



5 SIMPLE STEPS TO MORE EMOTIONAL INTIMACY

Sex, Love, & Couples Therapy

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THE 5 SIMPLE STEPS

1. Remember that Sex and Intimacy are not the same
2. Listen with an open heart
3. Be curious and ask questions
4. Say hello and say goodbye
5. Take six seconds





SEX & INTIMACY ARE NOT THE SAME

More intimacy leads to more sex, but more sex doesn't lead to more intimacy.

When you make an effort to feel close and connected, your partner feels it. That connection is intimate.

But if you reach for sex before you create that intimate connection, the odds are good that it won't go smoothly.

If you each take a little time to build emotional intimacy, sex will naturally follow.



LISTEN WITH AN OPEN HEART

Your partner is trying to tell you something.

They're trying to tell you how they feel, what they want, what they fear. But sometimes, it's hard for them to say these things to you directly.

Your job is to try to really listen.

Listening is hard. There's a voice in your head that is so busy preparing what you want to say that you can't hear what they're saying.

If you can slow down, shut up, and pay close attention; you'll be amazed at what you will learn.



BE CURIOUS - ASK QUESTIONS

You may think “we’ve been together for 10 years, I know everything”.

Is that really true? I don’t think so. Ask questions and see what you can learn about each other.

[Follow this link](#) to a list with 125 questions to ask your partner. Remember, the goal is to better understand your partner, not to debate or decide who’s right.

By asking questions we learn how our partner thinks, and what they desire. What could be more intimate than that.

SAY HELLO & SAY GOODBYE

I know you're both busy. I know the kids, work, or dinner are yelling for your attention. But hellos and goodbyes are important.

That extra moment to tell your partner "hello, I'm glad to see you" or "Goodbye, I'll miss you", communicates something deeper than words.

That brief moment of recognition, creates a sense of caring, importance, and intimacy.





TAKE SIX SECONDS

A quick peck is always nice, but a six second kiss can rock your world.

In that six seconds you, and your partner's, nervous systems become calmer and more in sync. You co-regulate.

It doesn't have to be a passionate kiss. It's an intimate moment that the two of you share. It's a few seconds where your focus shifts from the world to your partner.

Give it a try. I may be the best 6 seconds of your life.



DO YOU CRAVE MORE EMOTIONAL INTIMACY?

Book a free 30-minute Zoom consultation appointment.

Learn if Couples Therapy is right for you and your partner.

Find out how much better things can be when you feel seen, heard, and connected.

Contact us today:

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THANK YOU

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