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A young couple is shown in profile, kissing. The woman on the left has voluminous, curly brown hair and is wearing a bright red top. The man on the right has short, dark hair and is wearing a white button-down shirt. They are positioned close together, with their lips touching. The background is dark and out of focus, suggesting an indoor setting with warm lighting.

“When someone loves you, the way they talk about you is different. You feel safe and comfortable.”

– Jess C. Scott

Introduction

The rush felt at the start of a relationship is exciting and invigorating. You're going on dates, trying new things, getting to know someone new. Everything feels easy and energizes you.

But as the relationship progresses, things become more complicated. Those initial feelings naturally begin to fade, date nights happen less frequently, and misunderstandings happen.

When this happens, you might feel lost. After all, we don't learn how to handle the complexities of a relationship in school.

You might start wondering how you can continue getting closer with your partner once the initial excitement starts to fade.

One trick is by deepening the intimacy in your relationship.

When you read the word “intimacy,” you might instantly associate it with sex.

Intimacy is the closeness and connection you feel with someone else.

Just like you can have sex without intimacy, you can have intimacy without sex. And there are different types of intimacy.

In a relationship, intimacy is how you grow your love and desire for someone.

Intimacy is the glue that keeps relationships together after the initial spark fades. Intimacy is a closeness that builds over time in a relationship. It is that