

## Intimacy Primer Quickie

This is a short and simple tool to be used when your relationship feels flat or dull. It can be used at a dinner party or gathering. It can be done with a long time friend or a total stranger.

It heats up the moment and you'll feel it. The idea is to get uncomfortable. The idea is to stir the pot to create aliveness. It brings oxygen into the relationship.

*The fastest way to build or create intimacy between two people in any given moment is to simply say:*

*I'd like to talk about what's happening between us right now, in this moment.*

Yikes!

Co-explore with statements like

I notice that \_\_\_\_\_

I notice my \_\_\_\_\_

I notice your \_\_\_\_\_

I'm aware of \_\_\_\_\_

As I look at you right now, I feel \_\_\_\_\_

Use touch if that feels comfortable.

Take a risk and talk about it.

Right now I want \_\_\_\_\_ (take a risk)....