Compassion is unconditional love and empathy. It's understanding that you and your partner are two humans doing the best you can.

2. Trust. Both partners trust they can go to the other. Both partners trust that the other's love is unconditional.

3. Honesty. Honesty is the foundation of that deeper level of closeness. You can tell your partner your deepest secrets and

trust they will still love you unconditionally.

4. Communication. As you get more comfortable sharing things with your partner, intimacy naturally develops.

5. Affection. You can develop that closeness from intimacy through physical affection. Affection can be shown in different ways, like hugs, kisses and cuddles.

6. Mutual Responsibility. Building intimacy will take work, commitment, and responsibility from both partners. There will be some days where one partner will need to carry more responsibility than the other. Overall, there should be a mutual commitment to getting closer.

All the work you put in to build intimacy will be worth it. You will feel closer to your partner than ever before.

Chapter 2:
9 Obstacles to Building Intimacy

Intimacy requires love, time, and care. It can be watered like a plant - but in order to grow, this plant needs to be watered by both partners. It takes two to tango.

Getting to know each other and building closeness sounds easy. But the reality is that humans are not perfect. The path to intimacy will have obstacles and roadblocks.

Some men have trouble building intimacy because they fear losing their sense of independence. On the other hand, some women can have trouble with intimacy because they focus on fixing their partner rather than accepting their partner.

Obstacles like that can show up and stand in the way of true intimacy. When you notice the obstacles show up, remember the reason why you started the relationship in the first place.

Remembering why you love your partner will help keep you going as you overcome these obstacles to building intimacy together.

Avoid or remove these obstacles:

1. Trapping yourself in routine. Your relationship might reach a point where everything becomes routine. You find yourself at the same restaurants, repeating conversations, doing the same weekend activities. Getting trapped in that routine can plateau the level of intimacy you have with your partner.

- Surprise your partner with a date in a new location.
- Choose a new hobby to pick up together.

2. Building walls. During an argument, you might have the tendency to shut down and stop communicating with your partner. If that happens, step away, take a break and return to the conversation later.

- Calmly let your partner know that you need a break from the conversation.
- Take a 20-30-minute break.
- Revisit the conversation with your partner.

3. Fear of intimacy. A subconscious fear of intimacy can prevent you from getting closer to your partner.

You might have difficulty communicating your own needs or have a tendency to sabotage the relationships you enter.

- Identify where the fear comes from. Are you scared of being hurt?
- Set boundaries to feel safe.
- Communicate your feelings.

4. Lack of time. You might find yourself prioritizing other things above your relationship. If you struggle with time, pay attention to what's been prioritized above the relationship.

- Schedule regular date nights and times to check in with your partner.

5. Dishonesty. True intimacy cannot be built if there are secrets or dishonesty in a relationship.

Dishonesty might show up from a fear of the closeness and vulnerability that comes from honesty. If this is the case for you, keep in mind that honesty will bring you closer to your partner.

- Be transparent with your feelings.

- Create a safe space for both of you to share uncomfortable truths.

6. Aggression. Aggression might indicate a lack of respect in the relationship. Being aggressive, critical, or showing contempt is a flag that should be taken seriously.

- Build a culture of appreciation. Go out of your way to let your partner know how much you appreciate them.

7. Doubtfulness or lack of trust. Couples might have a hard time trusting because of something happened in the past or something their partner has done. It's important to address any lack of trust because intimacy is unobtainable without it.

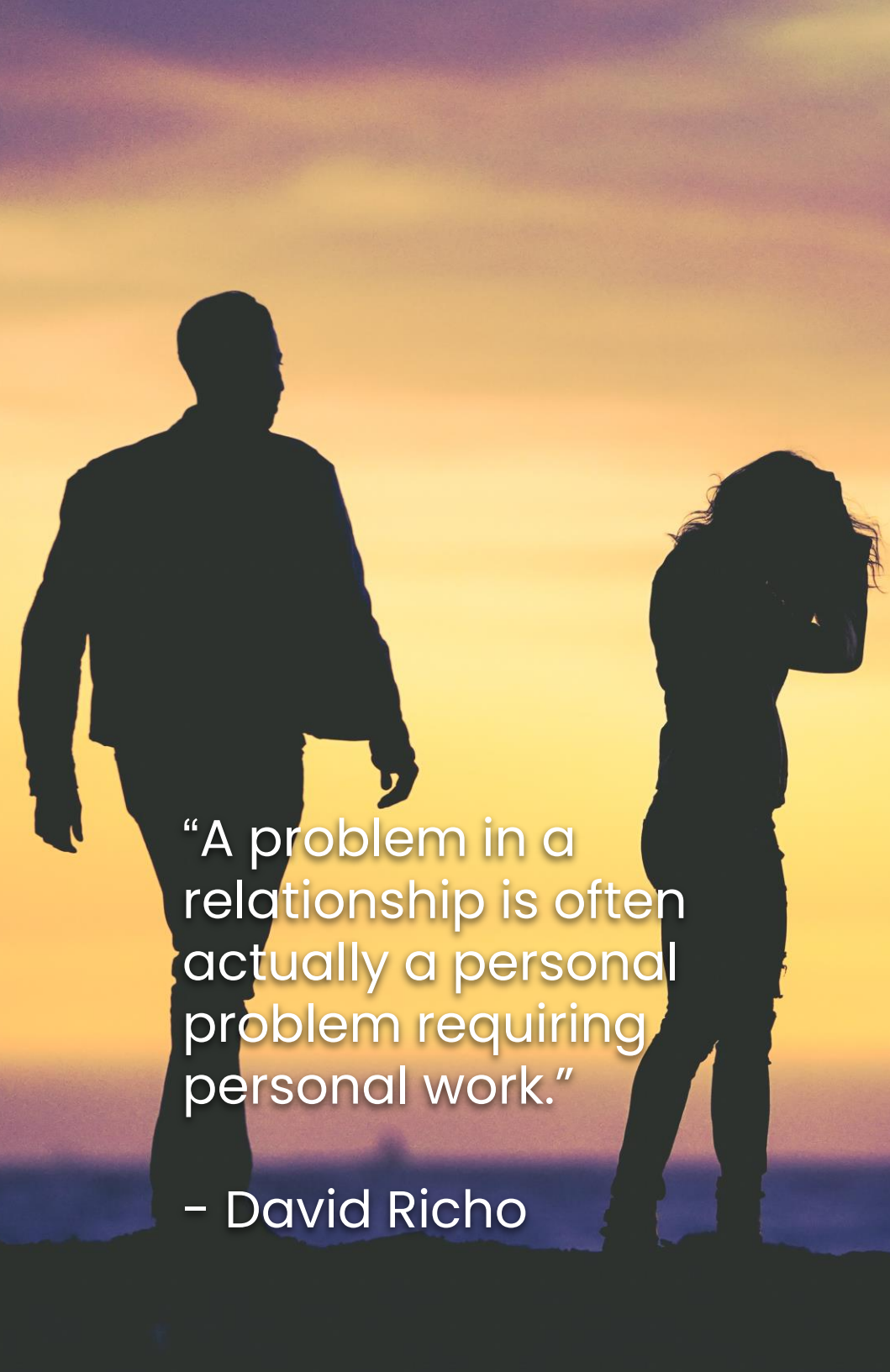
8. Control. Sometimes we subconsciously try to control what happens in the relationship or how our partner feels. This can be an obstacle to intimacy. We have to let go of our desire to control in order to experience true intimacy.

9. Avoidance. Maybe you want to avoid a topic that needs to be addressed or avoid having a difficult conversation. This will be an

obstacle to intimacy.

You might notice these obstacles are very human! They will pop up and occur naturally. Do your best to be cognizant of them and remove them from your relationship.

When you remove these obstacles and follow the exercises in this book, you can experience the love and joy possible from true, deep intimacy.


“A problem in a relationship is often actually a personal problem requiring personal work.”
- David Richo

Self-Intimacy and its Impact on the Relationship

To build a truly healthy, intimate relationship, start with your relationship with yourself.

When you have a healthy relationship with yourself, you trust yourself more, find it easier to empathize with your partner, and are able to communicate your needs.

When you know your wants and needs, you can work with your partner to create a shared set of rules in your relationship. If one or both partners don't know what they need, things get overlooked. And that's where resentment comes to play.

Sometimes, when our relationship with ourselves is unhealthy, we project our

fantasies onto our partner. This leads to obstacles to building intimacy, like trying to manipulate or control our partner. It can also lead to having unrealistic expectations and being disappointed when they are not met.

When you have a healthy relationship with yourself, you don't project fantasies or unrealistic expectations on your partner.

A healthy relationship with yourself also means you feel emotions without letting them control your behavior. This will make it easier for you to make wiser decisions and understand your partner.

An unhealthy relationship with yourself may stem from low self-esteem. When you have low self-esteem, you depend on your partner in different ways in order to

feel happy. While it's fine for our partner to be a source of our happiness, we shouldn't depend on that source.

The goal is to build your own source of esteem so that you know how to make yourself happy.

Just like you schedule in time to spend with your partner, schedule time to spend with yourself.

Follow these tips to improve your relationship with yourself:

1. Prioritize your routine and things you love. What things did you enjoy before you entered the relationship? What parts of your routine are most important to your happiness and well-being?

2. Schedule a date with yourself once per week. See the date with yourself as a way to keep the relationship with your partner healthy too.

3. Focus on what you can control. Sometimes we get so focused on controlling an outcome instead of letting things happen. Learn to focus on what you can control to strengthen your positivity and relationship with yourself.

4. Speak up for yourself. Practice speaking up for yourself and communicating your needs to your partner and others.

5. Take responsibility. If you do something that hurts someone else, or make a mistake, take responsibility for it. That honesty will show that you have a

deep sense of pride and good intention.

- When you take responsibility for your actions, you can also learn more about yourself and you can learn from your mistakes.

- Get curious: “What does this situation bring out in me?”

- Avoid criticizing yourself. But think about how you could have done or said something differently.

6. Check in with yourself. Regularly check-in with yourself. Do you feel resentful lately? Why do you think that is? Do you feel happy lately? Why?

Chapter 4:
Building Trust and Intimacy

Build trust as the foundation for your relationship's intimacy. With trust, you know you can turn to your partner for support.

You trust that your partner's love is unconditional.

The trust is built without projections, expectations, or trying to control the other person.
Trust is built by being reliable and showing up to the relationship as a teammate.

You can also let David Richo's Five A's of Love guide your journey of building trust in your relationship.

Build Trust with These Five A's of Love

These Five A's of Love can help you build trust, intimacy, and long-lasting love. Integrate them into your routine and give them to your relationship regularly.

1. Attention. Connect and give your partner attention.

2. Acceptance. Accept your partner as they are instead of trying to change them or judge them.

3. Appreciation. Create a culture of appreciation as an alternative to aggression or resentment.

4. Affection. Give your partner affection unconditionally.

5. Allowing. Let go of any nature to control your partner. Allow your partner to be free.

Check-in with your partner. Are these Five A's of Love a part of your relationship routine?

Other Ways to Build Trust

Building trust is one of the foundational parts to deepen intimacy. Trust is built by being reliable and showing up over time.

Here are other ways to build trust:

1. Keep agreements. Be reliable. Show your partner that they can trust your word.

2. Support your beloved. This will show your partner that they can rely on you for support.

3. Take care of yourself, but never at the expense of your partner or others. This will show your partner that you are not their responsibility but their partner.

4. Respect each other's boundaries. We have boundaries that show others how we are willing to be treated. Avoiding stepping over established lines shows both compassion and respect.

5. Listen without judgment. This will create a safe space in the relationship.

What to Do if Trust is Broken

You might reach a point where trust in the relationship gets broken. This can happen when one partner shuts the other down, breaks a promise, or becomes unreliable. It can also happen if someone deceives, lies, or even cheats on the other.

Trust is an essential part of intimacy. If trust gets broken, it needs to be fixed. Both partners will need to commit to rebuilding trust in the relationship.

It takes an effort from both sides to rebuild trust.

If trust has been broken, here's where to start:

1. Look within first. This self-reflection will be difficult, but it's important to face.

- Why did this issue occur? If you hid something from your partner, why did you hide it? If you cheated on your partner, why?

- Where is the problem? What is behind the problem?

2. Be completely honest with your partner. To build trust and intimacy, one must be open and honest with their partner. Share with them what you learned about yourself and your needs during the self-reflection process.

3. Apologize sincerely. If you broke the trust, show that you understand what went wrong, acknowledge that you hurt your partner, and promise you will not repeat the behavior. Be true to your word.

4. Be compassionate about how your partner feels. When trust is broken, repair will need to be done. Be patient and compassionate. Hold space for your partner and how they were feeling.

5. Resolution. Talking through a resolution will give both of you clear goals about a way forward.

- What does each partner need?

- What are the next steps of resolution? For example, a next step might be individual or couple's therapy. Or a commitment to changing behavior.

- Is there anything that was left out?

6. Rebuild trust. Rebuilding trust after a partner broke it can be difficult. Instead of building trust through a history of

actions, learn how to rebuild trust based on your partner's word.

- Another way to build intimacy and trust is a "willingness to work out problems" (such as how comfortable do you feel about talking about what is missing in the relationship & also what is

fulfilling in the relationship?)

- Be patient with the process because rebuilding trust takes time.

"To be fully seen by somebody, then, and be loved anyhow - this is a human offering that can border on miraculous."

- Elizabeth Gilbert

Chapter 5: Emotional Intimacy

Emotional intimacy is how safe and secure you feel with your partner. It's built through raw, deeper conversations about feelings, struggles, and needs.

Some people find it hard to build emotional intimacy. At first it seems easy to share your fears and your dreams. But sometimes as people get closer and closer, it gets harder to keep your walls down. Letting someone in also means letting them see more of you, your fears and dreams.

But getting closer to someone helps fulfill our human desire of feeling connected and strengthens our well-being. It feels incredible to be able to talk with your partner openly.

Here's how to build emotional intimacy in your relationship:

1. Practice naming feelings. As you learn to name feelings, you might realize you don't have the vocabulary to do so.

- Happy: Curious, respected, confident, playful, loving, thankful

- Surprised: Amazed, excited, shocked, dismayed, eager

- Bad: Stressed, indifferent, pressured, unfocused, busy, embarrassed

- Fearful: Insecure, scared, rejected, worthless

- Angry: frustrated, disappointed, jealous, annoyed, furious, skeptical

- Sad: Lonely, hurt, vulnerable, isolated, powerless, fragile

2. Validate your partner's feelings. Listen openly and validate your partner's feelings to create that safe space for each other to share.

3. Be curious. Ask open-ended questions. When your partner shares something uncomfortable with you, ask questions to help process the experience.

4. Listen with empathy. Any conversation where someone doesn't feel heard will create distance. Pause to hear, listen, and understand what your partner is feeling. Nod to show your partner you're engaged and present.

5. Share. Share what you're going through and feeling as well.

Emotional intimacy is based on equal trust, curiosity, and engagement. Be curious about your partner and be willing to open yourself up as well. You'll both be rewarded with greater feelings of intimacy.

Chapter 6: Intellectual Intimacy

While emotional intimacy is grown by communicating feelings and needs, intellectual intimacy is grown by discussing opinions.

Intellectual intimacy is getting to know how your partner's mind works. It's hearing your partner's ideas, thoughts, and opinions. You grow intellectual intimacy by discussing in-depth topics like society, politics, or lifestyle choices.

You understand what beliefs and values guide your partner's decision-making.

You don't have to agree on everything intellectually. But there does need to be a level of mutual respect. Even if you

disagree with your partner, you accept their opinion and respect them for it.

Tips to build intellectual intimacy:

1. Listen to understand. Understand where your partner's opinions come from. Think about how the way they were raised, or their experiences, might shape their beliefs. Let go of any need to be right.

2. Discuss something you've read recently. Talk about your takeaways from the reading and ask your partner what they think. Explore different ideas together.

3. If you disagree with your partner, do so respectfully. Entertain opinions and consider ideas.

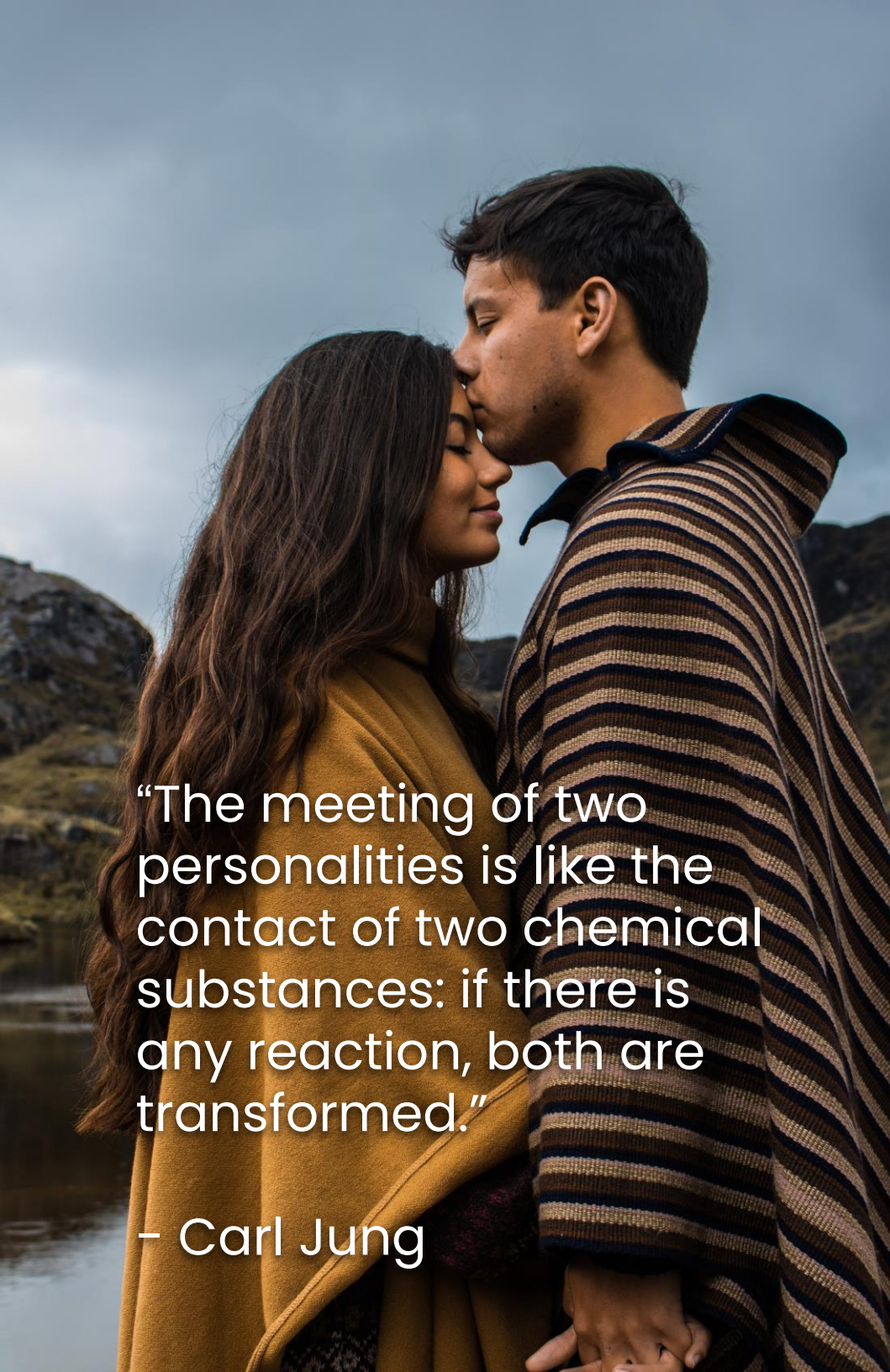
4. Discuss lifestyle choices with your partner. This can also be spiritual intimacy.

- What are your life goals?
- Do you want to raise children?
- How do you feel about marriage?
- What is your life purpose?

5. Accept. Accept your partner, their beliefs, and their opinions.

Remember that intimacy is built on acceptance. It's okay to disagree with your partner - you have to be willing to accept each person as they are.

Following the steps above will help you build intellectual intimacy and mutual respect.



“The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.”

- Carl Jung

Building Physical Intimacy

You get closer to your partner through physical affection like hugs, cuddles, and touching.

Just like you can have intimacy without sex, you can have sex without intimacy. To build physical intimacy, be curious about how touching can bring you and your partner closer.

Being touched feels good - but there are other health benefits, too!

Read these other health benefits of physical intimacy:

1. Lower levels of cortisol
2. Boost your immune system
3. Helps you live longer

4. Keeps you happier

5. Increased oxytocin (a soothing hormone)

6. Less loneliness

7. Lower blood pressure

Try these exercises to build physical intimacy:

1. Eye-gazing. Stare into your partner's eyes for a few minutes. This is a tantric exercise that will bring you closer together.

2. Touch your partner. Reach your hand out to touch your partner on the shoulder. Find ways to touch your partner and remind them physically that you care.

3. Hold hands. Hold hands with your partner over a coffee or while you're out walking.

4. Schedule sex. It might feel unnatural to schedule time for physical intimacy, but with busy schedules it shows that you put the physical connection with your partner as a priority.

5. Cuddle. At the end of a long day, simply cuddle with your partner.

6. Give each other massages. Taking time to give the other massages can be a relaxing and connecting experience for you both.

In addition to feeling great, physical intimacy on a regular basis boosts your immune system, helps you live longer, and keeps you happier.

And you can build that physical closeness through more than just sex. It's about the closeness between you and your partner physically.

Chapter 8: Experiential Intimacy

Experiential intimacy is built by doing shared activities with your partner. It's growing your memory bank, creating inside jokes, and enjoying time together.

When you do something new together, you can recreate that spark you felt at the beginning of your relationship.

Building experiential intimacy can be simple because the only obstacle is finding the quality time to share with your partner.

Experiential intimacy can be growth through simple things like getting involved in activities together. Shake up your routine and do something different with your partner!

Ideas to build shared experiences with your partner:

1. Solve a puzzle together.
2. Read the same book.
3. Go on a walk or hike.
4. Dance.
5. Exercise together.
6. Travel somewhere new.
7. Try a different restaurant.
8. Cook a new dish.
9. Take a painting class.
10. Watch a movie.
11. Sit in the garden.
12. Go bicycling.
13. Take an improv class.

Show your partner that they are a priority to you by doing these activities without technology.

Put away your phones or even implement “no-phone” areas at home.

Schedule the time and effort to do something new with your partner.

“Understanding someone’s suffering is the best gift you can give another person. Understanding is love’s other name. If you don’t understand, you can’t love.”
- Thich Nhat Hanh

Building Intimacy Beyond Conflict

Have you ever watched an argument between you and your partner turn into two monologues where both of you are talking, but neither is listening?

Building intimacy and falling in love feels easy. Knowing how to keep the love alive does not feel as natural.

It's easy to either give up on the relationship when things get hard or settle because you love your partner.

Remember that disagreements are unavoidable. What you can control is the way you respond to conflict. Instead of settling when things get hard, the disagreements you have can become a

way for you to understand each other better, learn, and grow.

When you learn how to build intimacy beyond conflict, you'll see that the content of the disagreements isn't what's most important. You'll see how behind the content, what matters is:

- The way you respond
- What your triggers/patterns are
- How you resolve the conflict
- Respond with honesty and openness!
- The relationship is more important than a need to be right
- Listening can be a demonstration of love

Here's What You Can Learn About Communication in Conflict

The Gottman Institute uses The Four Horsemen as a metaphor to describe communication styles that predict the end of a relationship.

To build closeness with your partner, discuss The Four Horsemen. Talk about how these communication styles have shown up for you in the past or present.

Think about the arguments you've had with your partner or others. What is the default way you respond?

Disagreements are a natural part of relationships. You might find yourself responding to an argument in one of these four ways.

Implement the techniques below to help you manage your own feelings, learn more about your partner, and build trust in the relationship:

1. Criticism. Criticism shows up as an attack on your partner's character.

- Express a positive need. Use an "I" statement to talk about how you are feeling and what you need to feel better.

2. Contempt. Contempt is criticism from a position of superiority. It is a level beyond criticism and the greatest predictor of divorce. Contempt shows up as comments that make one partner seem superior to the other.

- Build a "culture of appreciation." Integrate it into your routine to express

affection, gratitude, and appreciation for your partner.

3. Defensiveness. Defensiveness is a reversal or deflection of blame. While defensiveness comes from trying to protect yourself, it has the potential to escalate the conflict.

- Take responsibility. Even if you only accept responsibility for part of the conflict, you can admit your role and work towards a compromise.

4. Stonewalling. Stonewalling is when one partner completely withdraws from the conversation.

- Take a break. Research has found that couples who take a 30-minute break during an argument returned to the discussion in a more productive way.

When you feel overwhelmed, ask for at least 20 minutes so you can both distract yourselves from the conversation and calm down.

The way you resolve disagreements with your partner can save your relationship.

At the end of the conversation, revisit the reasons why you started the relationship in the first place. It was probably because you and your partner wanted to support each other's growth.

Ask your partner how you can support them.

You will not always agree with each other. But you can both learn how to manage those uncomfortable feelings during a disagreement.

Chapter 10:
5 Exercises to Build Intimacy

Building intimacy in your relationship requires training, too. Some of these exercises might feel tedious at first but try to trust the process.

Use these activities to deepen the intimacy in your relationship and understand your partner in a way you haven't before:

1. Do something new together. When you do something new together, you recreate that spark you felt at the beginning of your relationship. Shake up your routine and do something new and exciting.

- Take a cooking class.
- Go on a new hike somewhere new.

- Book a staycation.
- Go on a walk nearby and point out new things you notice.
- Pack a picnic.
- Exercise together.
- Dance.

2. Ask these questions. Sharing personal information between you and your partner can help build intimacy.

Set aside a time where you and your partner can sit down and ask each other these questions to deepen your connection:

- How do you think you have grown in the past five years?

- How do you want to grow in the next five years?

- What are three qualities you admire about yourself?

- What is something you've always wanted to do, but haven't done yet? Why not?

- Tell me about one of the happiest days of your life.

- What is one of the most embarrassing moments of your life?

- What's your fondest childhood memory?

- Which small romantic gestures would you like more of?

- Tell me about what the perfect career looks like to you.

- What traits do you value in a friend?

- What do you need to feel happy and fulfilled?

- How is sexuality contributing to your intimacy and bringing you closer together?

3. Discover your partner's love language. Gary Chapman identified five ways that people give and receive love. To deepen the closeness between you and your partner, learn each other's love language. This way, you can learn how to communicate with your partner in his or her love language.

- Words of Affirmation. Do you or your partner receive love through words? If so, the best way to communicate would be to acknowledge your partner using kind words, compliments, and words of appreciation.

- Quality Time. With a love language of quality time, spending meaningful time together means the most to that person. The best way to communicate here would be to give your partner undivided attention, show you are listening, and do activities together.

- Acts of Service. Partners whose love language is acts of service believe that actions speak louder than words. Communicate love via acts of service by picking up some of your partner's chores when they are busy, making your partner breakfast, or giving your partner a

massage.

- Giving and Receiving Gifts. People with the love language of gifts receive love by giving and receiving meaningful gifts. Communicate this love language by paying attention to what your partner values and finding a gift that reflects those values.

- Touch. When someone's love language is touch, they receive love through physical actions like holding hands, cuddling, and kissing. Communicate this love language by touching your partner while they are speaking, greeting them with a hug, or inviting them to cuddle.

4. Check-in weekly. Schedule a time to check-in with your partner. Be prepared to be open and honest! This

means telling your partner how feedback makes you feel (for example, maybe you feel embarrassed when they share what's missing from the relationship) instead of being defensive.

- How are you doing, really?
- What is missing from the relationship?
- How can I support your growth?

No matter how long you and your partner have been together, these exercises will always help you reignite the flame.

Practice Intimacy in Your Daily Life

Small actions build up and compound over time.

Think about these small actions as a way to pay into your relationship's "intimacy bank":

1. Respond to your partner's signals. Notice when your partner reaches out to you. This might show up in simple ways, like a smile or suggestion. Turn towards your partner for connection.

2. Show and tell your partner you appreciate them. To foster a culture of appreciation, tell your partner you appreciate them!

- “Thank you for helping with the dishes.”
- “It means a lot to me that you listen.”
- “I appreciate how supportive you are.”

3. Be affectionate to your partner based on their love language.

- Compliment the way they look or say, “I love you.”
- Give one another a massage.
- Set aside quality time to do an activity together.
- Surprise your partner with a thoughtful gift, like a flower you picked up on your way home from work.

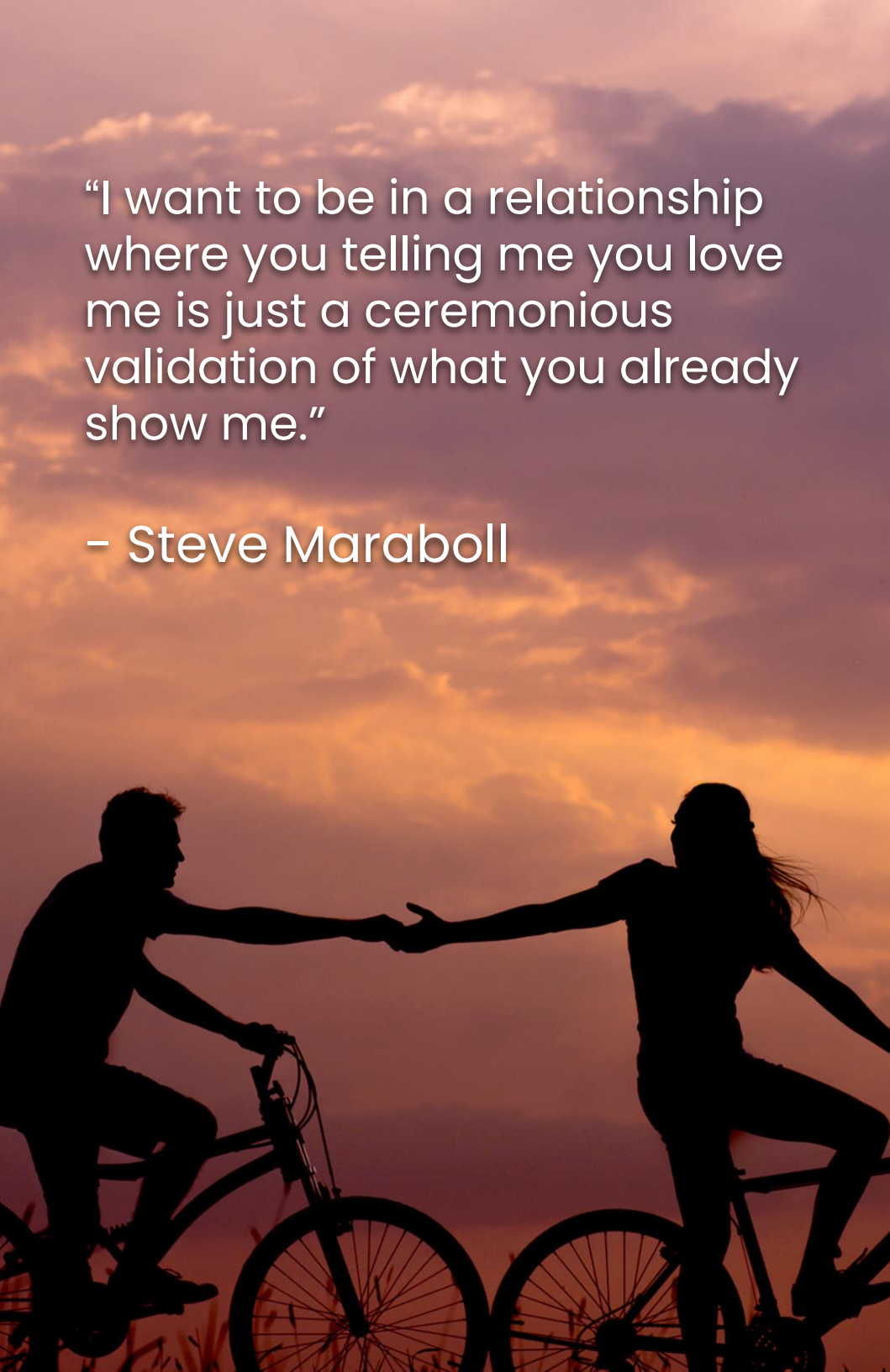
- Do some of their chores around the house.

4. Remember the small things.

Building intimacy doesn't always have to be time-consuming or complicated! Even the small things contribute to bringing you closer with your partner.

- Ask your partner how their day was.
- Be playful.
- Do one act of kindness for your partner each day.

Although it might feel unnatural or tedious at first to integrate these things into your daily routine, the extra work you do each day will help bring you and your partner closer together.


“I want to be in a relationship where you telling me you love me is just a ceremonious validation of what you already show me.”
- Steve Maraboll

Building intimacy with your partner can be the way to rekindle the fire you felt at the beginning of the relationship. The happiest couples are those who have intentionally built on all four levels of intimacy.

Intimacy is the most important way to nurture your relationship. At the end of the day, a happy relationship doesn't come effortlessly or without work.

Set aside time to talk with your partner about the different levels of intimacy and what they mean to you. A healthy relationship will have all types of intimacy, but you can put extra effort into your partner's favorite level of intimacy.

When you build a truly intimate relationship, you will grow and thrive together.

With love, light, and sound,

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