
INTIMACY & CONNECTION

Rebuilding Intimacy

A guide to restoring emotional and physical connection when distance has crept in.

Boundary Agreement Resource Library

Dr. Hines Inc. | boundaryagreement.com

This guide is a coaching resource, not therapy or counseling.

Intimacy Is Not Just Physical

When most people hear 'intimacy,' they think of the bedroom. But physical intimacy is the **result** of emotional intimacy, not the cause. If there is a gap in your physical connection, the fix almost always starts with the emotional connection.

This guide covers both. Because they are inseparable.

The 5 Layers of Emotional Intimacy

Layer 1: Safe Conversation

Can you talk about your day without it turning into a problem-solving session or an argument? This is the foundation. If casual conversation doesn't feel safe, deeper intimacy is impossible.

Layer 2: Honest Feelings

Can you say 'I'm struggling' or 'I'm scared' without being judged, fixed, or dismissed? Emotional honesty requires a partner who can hold space without trying to solve.

Layer 3: Vulnerability

Can you share your fears, insecurities, and wounds? This is the layer where real connection happens. It requires trust that has been built over time through Layers 1 and 2.

Layer 4: Shared Dreams

Do you talk about the future together? Shared goals and vision create a sense of 'us' that is bigger than the daily grind. Couples who dream together stay together.

Layer 5: Physical Connection

Touch, affection, and sexual intimacy that flows from the emotional bond built in Layers 1-4. When this layer is struggling, look at what is happening in the layers below it.

Connection Exercises

EXERCISE: The 10-Minute Connection

For the next 7 days, spend 10 minutes each evening with no screens, no kids, no agenda. Just sit together and talk. Not about logistics (who's picking up the kids). About each other.

Day 1: What's one thing you've been thinking about lately?

Day 2: What's something you're proud of right now?

Day 3: What's one thing I could do to make you feel more loved?

Day 4: What's a dream you haven't told me about?

Day 5: What's something you wish we did more of together?

Day 6: When do you feel closest to me?

Day 7: What's one thing you want our relationship to look like in 5 years?

EXERCISE: The Touch Inventory

Rate how comfortable you are with each type of non-sexual physical affection (1 = uncomfortable, 5 = love it). Compare answers.

Holding hands in public: His ____ / Hers ____

Hugging when you get home: His ____ / Hers ____

Sitting close on the couch: His ____ / Hers ____

Kissing goodbye in the morning: His ____ / Hers ____

Back rub at the end of the day: His ____ / Hers ____

What surprised you about your partner's answers?

PRO TIP: Intimacy is rebuilt in small moments, not grand gestures. A hand on the shoulder, a text during the day, asking how they're feeling. Consistency beats intensity every time.
