



Dr. Wyatt Show Podcast

Episode #302

Unlocking Intimacy: Building Connection Beyond Words

1-What is it?

What's your reaction to the concept of nuddling?

2-Why do it?

Of all the reasons listed to start nuddling, which one resonates with you the most and why?

3-When to do it?

What are your thoughts on the recommendation to integrate nuddling after you've worked through your resentments and rebuilt your friendship?

4-How to do it?

What will it be like remembering there are no expectations and instead the goal is to observe and share your sensations during nuddle time?

5-My story?

What was it like for you to hear my story from my marriage and how this type of approach helped my wife and I?