

HOW TO INCREASE INTIMACY

REMEMBER THE 6 BE'S



BE ATTENTIVE

Be attentive to your spouse and their needs. Ask them about their hopes, dreams and desires.

BE EXPRESSIVE

Be expressive about your own needs, wants and desires so your partner understands.

BE AFFECTIONATE

Be affectionate with your spouse so they feel loved and desired by you.

BE ADVENTUROUS

Be adventurous with your spouse, try new things and never stop dating each other.

BE APPRECIATIVE

Be appreciative with your spouse so they know how much they truly mean to you. Compliment their beauty and achievement.

BE ALIGNED

Be aligned with your spouse, talk about your values, goals and dreams about the future and support theirs.