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Talking together

This is emotional intimacy. This sharing is from your heart. This is hard to do if you are feeling untrusting or unworthy. So take a deep breath and give it a try. You can add subjects if you would like. This is not a time to work out issues. This is a time for sharing intimately and acknowledging you have heard.

Talking together subjects:

1. What is your greatest wish for this relationship?
2. What is one thing you are willing to do to make your wish happen?
3. Tell your partner how you would like him/her to help you make your wish come true.
4. What is something you are afraid to talk about? Just state the subject if you are still not willing to actually talk about it.
5. Make an appointment to revisit the subject in 4.
6. Tell your partner how you like to be touched.
7. Share a fantasy.
8. Share your sexual turn-ons and turn-offs.
9. Say anything else you would like to share.

When you both decide you are done, spend a few moments just being with each other again. Acknowledge how difficult or easy this exercise was for you.