

Dr. Wyatt Show Podcast

Episode # 261

The Secret to Deeper Intimacy for Couples

1-How many unresolved resentments do you have in your relationship? Have you tried using the Reunite Tool to process through them together?

2-How often are you fostering your friendship through regular dates, having head/heart checks, and providing affection?

3-How often do you have sensual activity together, such as cuddling, sensual massages, or baths?

4-How positive or negative is your association with sex?

5-What things from your past have influenced your association with sex?

6-How much does your association with sex influence your view of it in your marriage?

7-What steps can you take to foster a more positive view of sexual intimacy?

Based on all this information, what changes do you want to make moving forward?