

Practical Steps to Building Intimacy

| #1 CREATING A PLAN | | | |
|---|----|-----------|-----------|
| The Right Season: Are We Emotionally Healthy? | | | |
| | ME | Other #1: | Other #2: |
| Recent trauma? Deaths, job loss, | | | |
| Addictions: alcohol, porn, food, drugs, work. How will this hinder the relationship? | | | |
| The Right Tools: Amount of Time Willing to Commit | | | |
| Each week? | | | |
| Each day? | | | |
| Anything that will hinder this time? | | | |
| The Right Attitude: Counting the Cost | | | |
| What about your relationship will be challenging? Have you discussed this? | | | |

#2 SOW MUCH MORE

Watering and Fertilizing

| | ME | Other #1: | Other #2: |
|---|----|-----------|-----------|
| Books to read together. Set a day/time. | | | |
| Activities enjoyed. Set a date/time. | | | |

Pulling Weeds: Planning for Conflict

| | | | |
|--|--|--|--|
| What is your coping style? | <input type="checkbox"/> Fight <input type="checkbox"/> Flight <input type="checkbox"/> Fright | <input type="checkbox"/> Fight <input type="checkbox"/> Flight <input type="checkbox"/> Fright | <input type="checkbox"/> Fight <input type="checkbox"/> Flight <input type="checkbox"/> Fright |
| Discuss what you will do before, during, and after a conflict. | | | |

Lots of Sunlight

| | | | |
|--|--|--|--|
| Have you committed to honesty? | | | |
| Share something difficult or embarrassing now/1Xperweek. | | | |

#3 LET IT GROW

| | ME | Other #1: | Other #2: |
|---|----|-----------|-----------|
| What other relationships and/or activities will you pursue? | | | |
| State why this is important for your relationships. | | | |