

# Physical Intimacy

Our bodies were designed for touch. From the tiniest of newborns to the oldest amongst us the benefits of touch have been well documented.

These include:

Eases pain	Communicates feelings
Helps with sleep	Reduces irritability
Promotes sociability	Strengthens immune system
Helps with depression	Increases proper digestion
Releases serotonin	Enhances self well being
Stimulates hormones	Slows heart rate
Lowers blood pressure	Gives comfort
Relieves sadness	Lowers stress
Releases tension	Helps you feel happiness

Who wouldn't want at least some of these benefits?

The truth is that when there has been a disconnect in your marriage for some time one of the areas that suffers is your physical connection with one another. The walls that go up prevent you from reaching out to touch, everything from the littlest kiss to sexual intercourse. These physical touches can diminish over time until you get to the point when you cannot remember the last time that you touched your spouse.

In order for physical intimacy to grow again touch needs to be a part of your marriage.

1. What do you remember about your first kiss or the first time that you held hands?

---

---

---

---

2. How did you enjoy being physical early in your relationship (circle all that apply):

kissing

- holding hands
- hugging
- cuddling
- other \_\_\_\_\_

3. How do you feel when the two of you are physical?

---

---

---

---

4. What touches do you most enjoy?

---

---

---

---

5. What happens when it has been “too long” without touch? What does “too long” mean to you?

---

---

---

---

6. Question for your spouse: Do you feel like I touch you enough to satisfy you? Why or why not?

---

---

---

---

7. Describe the last physical touch that you and your spouse had together.

---

---

---

---

8. What do your day to day physical interactions look like?

---

---

---

---

9. What touch(es) do you most enjoy?

---

---

---

---

10. What touch(es) do you miss?

---

---

---

---

11. What do you desire your physical intimacy to look like?

---

---

---

---

*Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.*

*-Leo Buscaglia*