

How to Rebuild and Strengthen Intimacy in Your Relationship

If you feel you and your partner have grown apart slightly recently, you may need to focus on rebuilding the intimacy between the two of you. If your relationship is worth saving and you absolutely want to stop the growing distance between you and your partner, there are some specific ways to heal old wounds and begin growing together once again.

1. ***Always talk with each other and express your thoughts and feelings about your current state.*** What do you want out of life? What do you want to accomplish/see/do in your lifetime? Most of us are not blessed with mindreading skills, so you have to let them know what you're thinking and need. This is the only way to ensure your needs will ever be met by your partner.
2. ***Always be open and honest with your partner.*** You're adults now, and there's no sense in trying to play games with each other. Always tell the truth and let them know what's on your mind and how you're feeling; this will lead to true happiness in the relationship.
3. ***Have faith and trust your partner.*** Without reciprocated trust, there is no way for a relationship to succeed in a healthy manner. The absence of trust only contributes to the destruction of the relationship.
4. ***Get away together.*** If you're married and have children, get a sitter and go out on a date, or leave town for a few days of 'together' time. Don't allow any family or friends to tag along so that you can focus on getting to know one another again.

Even couples that have been together for decades can benefit from this exercise. Everyone changes over time, and a lapse in intimacy may mean that your partner has new likes or dislikes that you're not aware of.

5. ***Take a romantic trip together.*** Vacationing can always serve as a great stress reliever, and it only helps when you choose a destination you both have been dying to visit for some time. Try to choose a romantic yet fun spot with plenty to do. Taking trips together leads to happier marriages and increased intimacy.
6. ***Remain flexible.*** Every successful relationship requires some compromise in decisions and activities that involve both parties. Compromise shows each member of the relationship that it's important to the other to make them happy and satisfy them. This leads to greater levels of intimacy and better overall communication over time.

Increasing the intimacy between you and your partner is not difficult if both members are committed to seeing it through. You simply need to commit to effective communication, trust and honesty, and dedicating some time to getting to know each other better. Over time, these practices will lead to a greater feeling of 'oneness' and compatibility.

Also consider that maintaining your intimacy in the relationship may become easier if you decide to commit to one date a month, or one trip a year, etc. These commitments give you some 'alone' time to look forward to, and will only contribute to a far longer-lasting relationship.