



OLYA SHEKINAH COACHING

# HOW TO CREATE INTIMACY?



Intimacy, "into-me-see," is a foundation and a cornerstone of any successful relationship and partnership. Intimacy allows us to connect with others, show ourselves, and see others on a deeper, more meaningful level. Intimacy is our deepest craving and a basic survival need, which makes us bond and stay connected. The four types of intimacy can be cultivated in any relationship to help you create healthy, long-lasting love and friendship.

## EMOTIONAL INTIMACY

It is the foundation of trust and closeness with another person, where we feel safe to open up and share our deepest, most personal feelings and desires. We also want to connect deeper and learn more about the inner world of our partner /friend by asking:

- What was the biggest inspiration and struggle for you today, and why?
- What ways of me showing up for you would make you feel seen & appreciated?
- What value do you admire most about me?
- In what ways do you think our connection evolved?
- Have there been any challenges in our relationship for you?
- What is your biggest fear about us?

## MENTAL INTIMACY

It involves being able to share ideas, opinions, passions, and other thoughts with another person. In this type of intimacy, people need to feel they can be their true selves around their significant other.

- Ask about your partner's opinions and create safety for them to express
- Cultivate shared interests and hobbies to explore together
- Go to events and workshops to grow and expand in new areas of life adventure
- Share your favorite media, articles, and books with each other
- Talk about core values and ways to align your lives with those

## PHYSICAL INTIMACY

It is about touch and closeness between bodies. A romantic relationship might include holding hands, cuddling, kissing, caressing, and having sex. A warm hug or leaning on another is an example of physical intimacy in friendship.

- Discuss how important a physical connection is to you
- Ask your partner/ friend about ways they want/ don't want to be touched.
- Carve out time to spend with your partner in advance
- Maintain a sense of curiosity about sensual and sexual intimacy
- Share your fears, desires, and boundaries before every intercourse
- Build tension throughout the day.

## SPIRITUAL INTIMACY

In this connection, both partners are anchored in their devotion to each other and the Higher Force (of their choosing). This love shares core spiritual values, purposes, & goals beyond just two people.

- See sacredness in everyday things, and share them with each other
- Discuss blessings that occur throughout the day
- Express gratitude for each other at the end of every day
- Create a spiritual practice together
- Spend time visioning and supporting each other in becoming a greater version of yourself