

Formula⁹ for Intimacy

Every day, for 15 minutes (*literally* set a timer):

connect emotionally

- eye contact, no distractions, for *up to 4 minutes*
- share a positive thought, feeling, and/or affirmation of the other

connect spiritually

- share an inspirational reading and/or prayer

connect physically

- hug (or hold hands) for *at least 20 seconds, up to 2 minutes*
- (optional) “passionate kiss” for 5 - 30 seconds *without leading to or expecting sex*

⁹ Adapted from McFadden, P. (2017, October 11). 3 daily rituals that stop spouses from taking each other for granted. Retrieved from <http://bit.ly/2R2bzbX>