

## **Intimacy Therapy Worksheet:Version 2**

### **Tips to improve intimacy in a relationship**

- **Write simple love notes and love letters to each other.**
- **Show your affection and tenderness for your companion.**
- **Cook your partner's favourite food .**
- **Go out and do something that you both enjoy doing.**
- **Go on a date.**
- **Wear something that your partner loves.**
- **Tell each other why you adore each other and what makes them unique.**
- **Go on a walk together.**
- **Love sticky notes: Make your partner feel special by leaving love sticky notes all throughout the house.**
- **Surprise your partner.**
- **Give each other gifts.**
- **Plan a vacation or a holiday to give yourself a break.**
- **Spend quality time with your partner by going on a vacation.**
- **Take out time for each other like having tea together or watching a movie together.**
- **Watch the sunset or sunrise.**
- **Connect with nature, if you both like, then see a sunset or sunrise together.**