

# CULTIVATING INTIMACY

(REMEMBER, THIS IS DIFFERENT THAN SEX!)

Intimacy happens through engaged conversations in relaxed settings. One of the quickest and easiest ways to boost intimacy is to open up communication in a deep yet non-threatening way. Chat about these questions/statements over a beverage of your choice, when you have uninterrupted time together. No need to do them all at once but spend a few minutes over the next few nights asking and answering these.

- What was your favorite TV show when you were a child?
- Where would you most like to travel to once quarantine is done?
  - What would constitute a perfect day for you?
  - What songs are you into right now?
- Have you ever read a book that had a major impact on your life?
  - I hope to someday\_\_\_\_\_.
- When did you realize you were interested in me?
  - Was there a specific moment?
- What motivates you to keep working on our relationship?
- What do you want our relationship to look like in 5 years?
  - What is your favorite thing to do together?
- I am proud of our relationships because\_\_\_\_\_.
- How do you hope to change over the next year? 5 years? 20 years?
  - What do you hope changes in our life because of COVID-19?
  - What do you hope changes in the world be cause of COVID-19?
  - What are three goals you have for this lifetime?
    - What is the happiest life you can imagine?
  - What is the most challenging part of your job/career?
    - What are five things on your bucket list?
    - I have been struggling with\_\_\_\_\_.
  - What's something you like about your job?
    - What is one of your proudest moments?
- If you could wake up tomorrow having gained one quality or ability, what would it be?
  - Besides a paycheck, what do you get from your work? (E.g. respect or pride)
    - Who is someone you admire and why?
- Overall, how have you been feeling during the past week?
  - What is something that consistently makes you happy?
    - When in your life did you feel the most scared?
      - How do you relax after a stressful day?
        - What is your longest friendship?
          - How have you maintained this friendship?
            - Who do you feel closest to in your family?
- If you could change anything about the way you were raised, what would it be?
  - What unique things do we have in common?
    - As a couple, we are good at\_\_\_\_\_.