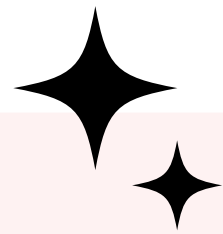


INTIMACY PRACTICES



OPEN-ENDED QS

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?*

WONDER

SMALL MOMENTS OF WONDER

- *sending a playful text in the middle of the day*
- *leaving a note where they will find it*
- *making them laugh on purpose*
- *bringing home their favorite drink or snack*
- *lighting a candle at dinner on an ordinary night*
- *a spontaneous hug, kiss, or affectionate touch*
- *share admiration by saying, "I Love It When..."*

Intimacy Building Practices to Keep the Spark Alive

Debbie Cherry, LMFT