Increase Intimacy in Your Marriage

A How-to Guide

Jim & Carrie Gordon
Creators of The Intimate Couple
If you read our other e-book, *Discover the Four Areas of Intimacy*, you will recall the ‘intimacy iceberg’ and the four areas of intimacy — and you’ll remember that intimacy isn’t just about sex! An amazing, satisfying, fulfilling marriage *and* sex life are intricately tied to nurturing sexual, emotional, intellectual and spiritual intimacy (in no particular order!)

Intimacy can plateau. The initial excitement of the relationship, the ‘spark’, or the ‘honeymoon stage’ can fade away or be crushed by the realities of life: busyness, tiredness, financial stress, family, health issues, and so on — these things can creep in and take priority if you don’t guard and prioritize the growth of your marriage.

In the following pages, we show you *exactly* how to nurture and develop each area. Our best tips and strategies are here; in fact, we list the **top 10** for each type of intimacy, so read on and then do your homework!

We know from experience that if you and your spouse will try these various strategies and consistently do the ones that work best for you, you will definitely see and enjoy growth in each area, and overall, in your marriage!

Sincerely,
Jim & Carrie Gordon, Creators of The Intimate Couple
10. Start sex in the kitchen! Being helpful in the kitchen, preparing dinner together, or washing the dishes can actually be a turn on for your spouse!

9. Foreplay: take plenty of time...20 minutes minimum!

   *Tip for husbands*: slow down! Try keeping all your clothes on while you engage in foreplay with your wife.

8. Plan to educate yourselves more about sex. Why not attend a seminar, take a course online, read books together, or check out our website?

7. Discuss together why open communication about sex can be difficult. Do both of you feel safe in expressing feelings? Are you able to identify influences that make openness a challenge?

6. Ask your partner what they like, what they would like to try, *and* what doesn’t work for them during sex.
5. Become a student of your spouse, and improve your techniques. There is always room for growth no matter how long you’ve been married!

4. Discuss and come to agreement on what’s okay or acceptable in your sexual relationship, and what you must avoid.

3. Agree together that you will meet each other’s intellectual, emotional, spiritual, and sexual needs, and will not allow other people to meet those needs.

2. Together, acknowledge the importance of sex in your relationship. Prioritize time for sexual intimacy — put it in the calendar!

1. As a partner, your goal is to please your spouse; remind your lover that your next lovemaking session is all about pleasuring them and making them happy.
10. Say “I love you” often.

9. Steal time away to connect with your partner, especially when you’re busy.

8. Schedule a weekly husband/wife meeting — it’s a date night, with purpose! If you’d like, write down progress in the areas you are working on in your relationship.

7. Many women connect emotionally through words, affection, and non-sexual touching; many men connect emotionally through sex. Discuss together how this applies to you.
   
   *Tip for husbands*: include non-sexual touching in your daily interaction with your wife. Hold hands more often, steal kisses, be playful!

6. Treat your spouse better than you would a guest in your home!
5. What activities do you engage in that are hurtful to your spouse when you are in conflict?

   Tip: Establish agreed-upon ground rules for conflict in the future (and, yes, conflict is inevitable). Your values need to be reflected in the tough times!

4. Agree to speak in lower, softer tones when you are in conflict. Proverbs 15:1 is a great rule to live by!

3. Develop vulnerability by trying to say what you really feel — as awkward and difficult as it may seem at the moment.

2. Learn to be clear when you forgive one another: clearly acknowledge personal responsibility for the hurt feelings; ask forgiveness clearly. (Don't say "If I hurt you, I'm sorry"...of course you did!)

1. Decide to forgive again and again and again!
10. Become a better listener: don’t just hear — strive to understand.
   *Tip:* Take turns listening to one another’s opinion. The goal is to ask questions that demonstrate you fully understand your spouse’s viewpoint!

9. Include your spouse in decision-making.
   *Tip:* Ask yourself, “how do I demonstrate that I value my spouse’s opinion as much as (or even more than!) my own?”

8. Do you know what interests and dreams your spouse has?

7. Have you both divulged personal secrets to each other, in an expression of openness and humility?

6. Have a heart-to-heart conversation, asking: “Are there specific times that I have ridiculed or made fun of your opinion? I need to know because I realize that is very wrong and not honoring to you at all.”
5. Set a regular time each week to talk together about a pre-determined topic of common interest. Spontaneity, of course, is great, but deciding beforehand makes for anticipation and thoughtful dialogue!

4. Acceptance of differing opinions is a critical core value. Discuss with your spouse the best ways you both can value each other’s uniqueness.

   *Tip:* Try composing lists for each other, “Ways You and I are Different — but that I Wouldn’t Want to Change!”

3. Identify your partner’s top two interests. Creatively determine how you can encourage them in those interests!

2. Look for opportunities to compliment your spouse on their thoughtful opinion—privately and publicly.

1. Are you your spouse’s best cheerleader?!
10. Make your spiritual life measurable: how do you invest time, money and resources when it comes to your spiritual life?

9. Block out time on the calendar to engage in activities that you mutually agree will enhance your spiritual life together.

8. Describe to your spouse how you would rate your spiritual life on a scale of 1 to 10. On what basis do you make this evaluation? Discuss with each other your feelings and expectations about spirituality in your relationship.

7. Read the Bible and other spiritual literature together and share your insights.

6. Talk about your past spiritual journey: how was God leading you—first as individuals, and then as a couple?
5. God has given you desires, passions, and gifts! Write them down and ask yourselves: "How are we using our desires, passions and gifts for the Kingdom of God?"

4. Pray together routinely as a couple: hold hands and take turns back and forth praying (as you pray and ask, remember also to seek and listen).

3. Commitment grows with trust. Ask your spouse: “Do you see any discrepancies between what I say and how I live that might have eroded some trust between us?”

2. Pray for your spouse throughout the day, and express your gratitude for them often!

1. Encourage your spouse in the truth! Speak truth over them, and remind them how God sees them.
We’ve explored the four areas of intimacy fundamental to any fulfilling relationship — now what?

Our hope for you is that you would ignite or re-ignite the passion, deepen the intimacy, and ultimately transform your marriage!

Thousands of couples seeking to revitalize and transform their marriage have found our 7-Day Sex Challenge an amazing tool to help them do just that. If you stop and think about it, our 7-Day Sex Challenge has helped facilitate 7,000 + nights of sex. Wow!

NOW IT'S YOUR TURN!
The 7-Day Sex Challenge

TAKE THE CHALLENGE

MARRIAGES ARE UNDER MORE PRESSURES TODAY THAN EVER BEFORE!

- Financial stress
- Busyness
- Tiredness
- Stagnant relationships
- Lack of intimacy
- Declining sex

All of these factors are taking their toll on marriages.

Now, after helping hundreds of couples, we have a plan to help revitalize your marriage.

The 7-Day Sex Challenge is not about tricks and techniques—it’s about developing intimacy! Sex will be a wonderful by-product of taking our 7-Day marriage course!

Your marriage will be transformed!

You’ll learn practical marriage applications for:
1. Commitment
2. Forgiveness
3. Marriage Design
4. Marriage Vows
5. “Rewinding” your Relationship
6. Sex
What Others Are Saying

"The 7-Day Challenge was fantastic — it enabled more open communication about our love-making. We were also much more comfortable experimenting with new and fun ‘adventures’. The attention to detail that my husband had throughout the day and his focus on making me feel loved helped to create greater intimacy in our marriage on so many levels. Thank-you for this opportunity to grow!"

Get the Book Here:

www.theintimatecouple.com/take-the-challenge

We’re so confident that The 7-Day Sex Challenge will have a positive, transformative effect on your marriage that the e-book comes with our No-Questions-Asked Guarantee:

If you’re not satisfied with this marriage tool, just email us within 3 weeks of your date of purchase and we’ll issue your 100% refund immediately. Your e-book purchase is 100% safe and secure—and 100% risk-free!

Buy Today