

10 Proven Tips on Creating Intimacy in Your Relationship

1. Communicate. – Your spouse should one of if not your best FRIEND. There should be nothing you can't share with him. If you feel you can't, that's an issue in itself that you should discuss. Do you feel judged when you're completely honest? A lack of support? Embarrassed? Discuss all of that.

Ways I can communicate better:

2. Spend time together. – I'll explain it to you in two words: date night. Putting your relationship with your spouse first is a smart investment in your marriage. Date nights keep it fun. I need time away from the kids to recharge and remember those carefree days I had BC (Before Children). I know many couples who have been married for 15 years or more. Some say their secret is putting each other first.

Ways we can spend more time together:

3. Flirt like you used to. – Switch things up. How did you show him you were interested when you first got together? Did you smile, wink, show up in places you knew he would be? Do all of those things now, too. I'm sure he still likes them. Send a text that says 'I have a surprise for you tonight.'

Ways I will flirt this week:

4. Communicate about money. – Discuss your monthly expenses, income, assets, and liabilities.

5. Have a joint venture/partnership. – Don't make financial decisions by yourself. Agree on an amount that you both feel comfortable with the other person spending without discussion. Then, let the other person know that it was spent. Discuss larger purchases before it's spent.

Ways I can encourage partnership:

6. Be honest. – Don't hide income or expenses from each other. If you don't feel like you can be honest about it, chances are you know that it's not a good decision. Even if it seems to be a good decision, you should still discuss this. *Things I need to be more honest about:*

10 Proven Tips on Creating Intimacy in Your Relationship (cont.)

7. Treat intimacy like the necessity it is. – This is one of the most important parts of a marriage. If marriage is intended to be a lifelong commitment and you are to be the sole source of that pleasure for your spouse.

I struggle with intimacy because...

8. Compromise on expectations. – I talked to my husband about this and asked him for a man's perspective. He said the key is COMPROMISE. If one person wants it every day and the other person wants it every week, a compromise would be both people agreeing to a few times a week.

I can compromise in these ways:

9. Enjoy it. – Don't look at it like a chore or a necessary evil. It's meant to be enjoyed by both parties. Experiment and experiment some more until you both find out what you really like.

Ways intimacy would be more enjoyable for me:

10. Spice it up. – Are you stuck in the same bedroom routine? Same places? Same positions? Same day and time? Your love life should not be as predictable as the 6 o'clock news! Every kid lies from time to time. But that doesn't make it right.

Ideas for spicing things up (location, time, positions, ambiance...)