

Emotional Closeness with Your Partner

Do the following tasks to Increase Emotional Closeness with Your Partner.

1. List on a piece of paper 10 or more activities that you and your partner have done, are doing, or would like to do, that would give you and your partner the feelings of friendship, being a team, being valued, and being wanted.

The activities on your list can be easy to do or challenging, they can be time-consuming or take only a few moments. Below are just a few examples of what the two of you can do to increase your closeness. The possibilities are endless.

Examples

Go out to eat	Play golf or any sport
Go camping	Start a new hobby together
Go to a play or concert	Cook together
Go to a movie	Garden
Go visit an 'old' friend	Shop
Go on an overnight trip	Take a class together
Do home renovations	Do something on your 'bucket list'
Go on an exotic trip	Learn a new language
Reading a book out loud	

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2. When you are finished writing your activity wish list, exchange lists with your partner and read what he or she has written.

3. Take turns asking each other questions about each item on the two lists until you both fully understand each other's suggested activities.

4. With your partner's agreement, hold on to your partner's list so you can refer to it in the coming weeks and months.

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5. Plan and do one or more items on your partner's list each week.
