

# 7 Ways to Increase Intellectual Intimacy

- 1- Keep yourself intellectually stimulated
  - 🌈 Read books
  - 🌈 Take classes
  - 🌈 Reduce TV/video gaming/social media time
  - 🌈 Share what you learn with your spouse
  
- 2- Have adventures together
  - 🌈 Travel - even a local museum has fascinating information
  - 🌈 Attend a local convention or trade show
  - 🌈 Take a class of mutual interest
  - 🌈 Watch a movie series you both enjoy
  - 🌈 Learn a sport or hobby together
  - 🌈 Talk about what you learn, see and feel!
  
- 3- Read a book together
  - 🌈 Get lost in the world of words together
  - 🌈 Study a person or event in history
  
- 4- Share interesting things you learn, see or do
  - 🌈 See something of interest, exciting or disgusting - text, email, Marco Polo your spouse about it and what made it of interest to you!
  
- 5- Respond to the thing of interest your spouse communicated to you
  - 🌈 Share your thoughts and feelings, surprise or disgust
  - 🌈 Let your spouse know how you think
  
- 6- Don't judge - rather accept and enjoy the differences
  - 🌈 Appreciate the wonder your spouse truly is
  
- 7- Do the 'Hard thing Challenge'
  - 🌈 Each of you pick something that will be hard for you to accomplish and stick with it
  - 🌈 Share thoughts and emotions as you go through your hard things together