

# 7 Ways to Increase Social Intimacy

## 1- Date weekly

- 🌈 Get away from your daily routine and socialize,
- 🌈 Spend time alone - TOGETHER

## 2- Do things, together

- 🌈 Go shopping
- 🌈 Watch movie or TV show
- 🌈 Work in the garden
- 🌈 Ride a bike
- 🌈 Make the bed
- 🌈 Do the laundry
- 🌈 Do things - TOGETHER

## 3- Share information about things you are passionate about

- 🌈 Listen with interest in your spouse's interests and passions
- 🌈 Appreciate the passion and interest of your spouse
- 🌈 Enjoy the time you have to be - TOGETHER

## 4- Share social encounters you've had with others

- 🌈 Share what happened during your day and with whom
- 🌈 Enjoy talking about each other's day - TOGETHER

## 5- Date with other couples

- 🌈 Double, triple or quadruple date
- 🌈 Play games, go on a steak fry...
- 🌈 Share social experiences - TOGETHER

## 6- Read the same book

- 🌈 Share your thoughts, insights and feelings
- 🌈 Enjoy the experience - TOGETHER

## 7- Spend meaningful, quality time with others and - TOGETHER!