

CONNECTION / WORKBOOK

Emotional Intimacy Workbook for Couples

Explore what makes each of you feel known, supported and comfortable with closeness, using four low-pressure exercises.

5 pages | Four short conversations

A good way to use this

1. Choose one exercise per sitting rather than completing everything at once.
2. Ask whether your partner has space for the topic, and allow a pass.
3. Listen for details you can remember and act on in ordinary life.

Inside your resource

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Use together only when both people freely want to participate. You can pass or stop. These are original educational exercises, not a clinical assessment or a substitute for individualized care.

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01 / Emotional Intimacy Workbook for Couples

Show a little more of your day

Choose one ordinary experience your partner did not see. Tell the story with enough detail that they can picture it. The listener asks about the experience before offering advice.

EXAMPLE "The meeting went fine, but I felt tense afterward because I had worked hard on the presentation. I would love to tell you about the part I was proud of."

01 A moment from my day I would like you to understand better:

Partner A

Partner B

02 What that moment felt like from the inside:

Partner A

Partner B

03 A question I would appreciate you asking me about it:

Partner A

Partner B

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Describe the care that reaches you

Good intentions can miss their target. Compare specific examples of support rather than assuming one kind of comfort works for both people.

EXAMPLE "When I am upset, sitting beside me helps more than listing reasons it will be fine. When I am excited, asking for the whole story feels good."

01 When I am disappointed, support often feels like...

Partner A

Partner B

02 When something goes well, I like to celebrate by...

Partner A

Partner B

03 One caring gesture I would welcome this week is...

Partner A

Partner B

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Make a closeness menu

Name ways to connect that are welcome, possible or not wanted right now. Affection is an invitation, never an obligation. Preferences can change from day to day.

Way to connect	Partner A preference today	Partner B preference today
A conversation with no multitasking		
Sitting together quietly		
A walk or shared activity		
A hug or other agreed affection		
Talking about a hope or worry		
Time alone, with a plan to reconnect		

Use "yes," "ask first," "not today," or your own words. A yes to one kind of closeness is not a yes to another. No touch is required for this exercise.

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Remember what you learned

Choose something your partner told you that you can follow up on. Feeling known often includes being remembered after the original conversation is over.

EXAMPLE "You said Thursdays are especially draining. Would it help if I checked whether you want company or quiet when you get home?"

01 A detail about my partner I want to remember is...

Partner A

Partner B

02 One small follow-up I can offer, with their agreement:

Partner A

Partner B

03 Something about our pace or depth I want to keep or adjust:

Partner A

Partner B

Keep a little time for each other.

Build on one good conversation with another tomorrow. The Connected Couples App gives you a shared daily question and a way to check in on your mood.