

7 SIMPLE WAYS TO CREATE MORE INTIMACY

Intimacy by definition is a close, familiar and usually affectionate or loving personal relationship with a person or group; sexual intercourse. Most people immediately think about sex only. Sex is a part of intimacy but it does not make up the bulk of what being in an intimate relationship is all about.

GIVE HUGS

Research shows that by hugging your spouse for at least 6-seconds per hug increases a sense of belonging, lowers blood pressure, increases your social connection and helps with anxiety. This release of Oxytocin, the happy hormone, is your friend.

SHARE YOUR GRATITUDE

According to Harvard Medical School, gratitude is strongly associated with greater happiness, improves your health and builds stronger relationships. So, by expressing how grateful you are outwardly to your spouse you can deepen your connection with one another. It's a win-win situation.

PROVIDE TRUST

Trust is built based off of how you treat your spouse, their attachment style and the trustworthiness of your behavior towards them. Build trust into your everyday interactions to increase the overall levels of certainty, security and confidence.

BE A SAFE SPACE

It is important to provide a sense of safety within your relationship at all times, including during the difficult times. Be a reliable source of safety by never judging what is shared with you. Be curious and ask questions to seek understanding.

BINOCULAR VISION

Couples that see their spouse and the relationship through both eyes versus through only one eye, forges deeper connections, is subjective and seeks understanding from one another, all while building more intimacy.

CONTINUOUS LEARNING

Be a forever learner of yourself and of your spouse, in order to continue to form intimacy within your relationship. This can be as easy as reading and discussing a book together, trying a new class together or asking deep probing questions to one another.

ACCEPTANCE IS KEY

Acceptance is an important component of any successful relationship. Loving your spouse's quirks and traits, as well as your own, raises the level of intimacy within your relationship. It seems easier to accept your spouse's tendencies and not your own, however, showing self compassion reinforces your overall relationship satisfaction.