



increase
INTIMACY
in your
RELATIONSHIP

HOW DO YOU KNOW YOU LACK INTIMACY IN YOUR RELATIONSHIP?

The signs of a lack of intimacy in your relationship can vary due to the type of relationship you are having (e.g. long-distance).

Yet, there are some common signs that suggest a lack of intimacy in relationships:

- Decrease in physical affection
- Lack of meaningful conversation
- Avoidance of touch
- Lack of time spent together
- Unwillingness to be vulnerable and open



missing

WHY INTIMACY IS IMPORTANT FOR YOUR RELATIONSHIP

Increased Trust

-> intimacy in a relationship can lead to greater trust, understanding, and security. When you share your feelings, thoughts, and desires with each other, it strengthens the relationship and helps build trust.

Deeper Connection

-> intimacy can bring you closer together as it can open up new levels of understanding and communication. When you are open and honest with each other, you can build a deeper connection.

More Communication -> intimacy encourages you to communicate more. Through talking and sharing, you can learn more about each other and develop a better understanding of your wants and needs.

Emotional Support -> intimacy can provide a safe space for you to turn to for emotional support. When you trust and understand each other, you can rely on each other for support and comfort during difficult times.

Increased Pleasure -> intimacy can also bring increased pleasure to a relationship. With increased trust and understanding, you can explore each other's bodies and become more comfortable with your sexuality.



gaining

5 types



INTIMACY

When we hear 'intimacy' we usually think about physical
intimacy like touching, kissing, sex.
But, there are actually 5 types of intimacy.

Physical
Emotional
Intellectual
Spiritual
Social

5 TYPES OF INTIMACY

PHYSICAL

The act of expressing affection for another person

sex # holding hands # sitting close to each other
hugging # kissing # sustained eye contact
entering personal space

EMOTIONAL

The degree of emotional interaction with other people

feeling close to each other # listening
sharing feelings # affirmations
caring

INTELLECTUAL

The comfort of sharing thoughts and ideas even when opinions are divergent

accepting each others life goals # expressing your true self # comfortable sharing different opinions

SPIRITUAL

The comfort of sharing spiritual beliefs

praying together # admiring nature
meditating together

SOCIAL

A high quality of interactions and relationships with others

alone or with partner # shared interests
being ok with oneself and with partner

TIME TO REFLECT

Write down:

What signs of lack of intimacy in your relationship have you noticed?

Which area of intimacy do you want to improve and why?

how to increase



INTIMACY

You are going to learn a very simple way to increase any area of intimacy in your relationship.

Often we believe, in order to get big changes, we have to do something big.

And we forget that the 'little things', if done right, have the power to create something even bigger!

I want to introduce you to
THE 5 LOVE LANGUAGES

5 LOVE LANGUAGES

explained

Every one of us has a preferred love language that, if 'spoken' to us, makes us feel loved.

It's different for everyone.

What you define as 'makes me feel loved' might mean something else to your partner.

You might like receiving gifts, it makes you feel loved. So in turn, you give many gifts to people you love. They, however, think that you are too much and want to 'buy' their love. This misunderstanding happens because they have a different love language that makes them feel loved.

Us humans, feel loved when we feel seen, heard, appreciated, and accepted for who we are.

When you speak your partner's love language you can take direct steps to show them that you see, hear, appreciate, and accept them for who they are.

Even by speaking one, their preferred love language, you will notice great changes in the level of intimacy in your relationship.

5 LOVE LANGUAGES

PHYSICAL TOUCH

holding hands # hugging. # kissing # sex
sitting next to each other # hand on thigh

WORDS OF AFFIRMATION

thank you for cooking # I love you # you
look beautiful # thank you for being here

ACTS OF SERVICE

doing household chores # coffee in bed
paying bills # holding door open

QUALITY TIME

dinner date # activities # listening
openly talking about what's going on

GIFTS

material gifts # hand-picked flowers
letting you watch your fav soap opera

TIME TO REFLECT

Write down:

Rate your love languages from 1 (most preferred)
to 5 (least preferred).

Rate your partner's love language from 1 (most preferred)
to 5 (least preferred).

WHAT YOU DO

now

01

You have rated your preferred love language.

Now, ask you partner what his rating is.

(Did you rate his preference right?)

02

Discuss with each other how you would like to be shown your preferred love language.
Stay open and curious.

03

Put your learnings into practice.
Have fun on the way.

WHAT TO DO

next

Now you know what you can do to
INCREASE INTIMACY IN YOUR RELATIONSHIP.

Here are the next steps for you:

Step 1: After doing the exercises there are usually
some questions left. Send your questions to:
anna@annathellmann.com

Step 2: If you haven't already, connect with me on
social media follow me on **LINKEDIN**

Step 3: You are ready to go full in on improving your
intimate relationship?
Book your **FREE CONSULTATION**

about me



ANNA THELLMANN

Hi, I'm Anna!

I'm a Sexual Intimacy Expert and Your YOU Coach, operating from China where I focus in helping women who're disappointed, disconnected and detached in their relationships accelerate their intimate connection with their partner with the INTIMACY ACCELERATION 3 Step System.

I have helped 100s of women shift from desperate and frustrated to delighted and confident and I love to speak, educate and write about sexuality, intimacy, relationships, and mindset.

In China, I'm the go-to Mental Health Specialist for expats, and in Uganda, I volunteer as a Relationship Consultant in one of the biggest refugee camps.