How to have an INTIMATE CONVERSATION

Learning how to have an intimate conversation opens doors for discussions to become deeper and more personal, which in turn makes it easier to connect with your partner on any subject and deepen understanding of each other.

START BY ASKING AN OPEN-ENDED QUESTION

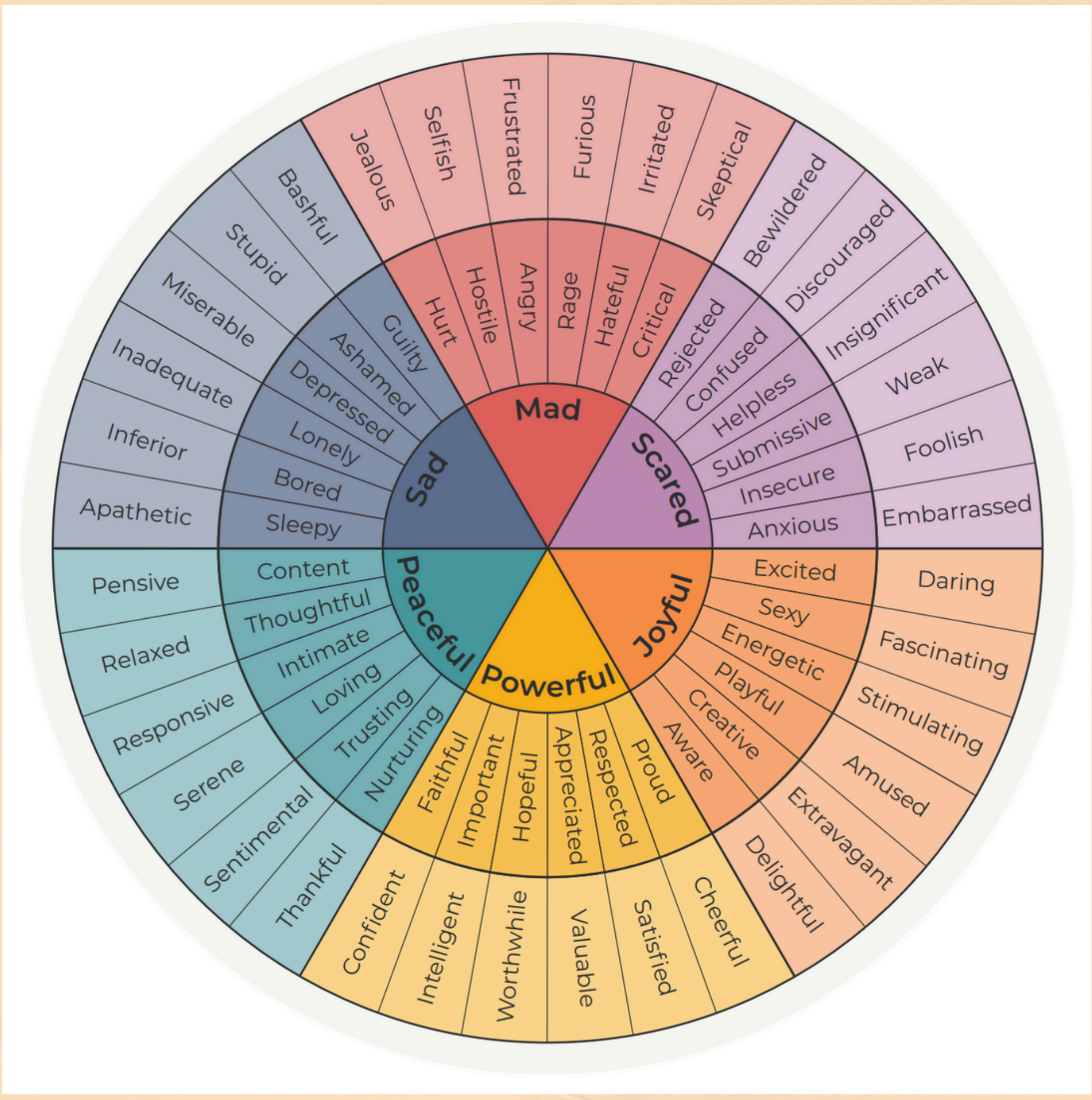
Questions that require more than yes/no answers

Examples:
“What do you feel is going well for you these days?"
“How would you like to ideally change our life together in the coming year so it could be the best year ever?"
“What do you feel is not going as well as you'd like?"
“How are you doing, baby?"
“How is life treating you? Talk to me. I'm listening."

After you've started, try the skills below. They are meant to help you explore and share your feelings as the conversation moves.

SKILL 1 - PUTTING YOUR FEELINGS INTO WORDS

If your partner asks you something about how you feel but you're not sure how to put feelings into words, look over the first list below, and say aloud which feelings are true for you



Remember, sharing negative or intense emotions still creates connection and intimacy! Sharing negative emotions can bring us closer, just like sharing positive emotions. Practice honesty and vulnerability when sharing

ADDITIONAL FEELING IDEAS...

I feel accepted
I feel understood
I feel rejected
I feel like you dislike me
I feel misunderstood
I feel appreciated
I feel unappreciated
I feel abandoned
I feel connected
I don't feel accepted
I am upset
I feel resentful
I am astounded
I'm upset
I feel clumsy, awkward
I feel belittled
I feel insulted
I am hungry
I am tired
I feel close to you
I feel distant from you
I am afraid
I feel like hitting something
I feel like kicking something
I am shocked
I feel beautiful
I feel handsome
I feel neglected
I am bitter
I feel comfortable
I feel critical of you
I feel uncomfortable

I feel affectionate
I feel tense
I feel betrayed
I feel irritable
I feel alienated
I feel alone
I feel lonely
I am exhausted
I have no energy
I'm depressed
I am surprised
I feel like arguing
I appreciate you
I feel like bragging
I feel like a failure
I am ashamed
I want to assert my rights
I feel like an innocent victim
I feel righteously indignant
I am apprehensive
I have lots of mixed feelings
I feel shy
I am horny
I feel romantic
I feel unattractive
I am not sure how I feel
I am ambivalent
I feel like apologizing
I feel regretful
I feel disgusted
I am afraid
I am joyful

SKILL 2 - ASKING QUESTIONS

if you want to explore your partner's feelings and thoughts, one of the best tools you can use is asking questions that open the heart. Here are some examples you can try. Anytime during the conversation, look over the list below and read aloud a question that you'd like to ask your partner

- What are you feeling?
- What else are you feeling?
- What are your needs here?
- What do you really wish for?
- How did this all evolve?
- What would you really like to say, and to whom?
- What are the feelings you are afraid to even think about?
- Do you have any mixed feelings? What are they?
- What are your choices as you see them?
- What are the positive and negative aspects of each of your choices?
- Do you think this has affected our relationship (or another relationship). If so, how?
- Is there some way you wish you could have done things differently?
- What do your values tell you about all this?
- Does these feelings and needs have any spiritual, moral, ethical, or religious meaning for you?
- Is there anything you've learned from this?
- Who is going to be most affected? How will they be affected? Why?
- Does this remind you of anything else in your personal history?
- How does this affect your identity, your idea of yourself? How did this all begin, what was the very start?
- Who do you think is most at fault?
- How do you wish things would be resolved?
- What are your goals here?
- What are your obligations (or duties) here?

SKILL 2A - EXPLORATORY STATEMENTS

While questions are always interesting, sometimes statements that explore feelings are also very powerful at making the conversation deeper and more intimate. Here are some exploratory statements you can try.

Tell me the story of that.
I want to know everything you're feeling.
Talk to me, I am listening.
Nothing is more important to me right now than listening to you.
We have lots of time to talk.
Tell me your major priorities here.
Tell me what you need right now.
Tell me what you think your choices are.
It's okay not to know what to do, but what's your guess?
I think you're being very clear. Go on.
Tell me all of your feelings here.
Help me understand your feelings a little better. Say more.
I think that you have already thought of some solutions. Tell me what they are.
Help me understand this situation from your point of view. What are the most important points for you?
Tell me what you're most concerned about.
Tell me more about how you are seeing this situation.
Talk about what the decision is that you think you have to make.
If you could change the attitude of one of the key people in this situation, talk about what you would do.

SKILL 3 - EXPRESS EMPATHY & UNDERSTANDING

To deepen the intimacy of a conversation, it really helps to give understanding and empathy to your partner. First, try to put yourself in your partner's shoes, and understand what they are saying or feeling. Then communicate to your partner that their thoughts or feelings really make sense to you. Below are some great statements you can make that convey understanding and empathy.

- You're making total sense.
- I understand how you feel.
- You must feel so hopeless
- I just feel such despair in you when you talk about this. You're in a tough spot here.
- I can feel the pain you feel.
- I wish you didn't have to go through that.
- I'm on your side.
- I wish I could have been with you in that moment.
- Oh, wow, that sounds terrible.
- That hurts me to hear that.
- I support your position.
- I totally agree with you.
- No wonder you're upset.
- Tell me what you see as your choices here
- I'd feel the same way you do in your situation.
- I think you're right.
- I see. What you're thinking here is...
- You are in a lot of pain. I can feel it.
- It would be great to be free of this.
- That must have annoyed you.
- That would make me mad too.
- That sounds very frustrating.
- That is very scary
- Wow! That must have hurt.
- Okay, I think I get it. So what you are feeling is...
- I would have trouble coping with that.
- What I admire most about what you're doing is...