

# 7 Ways to Increase Physical Intimacy

- 1- Increase Emotional, Spiritual, Intellectual and Social intimacy
  - ♥ Each of these bring a closeness, a 'oneness' to your relationship & increase your physical intimacy
  
- 2- Share non-sexual physical touch often
  - ♥ Hold hands
  - ♥ Give long, passionate, sloppy kisses daily
  - ♥ Give hotly heated hugs daily
  - ♥ Share caresses and loves often
  
- 3- Know and let your spouse know what you like
  - ♥ Be clear, concise, direct
  - ♥ Show your spouse where, how and what
  - ♥ Be positive in how you communicate
  
- 4- Schedule time to be sexually intimate
  - ♥ Set a schedule, build anticipation
  - ♥ You can still be spontaneous
  
- 5- Give yourself completely to your spouse
  - ♥ Give full attention to the touches, caresses sensations, pleasure, & arousal
  - ♥ Turn off all distractions: including phones, TV, & thoughts about your day and other things you might think you should be doing
  
- 6- Use variation
  - ♥ Who initiates
  - ♥ Time, Place, Position
  - ♥ Environment
  
- 7- Be aware of your spouse
  - ♥ Needs, desires, likes, dislikes & fantasies
  - ♥ Physiology & arousal
  - ♥ Patient, gentle, and a great sense of humor