

Emotional Intimacy Couple Exercise

To help you address your emotions, you can discuss these topics with your partner. Take turns speaking about each of the following topics. Don't interrupt your partner as they speak. When they are finished, summarize their main points. During this exercise, stay calm. Only share your needs without expecting them to be met. These talking points are only for consideration. Discuss the following:

- Feeling supported
- Feeling trusted
- Feeling secure
- Feeling appreciated
- Feeling connected
- Feeling desired
- Feeling validated
- Feeling important
- Having fun together
- Feeling spiritually connected (shared positive values)
- Feeling sexually connected
- Having shared goals and dreams
- Feeling accepted
- Feeling understood
- Feeling approval

After finishing this exercise, you should feel closer. You will also have a greater interest in each other and a strong desire to spend more time together. Building emotional intimacy is a journey. It transforms your relationship into a fortress of love and respect. Being close to your partner creates relationship harmony. This harmony supports your children's emotional well-being. They will see the power of a healthy, committed relationship. Emotional closeness protects your relationship from life's storms. It also prevents the fear of divorce from eroding your family's feelings of security.