

# 7 Ways to Increase Emotional Intimacy

1- Share your thoughts, emotions, hopes, dreams, fantasies, childhood, family, likes and dislikes, facts and feelings openly - the more you are willing to share with other the closer you will be, the more you will appreciate each other and the greater your emotional intimacy. Share:

- 🌈 what your favorite activity or vacation was when you were a child,
- 🌈 what was your greatest fear or disappointment;
- 🌈 what you are most proud of;
- 🌈 what were some of your greatest successes;
- 🌈 who were your best friends and why;
- 🌈 what kind of things you did together as friends and with your family.
- 🌈 Other experiences that are important to who you are.

2- Be sexually intimate often - be willing to share yourself completely - in appropriate ways

3- Ask your spouse for what you need and want - be open and candid - be clear and concise - express your emotional needs, your spiritual needs, your physical and sexual needs

- 🌈 use 'I' statements to express your needs and wants.
- 🌈 the more your spouse knows, without having to guess, the more he/she will be able to help and the better he/she will know you

4- Understand it's okay to disagree. Respect and value each other's opinions and feelings even when or especially when they are different than yours

5- Continue to court each other.

- 🌈 commit to a weekly date night,
- 🌈 laugh together, cry together, be playful together.
- 🌈 date like when you were dating - all the fun and the adventures you had - keep doing them!
- 🌈 find interests you both enjoy and can be excited about and look forward to doing together.
- 🌈 do the little things that become the big things - a love note, a love text, a small gift of time, a small service.
- 🌈 get away once a month alone together.

## 6- Create your own marriage traditions

- 🌈 borrow from each of your families and create new ones that are unique to your marriage and family - make them fun and something to look forward to.
- 🌈 celebrate birthdays, holidays, your heritage,
- 🌈 create traditions that increase your love and spiritual intimacy - prayer, scripture study, temple and conference attendance, special traditions for baptisms, priesthood ordinations, Christmas and Easter.

## 7- Express gratitude for each other

- 🌈 a thank you note, or an
- 🌈 "I appreciate you doing the dishes, the laundry or spending time with me"
- 🌈 share your gratitude with your Heavenly Father daily for your wonderful spouse, his/her talents and gifts, and the great blessing he/she is to you.