

Creating Intimacy

1. Start with a safe topic
2. Anything can be shared
3. What gets your partner ticking
4. Ask the hard questions (vulnerability)
5. Make time for deep conversation
6. Do something new or big together
7. Routine - date night
8. Make it harder to walk away
9. Express love how your partner needs
10. Sex is only part of intimacy

If fear is the great enemy of intimacy, love is its true friend.