

Intimacy Therapy Worksheet

Read and follow the tips provided in the worksheet to build mutual vulnerability, openness, and communication in your relationship.

Tips to improve intimacy in a relationship

- **Write Love Letters:** It demonstrates your affection and tenderness for your companion.
- **Cook your partner's favourite food:** Food is the way to a person's heart, so spend quality time with them by cooking their favourite dish.
- **Express your feelings:** Tell each other why you adore each other and what makes them unique.
- **Let's go on a walk together:** Take a calm walk together, holding each other's hands and simply being present.
- **Love sticky notes:** Make your partner feel special by leaving love sticky notes all throughout the house.
- **Surprise your partner:** Plan a date, give a modest present, pack their lunch with a heartfelt note, or finish a duty that your partner normally does. These tiny gestures can demonstrate your love for your partner.
- **Plan a vacation:** Spend quality time with your partner by going on a vacation.
- **Spend time together:** Take out time for each other like having tea together or watching a movie together.
- **Watch the sunset together:** Watch the sunset together to have a calming and serene view.