Intimacy

Sammen på vei
Nurse-Family Partnership©

What does "intimacy" mean to you?
Many people believe that intimacy is the same as sex and having intercourse. Intimacy can be much more than that! Intimacy is sharing your life, your heart and your soul with someone, regardless of whether or not you are in a relationship. There are many other ways to be intimate than having sex!

Put a cross beside the things you like to do with your partner or other people. Put a ring around the things you would like to try.

Share your dreams for the future	○
Confide your innermost secrets to each other	○
Have fun together	○
Share the same hobbies	○
Talk about what you have done during the day	○
Listen to music together	○
Kiss, cuddle and caress each other	○
Write loving notes to each other	○
Go on a date together	○
Hold each other's hands	○
Watch TV or a film together	○

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- Can you think of anything else you would like to try?
- If you are in a relationship, how would your partner react if you tried to express intimacy in new ways?
- What would it feel like to talk about your need for intimacy?
- If you are not in a committed relationship, how would you like to experience intimacy with a new partner?
- How would you like your partner to express intimate feelings for you?
- What would it feel like to talk to a new partner about your need for intimacy?
- Are there any other aspects of this topic you would like to discuss?



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