

Exercise: Turning Habit into Intimacy

This exercise helps you create simple, repeatable rituals that support emotional and physical connection, without needing grand gestures or perfect timing. Intimacy thrives in consistency. These rituals can anchor your relationship in small, meaningful moments of closeness.

Come up with 1–2 rituals in each category that feel doable in your current routine. These don't have to be dramatic, just intentional.

Connection Type	Example	Our Ritual(s)
Nonsexual Touch	Morning hug (<i>longer than usual</i>), sitting closer, holding hands while walking	
Digital Affection	Morning “thinking of you” text. Voice note at bedtime, or inside joke (<i>or create one</i>)	
Anticipation Builder	Flirty note “can’t wait to see you” message, suggestive emoji	
Verbal Affirmation	A nightly “I appreciate you because...”, compliment exchange before bed	

Reflection:

These rituals don't have to be identical or simultaneous. Which ritual feels most natural to you? It's okay if yours and your partner's are different. Each of you can start with the one that feels most comfortable or meaningful.

- Which one might your partner appreciate, even if they don't ask for it? (*sometimes the smallest gestures are the most impactful.*)
