

BUILDING INTIMACY CHECKLIST

ARE YOU RECEIVING ENOUGH INTIMACY FROM YOUR PARTNER? LET YOUR PARTNER KNOW WHAT INTIMATE ACTIVITIES YOU APPRECIATE FROM THEM. ANSWER THE FOLLOWING QUESTIONS BELOW BY PLACING YOUR ANSWERS IN THE FIRST COLUMN AND YOUR PARTNER'S ANSWER IN THE SECOND. ANSWER WITH A NUMBER BETWEEN 1-10. 10 MEANS THEY ARE DOING GREAT AND 1 LETS THEM KNOW YOU'D LIKE MORE OF IT.

<input type="checkbox"/>	<input type="checkbox"/>	RANDOM HUGS FOR NO REASON AT ALL
<input type="checkbox"/>	<input type="checkbox"/>	RANDOM KISSES AT ANY TIME OF DAY OR NIGHT
<input type="checkbox"/>	<input type="checkbox"/>	HOT OPEN-MOUTH KISSES WHEN APPROPRIATE
<input type="checkbox"/>	<input type="checkbox"/>	OFFERING TO HELP ME OUT WHEN I'VE GOT A LOT ON MY PLATE
<input type="checkbox"/>	<input type="checkbox"/>	FLIRTING WITH ME WHEN APPROPRIATE
<input type="checkbox"/>	<input type="checkbox"/>	COPPING A FEEL UNDER THE TABLE OR IN PASSING WHEN NOBODY IS LOOKING
<input type="checkbox"/>	<input type="checkbox"/>	CALLING/WRITING AND LETTING ME KNOW YOU APPRECIATE ME
<input type="checkbox"/>	<input type="checkbox"/>	MAKING TIME FOR THE TWO OF US TO TALK
<input type="checkbox"/>	<input type="checkbox"/>	TAKING A GENUINE INTEREST IN MY SEXUAL FANTASIES AND INTERESTS
<input type="checkbox"/>	<input type="checkbox"/>	TELLING ME ABOUT YOUR SEXUAL FANTASIES AND INTERESTS
<input type="checkbox"/>	<input type="checkbox"/>	ALLOWING ME TO SEE YOUR BODY AT APPROPRIATE TIMES
<input type="checkbox"/>	<input type="checkbox"/>	COOKING FOR ME OR GOING OUT TO DINNER WITH ME
<input type="checkbox"/>	<input type="checkbox"/>	PROVIDING A ROMANTIC ENVIRONMENT FOR THE TWO OF US
<input type="checkbox"/>	<input type="checkbox"/>	TOUCHING ME IN WAYS THAT MAKE ME FEEL GOOD, RELAXED AND COMFORTABLE
<input type="checkbox"/>	<input type="checkbox"/>	SPENDING TIME WITH ME AFTER WE HAVE SEX
<input type="checkbox"/>	<input type="checkbox"/>	COMPLIMENTING ME ON MY ACHIEVEMENTS OR ON MY VALIANT ATTEMPTS TO DO WELL
<input type="checkbox"/>	<input type="checkbox"/>	LETTING ME KNOW THAT YOU FIND ME ATTRACTIVE
<input type="checkbox"/>	<input type="checkbox"/>	MAKING ME FEEL THAT I CAN TRUST YOU WITH MY FANTASIES
<input type="checkbox"/>	<input type="checkbox"/>	REMEMBERING IMPORTANT DATES AND MILESTONES IN OUR RELATIONSHIP
<input type="checkbox"/>	<input type="checkbox"/>	BEING GENEROUS WITH ME AND SHOWING ME THAT YOU APPRECIATE MY GENEROSITY
<input type="checkbox"/>	<input type="checkbox"/>	TAKING A GENUINE INTEREST IN MY ENJOYMENT OF OUR SEX
<input type="checkbox"/>	<input type="checkbox"/>	LISTENING TO ME WHEN I TELL YOU SOMETHING I FIND IMPORTANT
<input type="checkbox"/>	<input type="checkbox"/>	SURPRISING ME FROM TIME TO TIME WITH UNEXPECTED TOKENS OF YOUR AFFECTION
<input type="checkbox"/>	<input type="checkbox"/>	DEMONSTRATING A WILLINGNESS TO TRY YOUR BEST TO SATISFY MY SEXUAL NEEDS
<input type="checkbox"/>	<input type="checkbox"/>	SHOWING INTEREST WHEN I TELL YOU ABOUT MY DAY
<input type="checkbox"/>	<input type="checkbox"/>	RANDOM ACTS OF ROMANTIC KINDNESS
<input type="checkbox"/>	<input type="checkbox"/>	LETTING ME KNOW THAT YOU MISS ME WHEN I AM AWAY

IN THE SPACES BELOW, WRITE A COUPLE OF YOUR FONDEST MEMORIES OF YOUR PARTNER DOING THEIR BEST TO BE INTIMATE WITH YOU.

BORED? CURIOUS? WANT MORE WAYS TO SPICE THINGS UP? WE CAN HELP!

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