

# Let's Get Intimate

Fill in your answers and then share your responses with each other. Be sure to spend some time discussing your responses in depth and really making sure you understand each other's perspective. Before moving on, you both should feel heard and if you don't, clarify. Begin with the first question and trade off sharing your responses before moving onto the next question.

1. When's the last time your partner did something that signaled to you that they love you?
2. How do you express your love to your partner?
3. What do you think your partner's love language is? (words of affirmation, acts of service, quality time, gifts, touch)
4. What is your love language?
5. What are some behaviors that your partner does now that you really like?
6. What behaviors would you like to see more of from your partner?
7. What's your favorite sexual memory with your partner and why?
8. Are there any new things you'd like to try out with your partner?
9. What does your partner do that makes you feel understood?
10. What is one area that you think you and your partner can work on?
11. What are some ways you can start working on this particular area in your relationship?
12. What did you learn about intimacy growing up? What did intimacy look like in your household? (Remember intimacy isn't just sex, it's also connectedness and trust)

13. When's the last time you felt really vulnerable with your partner?

14. What does your partner do that makes you feel safe?

15. What would you like your partner to do more of and why? (frame this positively by saying, "I really like when you do (insert behavior) and would love you to continue doing that or doing more of that. It makes me feel (insert emotion) when you do (insert behavior).")

16. What does trust mean to you?

17. What does trust look like in our relationship?

18. Complete the sentence: I feel emotionally safe when

19. What do I think I can work on in our relationship?

20. What do I admire in my partner?