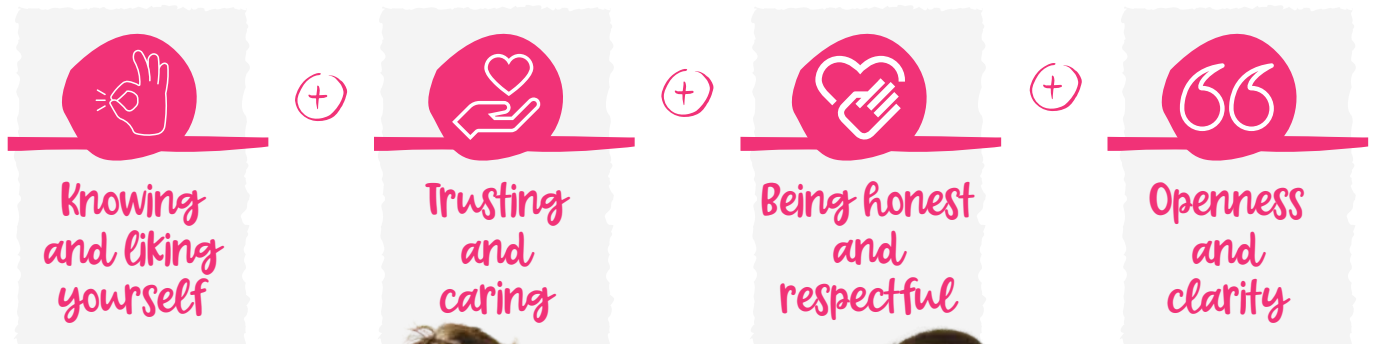




# Building the emotional intimacy

Intimacy involves feelings of emotional closeness and connectedness with your partner. Intimate relationships are often characterised by attitudes of mutual trust, caring, and acceptance. Children learn about intimacy from those around them.

These four factors will help you to build an emotionally intimate relationship:





### Knowing and liking yourself

The initial step toward intimacy with others is getting to know and like yourself.

By coming to know and value yourself, you identify your innermost feelings and needs and develop the security to share them with others.



### Trusting and caring

When trust exists, partners feel secure that disclosing intimate feelings will not lead to ridicule, rejection, or other harm.

Caring is an emotional bond that allows intimacy to develop. When people care about each other, they seek to fulfill each other's needs and interests.



### Being honest and respectful

Honesty is a feature of intimacy. Consider what you need to be honest about and what you would like your partners to be honest about.

Try to provide important information in a way that is concise and respectful to both your partner and yourself.



### Openness and clarity

Communication is a two-way street that embraces sending and receiving messages.

It is important when communicating with someone to listen not only to their words but also to their non-verbal cues. These provide valuable clues to feelings.

### Questions to help build intimacy

Try taking some time to talk about your answers to the following questions:

If you could choose the activities to do that would make a perfect day, what would you choose? And why?

What do you like best about our relationship?

What's the one thing about yourself that you like the most?

What are the five things that you are most thankful for right now?

What was the first thing about me that attracted you?

If you could plan the perfect date with me, what would that include?

Do you see yourself or me in our kid(s)? If so, how?

What do you dream about the most often?

When you think about the future, what do you imagine?

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