

6 Ways to Grow Intimacy in Your Marriage!

Never Stop Learning

Get to know something new about your partner. Ask him/her what their dream is for themselves five years from now

Ask Questions

What is your partner's favorite childhood memory? Find out the story behind this memory.

Play Together to Stay Together

Schedule a time to do your partner's favorite outing together.

Show Affection

Watch for your partner's bids for attention/intimacy, and make sure you acknowledge those bids as best you can.

What's the 411?

Schedule a regular time each week to talk about how the partnership is going, almost like a "State of the Union" meeting.

Give Compliments

Example: Tell your partner what you sincerely like about their favorite outfit. Everyone wants to feel attractive/admired.

