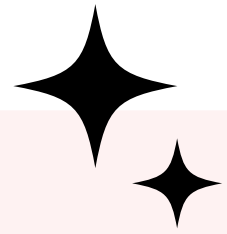


INTIMACY PRACTICES



NURTURE

GROW CLOSER WITH CURIOSITY

- *What felt most important about your day?*
- *How are you feeling about life lately?*
- *What has felt energizing for you lately?*
- *How can I better understand what's going on?*
- *What are you needing more of these days?*
- *What is feeling especially hard right now?*
- *What was going on for you in that moment?*

CHERISH

SMALL MOMENTS OF WONDER

- *sending a playful text in the middle of the day*
- *leaving a note where they will find it*
- *a spontaneous hug, kiss, or affectionate touch*
- *bringing home their favorite drink or snack*
- *Saying, "I love it when you laugh like that."*
- *"I love it when your humor lightens the mood."*
- *"I love it when your structure helps our life feel calmer."*

Intimacy Building Practices to Keep the Spark Alive

Debbie Cherry, LMFT