

A CONVERSATION TOOL FOR COUPLES

10-Minute Intimacy Check-In

A little time to listen. One small way to reconnect.

Choose a calm moment outside of sex or conflict. Put away distractions. Spend two minutes settling in, two minutes on each question, and two minutes choosing a next step. Take turns; both people get time to speak.

Before you begin: Listen without correcting, defending, or trying to solve everything. Either person can pass, pause, or stop. This is an invitation to connect, not an agreement to have sex.

1. What has helped you feel close to me lately?

Think about affection, laughter, feeling appreciated, or a moment when you felt understood. Start with: “I felt close to you when...”

2. What would you like more of in our intimacy?

This could be reassurance, time together, touch, play, erotic connection, or less pressure. Start with: “I would enjoy more...”

3. What feels good and possible for us this week?

Choose something small that works for both of you. A walk, a few minutes of cuddling, or a kiss with no expectation of more all count.

Our one small next step: What will we try, and when?

A request is not an obligation. “No,” “not now,” and “something different” are welcome answers. If tension rises, pause and agree on another time.

Educational coaching resource. Not psychotherapy, medical care, or a substitute for care from a licensed healthcare professional.