

Radical Intimacy

How High, Far, and Deep Do You Want to Go?



10 STRATEGIES FOR RADICAL INTIMACY

Strategy #1: Create Safety for Yourself

Radical Action: Identify and request one behavior you want from your partner that would help you feel safe to share your deepest needs and desires. Watch how often you hold back from telling your truth about your needs and change that pattern. Watch how often you hold back from telling your truth about your needs and change that pattern.

Strategy #2: Create Safety for your Partner

Radical Action: Check in with your partner about how emotionally safe and accepted they feel with you. Listen with compassion and without defensiveness. Initiate a conversation with your partner about what would help them feel safe to share their deepest needs and desires.

Strategy #3: Continually Take Risks

Radical Action: Next time you catch yourself having a thought, feeling, need, fantasy or desire and not sharing it with your partner, make a conscious effort to share it anyway. Identify and share an emotional need that you've never disclosed before, because you weren't aware of it, didn't think it was important or realistic, or were embarrassed to talk about it.

Strategy #4: Rituals

Radical Action: If you haven't already, create a daily check-in ritual to share about your day (what happened outside of you) and your experience (what happened inside of you). Co-create one new daily connection ritual that would deepen and enhance your on-going intimacy.

Strategy #5: Text Messaging

Radical Action: Download and try using a secure mobile app for couples such as Couple or WeSync. At least once per day send your partner a message by text, email, or voicemail about something you'd like to share or talk about during your check-in or connection ritual.

Strategy #6: Tell Your WHOLE Truth

Radical Action: During your connection ritual, take the time to dig deep and expand your sharing- What does this mean to you? Where does it come from? What's it like having it or not having it? Why is this coming up now? While your partner is sharing with you, support them to tell their whole truth by asking- Is there more? What else can you share with me about this? What does this mean to you? Where does it come from? What's it like having it or not having it? Why is this coming up now?

Strategy #7: Reinforce Your Commitment

Radical Action: Share with your partner how much you love them, what you appreciate about them, how lucky you feel to be with them, how you look forward to growing old together. Really pour it on and (authentically) gush! Do this at least once per month.

Strategy #8: Positive Response

Radical Action: Make it a game to practice your "positive response skills" by taking turns asking for the most outrageous things, and finding something you're able to say "Yes" to. Commit to each other your intention to never say "No" and support each other when you slip up (and you will!) by asking "What can you say 'Yes' to?"

Strategy #9: Self Management

Radical Action: Practice ownership by prefacing your statements by labeling what they are: "I judge..." "I want..." "I need..." "In my opinion..."

Strategy #10: Push Your Upper Limit

Radical Action: Continually ask yourself- "What do I REALLY want?" When you ask your partner what they want, don't accept "I don't know" for an answer. When your partner asks what you want, don't respond with "Whatever YOU want."

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