



Intimacy Activator

Look over the following table of intimacy activities. Each partner will choose two activities to do over the next week, for a total of four intimacy activities.

If there is disagreement or one partner is uncomfortable with a chosen activity, compromise as needed, utilizing communication and conflict skills.

Take a late-night walk and talk	Gaze into each other's eyes	Go to a sex shop and pick a toy	Cuddle completely naked
Hide 5 sticky notes of compliments in their stuff	Do yoga or meditation together	Do a sexual compatibility questionnaire	Spend time touching every part of their body
Send a daily appreciation text	Have a makeout session	Sign up for a class or sport together	Play a board or video game
Give each other massages	Have sex somewhere besides bed	Talk about your favorite childhood memory	Talk about your turn-ons with each other
Hug until your body relaxes	Slow dance with each other	Cook a meal or bake together	Have a vulnerable conversation
Try new sexual positions, sexual fantasies or foreplay activities	Share a song with each other that makes you think of them	Spend an hour together with your phone/devices completely off	Write a detailed memory of your favorite date and read it to them