

# Connection Inventory for Couples

## Emotional Connection

- Talking openly without distractions
- Expressing appreciation or gratitude
- Being emotionally available
- Sharing fears, hopes, or dreams
- Cuddling or non-sexual touch
- Making time for deep conversations
- Acts of service or support
- Listening without offering solutions
- Spending quality time together
- Checking in about each other's day
- Offering emotional support during tough times
- Sharing goals or future dreams
- Being silly or laughing together
- Giving compliments or affirmations
  
- Needs emotional connection before physical connection
- Needs physical connection before emotional connection

## Physical Connection

- Holding hands
- Kissing
- Cuddling
- Sexual intimacy
- Gentle back rubs or massages
- Sitting close together
- Playful physical touch
- Touching during conversations
- Spontaneous hugs or affection
- Making out or deep kissing
- Mutual masturbation
- Getting dressed up for each other
- Sharing sexual fantasies
- Trying new sexual activities together
- Using touch to soothe or comfort
- Sleeping in the same bed or cuddling to sleep
  
- Initiating sex or responding to initiation
- Taking showers or baths together

## Our Definition of Intimacy: