



RESOURCE 3.2

INTIMACY BUILDING EXERCISES

HVL Connect Client Resource

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ABOUT THIS RESOURCE

Purpose: This resource provides practical exercises to build and deepen emotional, physical, and experiential intimacy in your relationship.

When to use this:

- You're feeling disconnected from your partner
- You want to deepen your connection
- You're in a good place and want to maintain/enhance intimacy
- After conflict, to reconnect
- During transitions or stressful times
- As regular relationship maintenance
- When you want to try something new together

What this resource provides:

- 35+ intimacy-building exercises
- Emotional, physical, and experiential intimacy activities
- Daily, weekly, and special occasion practices
- Conversation prompts for deeper connection
- Touch and affection exercises
- Shared experience ideas

Important: Both partners should participate willingly. Intimacy can't be forced. These exercises work best when both people are open and engaged.



INTRODUCTION: UNDERSTANDING INTIMACY

What Is Intimacy?

INTIMACY = INTO-ME-SEE

Intimacy is:

- Being fully known and fully accepted
- Vulnerability and openness
- Deep connection and closeness
- Emotional, physical, and experiential bonding
- Feeling safe to be your true self
- Sharing your inner world

Intimacy is NOT:

- Just sex (though physical intimacy is part of it)
- Constant togetherness
- Losing yourself in the relationship
- Never having conflict
- Reading each other's minds

Types of Intimacy

EMOTIONAL INTIMACY:

- Sharing feelings, thoughts, fears, dreams
- Being vulnerable
- Deep conversations
- Feeling understood
- Emotional support and attunement

PHYSICAL INTIMACY:

- Touch and affection
- Sexual connection
- Physical closeness
- Sensual experiences
- Body-to-body connection

EXPERIENTIAL INTIMACY:

- Shared experiences
- Creating memories together
- Trying new things



- Adventures and fun
- Building a life together

INTELLECTUAL INTIMACY:

- Sharing ideas and thoughts
- Stimulating conversations
- Learning together
- Respecting each other's minds

SPIRITUAL INTIMACY:

- Shared values and beliefs
- Meaning and purpose
- Transcendent experiences
- Connection to something larger

Healthy relationships have all types of intimacy.

Why Intimacy Matters

INTIMACY:

- Creates deep connection and bond
- Builds trust and safety
- Increases relationship satisfaction
- Protects against disconnection
- Makes relationship resilient
- Creates lasting love

Without intimacy:

- Relationships feel empty
- Partners feel like roommates
- Connection fades
- Vulnerability decreases
- Relationship becomes fragile

Intimacy is the heart of a thriving relationship.



How to Use This Resource

THESE EXERCISES:

- Are tools, not rules
- Work best with consistency
- Should feel good, not forced
- Can be adapted to your relationship
- Build on each other over time

START WHERE YOU ARE:

- If intimacy is low, start with easier exercises
- If intimacy is strong, try deeper exercises
- Go at your own pace
- Be patient with the process

TIPS FOR SUCCESS:

- Both partners participate willingly
- Create safe, distraction-free space
- Be present and engaged
- Be honest and vulnerable
- Don't judge or criticize
- Have fun and be playful



PART 1: EMOTIONAL INTIMACY EXERCISES

Daily Connection Practices

EXERCISE 1: THE SIX-SECOND KISS

What it is:

Kiss for at least six seconds (longer than a peck)

When:

- Morning goodbye
- Evening hello
- Before bed
- Anytime you want to connect

Why it works:

- Creates physical and emotional connection
- Releases bonding hormones
- Shows intentionality
- Breaks routine

How to do it:

1. Stop what you're doing
2. Face each other
3. Make eye contact
4. Kiss for 6+ seconds
5. Smile and reconnect

Frequency: Daily (multiple times)

EXERCISE 2: DAILY APPRECIATION

What it is:

Share one specific thing you appreciate about your partner each day

When:

- During dinner
- Before bed
- Morning coffee
- Anytime

Why it works:

- Builds positive sentiment
- Focuses on what's working
- Makes partner feel valued
- Creates gratitude habit

**How to do it:**

1. Be specific (not generic)
2. Say why it matters
3. Make eye contact
4. Be genuine

Examples:

"I appreciate how you made dinner tonight. It made me feel cared for after a long day."

"I appreciate your patience with me this morning. I know I was stressed, and you gave me space."

Frequency: Daily

EXERCISE 3: HIGHS AND LOWS**What it is:**

Share the high and low of your day with each other

When:

- Evening reconnection
- Dinner time
- Before bed

Why it works:

- Keeps you updated on each other's lives
- Creates space for support
- Builds emotional intimacy
- Shows you care

How to do it:

1. Each person shares their high (best part of day)
2. Each person shares their low (hardest part of day)
3. Listen without fixing
4. Validate and support

Frequency: Daily

EXERCISE 4: THE 20-MINUTE CONVERSATION**What it is:**

20 minutes of uninterrupted, distraction-free conversation each day

When:

- After work
- After kids are in bed
- Morning coffee
- Whenever works for you

**Why it works:**

- Maintains connection
- Creates space for deeper conversation
- Shows prioritization
- Prevents disconnection

How to do it:

1. Put away all distractions (phones, TV, etc.)
2. Sit facing each other
3. Talk about anything (day, feelings, thoughts, dreams)
4. Listen actively
5. Be present

Topics:

- How you're feeling
- What's on your mind
- What you're excited/worried about
- Dreams and goals
- Anything meaningful

Frequency: Daily

Weekly Connection Practices

EXERCISE 5: THE 36 QUESTIONS (MODIFIED)

What it is:

Answer deep questions together to build intimacy

When:

- Date night
- Weekly check-in
- Quiet evening together

Why it works:

- Creates vulnerability
- Deepens understanding
- Builds emotional intimacy
- Goes beyond surface conversation

Sample questions:

1. If you could change anything about the way you were raised, what would it be?
2. What would constitute a "perfect" day for you?
3. When did you last cry in front of another person? By yourself?



4. What is your most treasured memory?
5. If you knew that in one year you would die suddenly, would you change anything about the way you are living now?
6. What roles do love and affection play in your life?
7. Share a personal problem and ask your partner's advice
8. What do you value most in a friendship?
9. What is your most terrible memory?
10. What does friendship mean to you?

How to do it:

1. Choose 3-5 questions
2. Take turns answering
3. Listen deeply
4. Ask follow-up questions
5. Be vulnerable and honest

Frequency: Weekly or bi-weekly

EXERCISE 6: GRATITUDE EXCHANGE

What it is:

Share 3-5 things you're grateful for about your partner

When:

- Weekly check-in
- Date night
- Sunday evening

Why it works:

- Builds positive sentiment
- Focuses on strengths
- Makes partner feel valued
- Creates appreciation habit

How to do it:

1. Each person shares 3-5 specific things
2. Be detailed (not just "you're nice")
3. Explain why it matters
4. Receive graciously

Examples:

"I'm grateful for how you handled the conflict with your mom this week. You set a boundary kindly, and it showed me you're committed to protecting our relationship."

"I'm grateful for the way you make me laugh every day. Even when things are hard, you find ways to bring lightness."

Frequency: Weekly



EXERCISE 7: DREAM SHARING

What it is:

Share your dreams, hopes, and goals with each other

When:

- Date night
- Quiet evening
- Weekly check-in

Why it works:

- Keeps you updated on each other's inner world
- Builds shared vision
- Shows support for each other's growth
- Creates emotional intimacy

How to do it:

1. Each person shares a dream (big or small)
2. Other person listens and asks questions
3. Explore the dream together
4. Offer support and encouragement
5. Discuss how you can support each other's dreams

Dreams to share:

- Career goals
- Personal growth goals
- Relationship dreams
- Life adventures
- Creative pursuits
- Anything meaningful

Frequency: Weekly or monthly

Deep Dive Exercises

EXERCISE 8: VULNERABILITY PRACTICE

What it is:

Share something you're afraid to say

When:

- When you feel safe and connected
- During deep conversation
- When you're ready to go deeper

Why it works:

- Builds trust



- Creates deep intimacy
- Breaks down walls
- Shows courage

How to do it:

1. Create safe space (no distractions, comfortable setting)
2. One person shares something vulnerable
3. Other person listens without judgment
4. Validate and appreciate the sharing
5. Switch roles

Prompts:

- "Something I'm afraid to tell you is..."
- "What I really need from you is..."
- "Something I'm insecure about is..."
- "A fear I have about us is..."
- "Something I've been holding back is..."

Important:

- Only share when you feel safe
- Receive with compassion
- Don't use vulnerability against each other later
- Thank partner for trusting you

Frequency: As needed, when ready

EXERCISE 9: THE RELATIONSHIP INVENTORY

What it is:

Honest conversation about the state of your relationship

When:

- Monthly
- When something feels off
- As preventive maintenance

Why it works:

- Addresses issues early
- Creates space for honesty
- Builds trust
- Keeps you aligned

How to do it:

1. Each person rates relationship (1-10)
2. Share what's working well
3. Share what's not working
4. Discuss needs and wants
5. Create action plan together

**Questions:**

- How are we doing? (1-10)
- What's working well?
- What's not working?
- What do I need more of?
- What do I need less of?
- What am I afraid to say?
- What do we need to work on?

Frequency: Monthly

EXERCISE 10: LOVE MAPS (GOTTMAN)**What it is:**

Deepen your knowledge of each other's inner world

When:

- Date night
- Long drive
- Quiet evening

Why it works:

- Keeps you updated on each other
- Shows you care
- Builds intimacy through knowing
- Prevents assumptions

Questions to explore:

- What's stressing you most right now?
- What are you most excited about?
- Who are your closest friends right now?
- What are your current life goals?
- What's a recent dream you had?
- What's your biggest worry?
- What makes you feel most alive?
- What's something new you want to try?
- How have you changed in the past year?
- What do you need from me right now?

How to do it:

1. Take turns asking and answering
2. Listen to learn, not just to respond
3. Ask follow-up questions
4. Update your knowledge regularly

Frequency: Ongoing



PART 2: PHYSICAL INTIMACY EXERCISES

Non-Sexual Touch

EXERCISE 11: THE 20-SECOND HUG

What it is:

Hug for at least 20 seconds

When:

- Morning goodbye
- Evening hello
- When stressed
- Anytime you want to connect

Why it works:

- Releases oxytocin (bonding hormone)
- Reduces stress
- Creates physical connection
- Feels good

How to do it:

1. Full-body hug (not side hug)
2. Hold for at least 20 seconds
3. Breathe together
4. Be present
5. Don't rush

Frequency: Daily (multiple times)

EXERCISE 12: HAND HOLDING

What it is:

Hold hands regularly

When:

- Walking
- Watching TV
- In car
- Anytime

Why it works:

- Simple but powerful connection
- Shows affection
- Creates physical bond
- Easy to do

**How to do it:**

- Just reach for their hand
- Hold it
- Squeeze occasionally
- Be present

Frequency: Daily

EXERCISE 13: CUDDLING PRACTICE**What it is:**

Intentional cuddling time

When:

- Morning before getting up
- Evening on couch
- Before bed
- Anytime

Why it works:

- Physical closeness
- Releases bonding hormones
- Feels safe and comforting
- Non-sexual intimacy

Positions to try:

- Spooning
- Face-to-face
- Head on chest
- Intertwined
- Whatever feels good

How to do it:

1. Get comfortable
2. No phones or distractions
3. Just be together
4. Talk or be silent
5. Enjoy the closeness

Duration: 10-30 minutes

Frequency: Daily or several times per week

EXERCISE 14: MASSAGE EXCHANGE**What it is:**

Give each other massages (non-sexual)

**When:**

- Evening relaxation
- After stressful day
- Weekend morning
- Anytime

Why it works:

- Physical touch and care
- Relaxation
- Giving and receiving
- Shows love through service

How to do it:

1. Take turns (10-15 minutes each)
2. Use lotion or oil
3. Focus on shoulders, back, feet, hands
4. Ask what feels good
5. Be present and caring

Tips:

- Don't expect it to lead to sex
- Focus on giving pleasure and relaxation
- Communicate about pressure and preferences
- Make it a gift, not a transaction

Frequency: Weekly**EXERCISE 15: EYE GAZING****What it is:**

Look into each other's eyes for 2-5 minutes

When:

- Before bed
- During deep conversation
- When feeling disconnected
- Anytime you want deep connection

Why it works:

- Creates intense intimacy
- Builds vulnerability
- Releases bonding hormones
- Breaks down walls

How to do it:

1. Sit facing each other
2. Hold hands (optional)
3. Look into each other's eyes



4. Don't talk
5. Breathe
6. Stay present (it may feel awkward at first)
7. Notice what comes up

Duration: 2-5 minutes

Frequency: Weekly or as desired

Sensual Connection

EXERCISE 16: SENSORY EXPLORATION

What it is:

Explore each other's senses (not necessarily sexual)

When:

- Date night at home
- Quiet evening
- When you want to be playful

Why it works:

- Creates novelty
- Engages senses
- Builds anticipation
- Fun and playful

How to do it:

Touch:

- Blindfold partner
- Touch them with different textures (feather, silk, ice, warm cloth)
- Explore their body (non-sexual areas)
- Notice their responses

Taste:

- Feed each other
- Try new foods together
- Chocolate, fruit, wine
- Make it sensual

Smell:

- Share favorite scents
- Candles, essential oils
- Notice each other's natural scent

Sound:

- Create playlist together



- Share favorite songs
- Listen to music together
- Notice what moves you

Sight:

- Really look at each other
- Notice details
- Appreciate their body
- Eye contact

Frequency: Monthly or as desired

EXERCISE 17: SLOW DANCING

What it is:

Dance together in your home

When:

- Evening
- After dinner
- Anytime

Why it works:

- Physical closeness
- Romantic
- Fun and playful
- Creates memories

How to do it:

1. Put on slow music
2. Hold each other close
3. Sway together
4. Be present
5. Enjoy the moment

No dance skills required. Just hold each other and move.

Frequency: Weekly or as desired

EXERCISE 18: BATH OR SHOWER TOGETHER

What it is:

Share bathing time (can be sexual or non-sexual)

When:

- Evening relaxation
- Weekend morning
- After stressful day

Why it works:

- Vulnerable and intimate



- Physical closeness
- Relaxing
- Breaks routine

How to do it:

1. Create relaxing atmosphere (candles, music)
2. Take turns washing each other
3. Talk or be silent
4. Enjoy the intimacy
5. No pressure for it to be sexual

Frequency: As desired

Sexual Intimacy

EXERCISE 19: DESIRE CONVERSATION

What it is:

Talk openly about your sexual desires and needs

When:

- Outside the bedroom
- When not in the moment
- During check-in

Why it works:

- Creates understanding
- Reduces guessing
- Builds trust
- Improves sexual connection

How to do it:

1. Create safe space for honesty
2. Each person shares:
 - What they enjoy
 - What they'd like to try
 - What they need more/less of
 - Fantasies (if comfortable)
3. Listen without judgment
4. Ask questions
5. Find common ground

Topics:

- Frequency preferences
- Types of touch you enjoy



- Turn-ons and turn-offs
- Initiation preferences
- What makes you feel desired
- Boundaries and comfort zones

Frequency: Monthly or as needed

EXERCISE 20: SCHEDULED INTIMACY

What it is:

Schedule time for sexual connection

When:

- Weekly or as works for you
- Specific day/time

Why it works:

- Ensures intimacy doesn't get neglected
- Builds anticipation
- Removes pressure to initiate
- Prioritizes connection

How to do it:

1. Choose day/time that works for both
2. Protect this time
3. Build anticipation throughout day
4. Create atmosphere
5. Be present and engaged

Important:

- Not rigid (can be flexible)
- Not obligation (either can say not tonight)
- Creates space, not pressure
- Can be spontaneous too

Frequency: Weekly or as works for you

EXERCISE 21: SENSATE FOCUS

What it is:

Structured touching exercises to build sexual intimacy

When:

- When rebuilding sexual connection
- When dealing with sexual issues
- To slow down and be present

Why it works:

- Removes performance pressure
- Builds awareness



- Increases pleasure
- Deepens connection

How to do it (simplified version):

Stage 1: Non-genital touch

- Take turns (20 minutes each)
- Touch partner's body (avoiding genitals and breasts)
- Focus on sensation, not arousal
- Receiver gives feedback
- No sex afterward

Stage 2: Genital touch

- Same as above, but include genitals
- Still focused on sensation, not arousal
- Still no sex afterward

Stage 3: Mutual touch and connection

- Touch each other simultaneously
- Can lead to sex if both want

Important:

- Go slowly through stages
- Follow the structure
- Focus on sensation and connection
- Consider working with sex therapist for guidance

Frequency: As prescribed or desired



PART 3: EXPERIENTIAL INTIMACY EXERCISES

Shared Adventures

EXERCISE 22: TRY SOMETHING NEW TOGETHER

What it is:

Experience something neither of you has done before

When:

- Date night
- Weekend
- Vacation

Why it works:

- Creates novelty
- Builds memories
- Bonds through shared experience
- Keeps relationship exciting

Ideas:

- New restaurant or cuisine
- New activity (pottery, dancing, rock climbing)
- New place (hiking trail, museum, neighborhood)
- New skill (cooking class, language, instrument)
- New adventure (zip-lining, hot air balloon, etc.)

How to do it:

1. Take turns choosing
2. Be open-minded
3. Embrace the awkwardness
4. Laugh together
5. Create memory

Frequency: Monthly

EXERCISE 23: ADVENTURE LIST

What it is:

Create list of adventures you want to have together

When:

- Date night
- Lazy Sunday
- Planning time

Why it works:

- Creates shared vision



- Gives you things to look forward to
- Shows what matters to each of you
- Builds excitement

How to do it:

1. Each person brainstorms (no judgment)
2. Share lists
3. Create master list together
4. Categorize (this year, 5 years, someday)
5. Start planning first adventure

Categories:

- Local adventures
- Weekend trips
- Big trips
- Activities to try
- Skills to learn
- Experiences to have
- Places to see

Frequency: Create once, update regularly, plan from it monthly

EXERCISE 24: PHOTO ADVENTURE**What it is:**

Go on photo walk or adventure together

When:

- Weekend afternoon
- Vacation
- Anytime

Why it works:

- Gets you out together
- Creates memories
- Encourages presence
- Fun and creative

How to do it:

1. Choose location (neighborhood, park, downtown, nature)
2. Bring camera or phone
3. Take photos of:
 - Each other
 - Things that catch your eye
 - Your experience together
4. Share and discuss photos later

Frequency: Monthly



Playfulness and Fun

EXERCISE 25: GAME NIGHT

What it is:

Play games together regularly

When:

- Weekly date night at home
- Weekend evening
- Anytime

Why it works:

- Brings out playfulness
- Reduces stress
- Creates laughter
- Builds connection through fun

Game ideas:

- Board games
- Card games
- Video games (cooperative)
- Trivia
- Puzzle together
- Make up your own games

How to do it:

1. Choose game together
2. No phones or distractions
3. Be playful and competitive (in fun way)
4. Laugh together
5. Make it regular ritual

Frequency: Weekly

EXERCISE 26: SILLY CHALLENGES

What it is:

Create playful challenges for each other

When:

- Throughout the week
- Date night
- Anytime

Why it works:

- Brings out playfulness
- Creates inside jokes



- Keeps things light
- Builds connection through laughter

Challenge ideas:

- Dance-off
- Cooking challenge
- Impression contest
- Tongue twister competition
- Staring contest
- Make each other laugh challenge
- Compliment battle (who can give best compliment)

How to do it:

1. Be silly and playful
2. Don't take it seriously
3. Laugh together
4. Create memories

Frequency: As desired

EXERCISE 27: SURPRISE DATES

What it is:

Take turns planning surprise dates for each other

When:

- Monthly
- Special occasions
- Anytime

Why it works:

- Shows thoughtfulness
- Creates excitement
- Breaks routine
- Makes partner feel special

How to do it:

1. Take turns (alternate months)
2. Plan something your partner would enjoy
3. Keep it secret
4. Reveal day-of or give hints
5. Be present and appreciative

Ideas:

- Activity they love
- Place they've wanted to go
- Experience they'd enjoy
- Recreate early date



- Something meaningful to them

Frequency: Monthly (alternating)

Meaningful Rituals

EXERCISE 28: CREATE A RITUAL

What it is:

Establish meaningful rituals unique to your relationship

When:

- Daily, weekly, monthly, or annually
- Special occasions

Why it works:

- Creates predictability and comfort
- Builds shared identity
- Makes ordinary moments special
- Strengthens bond

Ritual ideas:

Daily:

- Morning coffee together
- Evening walk
- Bedtime routine
- Greeting/goodbye ritual

Weekly:

- Sunday breakfast
- Friday night movie
- Saturday morning farmers market
- Date night

Monthly:

- Full moon walk
- Monthly adventure
- Relationship check-in
- Special dinner

Annually:

- Anniversary celebration
- Relationship review
- Dream planning session
- Special trip

**How to create:**

1. Discuss what would be meaningful
2. Start small
3. Be consistent
4. Adjust as needed
5. Make it yours

Frequency: Varies by ritual

EXERCISE 29: GRATITUDE JOURNAL**What it is:**

Keep shared journal of gratitude for each other

When:

- Daily or weekly
- Before bed
- Anytime

Why it works:

- Focuses on positive
- Creates record of love
- Builds appreciation
- Something to look back on

How to do it:

1. Get journal or notebook
2. Each person writes:
 - What you're grateful for about partner
 - Special moment from day/week
 - Why you love them
3. Read each other's entries
4. Add to it regularly

Frequency: Daily or weekly

EXERCISE 30: LOVE LETTERS**What it is:**

Write love letters to each other

When:

- Special occasions
- Anytime you're feeling it
- Scheduled (monthly or quarterly)

Why it works:

- Expresses feelings deeply
- Creates keepsake



- Shows effort and thoughtfulness
- Builds intimacy through words

How to do it:

1. Write from heart
2. Be specific about what you love
3. Share memories
4. Express hopes for future
5. Be vulnerable

What to include:

- What you love about them
- Favorite memories
- What they mean to you
- Why you chose them
- Your hopes and dreams
- Appreciation for specific things

Frequency: As desired (monthly, quarterly, or spontaneously)



PART 4: RECONNECTION EXERCISES

After Conflict

EXERCISE 31: REPAIR RITUAL

What it is:

Structured way to reconnect after conflict

When:

- After argument or disconnection
- When ready to repair

Why it works:

- Creates path back to connection
- Reduces time spent disconnected
- Shows commitment to relationship
- Builds resilience

How to do it:

1. **Check readiness:** "Are you ready to reconnect?"
2. **Take responsibility:** Each person shares their part
3. **Apologize sincerely:** "I'm sorry for..."
4. **Validate:** "I understand why you felt..."
5. **Reconnect physically:** Hug, hold hands, sit close
6. **Affirm love:** "I love you and I'm committed to us"
7. **Move forward:** Let it go, don't rehash

Frequency: As needed after conflict

EXERCISE 32: THE DO-OVER

What it is:

Redo a conversation or interaction that went badly

When:

- After conflict
- When you realize you handled something poorly

Why it works:

- Gives second chance
- Shows willingness to improve
- Practices better communication
- Repairs damage

How to do it:

1. Acknowledge it went badly
2. Ask for do-over: "Can we try that again?"



3. Redo the conversation with better approach
4. Use skills you know
5. Appreciate the effort

Frequency: As needed

When Feeling Distant

EXERCISE 33: THE RECONNECTION DATE

What it is:

Intentional date focused solely on reconnecting

When:

- When feeling disconnected
- After busy/stressful period
- Preventively (monthly)

Why it works:

- Prioritizes connection
- Breaks disconnection pattern
- Reminds you why you're together
- Rebuilds intimacy

How to do it:

1. Schedule uninterrupted time (3-4 hours minimum)
2. No phones or distractions
3. Do something you both enjoy
4. Have meaningful conversation
5. Physical affection
6. End with appreciation and commitment

Activities:

- Dinner and walk
- Hike and picnic
- Home date with deep conversation
- Activity you both love

Frequency: As needed, or monthly preventively

EXERCISE 34: THE STATE OF US CONVERSATION

What it is:

Honest conversation about how you're doing

**When:**

- When feeling disconnected
- Monthly check-in
- When something feels off

Why it works:

- Addresses issues directly
- Creates space for honesty
- Prevents resentment
- Realigns you

How to do it:

1. Create safe space
2. Each person shares:
 - How I'm feeling about us (1-10)
 - What's working
 - What's not working
 - What I need
 - What I'm willing to do
3. Listen without defensiveness
4. Create action plan together
5. Commit to changes

Frequency: Monthly or as needed

EXERCISE 35: 7-DAY CONNECTION CHALLENGE**What it is:**

Commit to 7 days of intentional connection

When:

- When feeling disconnected
- After conflict or distance
- As relationship reset

Why it works:

- Creates momentum
- Breaks negative patterns
- Rebuilds connection quickly
- Shows commitment

How to do it:**Day 1: Physical Touch**

- 20-second hug (3 times)
- 6-second kiss (3 times)
- Hold hands
- Cuddle for 20 minutes

**Day 2: Appreciation**

- Share 5 things you appreciate
- Write love note
- Compliment throughout day

Day 3: Quality Time

- 1 hour of uninterrupted time together
- No phones
- Meaningful conversation

Day 4: Acts of Service

- Do something helpful for partner
- Anticipate their needs
- Show love through action

Day 5: Fun and Play

- Do something fun together
- Laugh
- Be playful

Day 6: Vulnerability

- Share something deep
- Be emotionally intimate
- Open your heart

Day 7: Celebration

- Celebrate your reconnection
- Reflect on the week
- Commit to continuing

Frequency: As needed for reset



PART 5: CREATING YOUR INTIMACY PLAN

Assessing Current Intimacy

RATE YOUR INTIMACY (1-10):

Emotional intimacy: _____

Physical intimacy: _____

Experiential intimacy: _____

Sexual intimacy: _____

Overall intimacy: _____

What's working well:

What needs attention:

Barriers to intimacy:

What we'll work on:

Choosing Your Exercises

FROM THIS RESOURCE, WE'LL TRY:

Daily practices:

1. _____
2. _____
3. _____



Weekly practices:

1. _____
2. _____

Monthly practices:

1. _____
2. _____

As needed:

1. _____
2. _____

Your Intimacy Commitment

WE COMMIT TO:

- ☐ Prioritizing intimacy in our relationship
- ☐ Practicing these exercises regularly
- ☐ Being vulnerable and open with each other
- ☐ Making time for connection
- ☐ Trying new things together
- ☐ Communicating about our needs
- ☐ Supporting each other's growth
- ☐ Having fun and being playful
- ☐ Reconnecting after disconnection
- ☐ Building lasting intimacy

Why intimacy matters to us:

Partner 1 signature: _____

Partner 2 signature: _____

Date: _____



Tracking Progress

MONTHLY INTIMACY CHECK:

Month: _____

Exercises we tried:

What worked well:

What didn't work:

How we're feeling (1-10):

Partner 1: _____

Partner 2: _____

What we'll continue:

What we'll try next:

Overall progress:

- ☐ Improving
- ☐ Stable
- ☐ Needs more attention



FINAL REMINDERS

Intimacy Is a Practice

INTIMACY DOESN'T JUST HAPPEN:

- It requires intention
- It takes effort
- It needs consistency
- It grows over time

These exercises are tools to help you build it.

Start Small and Build

DON'T TRY TO DO EVERYTHING AT ONCE:

- Start with 2-3 exercises
- Build consistency
- Add more as you go
- Find what works for you

Small, consistent actions create lasting intimacy.

Make It Your Own

THESE EXERCISES ARE SUGGESTIONS:

- Adapt them to your relationship
- Create your own variations
- Do what feels good
- Be creative and playful

Your intimacy practice should fit you.

Intimacy Requires Safety

FOR INTIMACY TO GROW:

- Both partners must feel safe
- Vulnerability must be honored
- Trust must be present



- Respect is essential

If safety is lacking, address that first (with therapy if needed).

You're Building Something Beautiful

BY PRACTICING INTIMACY:

- You're deepening your bond
- You're creating lasting connection
- You're investing in your relationship
- You're building the love you want

This is the work that creates thriving relationships.

NEXT STEPS

AFTER REVIEWING THIS RESOURCE:

- Assess your current intimacy levels
- Choose 3-5 exercises to start with
- Schedule them into your week
- Try them consistently for a month
- Evaluate what's working
- Adjust and add more
- Make intimacy a priority
- Enjoy the connection you're building

ADDITIONAL RESOURCES

RELATED HVL CONNECT RESOURCES:

- Resource 3.1: Weekly Relationship Check-In Template
- Resource 3.3: Creating Shared Rituals and Traditions
- Resource 4.1: Intimacy Blocks Discovery (for deeper intimacy work)
- Resource 4.2: Communication About Sex and Intimacy

RECOMMENDED READING:

- "Hold Me Tight" by Sue Johnson (emotional intimacy)
- "Mating in Captivity" by Esther Perel (desire and intimacy)
- "The Seven Principles for Making Marriage Work" by John Gottman
- "Come As You Are" by Emily Nagoski (sexual intimacy)



ABOUT HVL CONNECT

Dante Yigael, Certified Life & Relationship Coach

Specializations:

- Couples Coaching
- Intimacy Building
- Emotional and Physical Connection
- Relationship Enhancement

Approach:

- Evidence-based (Gottman Method, EFT)
- Practical and experiential
- Holistic (emotional, physical, experiential intimacy)
- Supportive and non-judgmental

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Intimacy is the heart of your relationship.

Practice it. Nurture it. Enjoy it.