CURIOSITY • CONNECTION • PLEASURE • GROWTH

The Intimacy Lab

A WORKBOOK FOR COUPLES

REFLECT • EXPLORE • CONNECT

Same curiosity. Deeper connection.

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1. ARRIVE

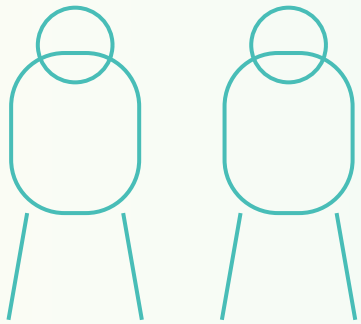
BE HERE, TOGETHER

Take a few breaths - individually and together. Notice how you're arriving today. There is no right or wrong way to feel. This is a moment to pause, land, and be with what's here.

Right now I feel...

Calm | Energised | Tired | Curious | Anxious | Open | Connected | Guarded | Hopeful | Overwhelmed | Playful | Serious | Tender | Numb | Grateful

Where do I feel this in my body right now?



What do I notice?

2. OUR MAP

WHERE WE ARE NOW

Every relationship has a journey. Use this timeline to mark moments that shaped you - big or small: highlights, challenges, turning points, discoveries, or everyday moments that mattered.

A recent moment we appreciate:

Something we've learned together:

A challenge we've faced:

What we're proud of:

3. WHAT BRINGS US HERE?

OUR INTENTIONS

What do you each hope for in this experience? Circle the words that resonate, add your own, or create a collage or drawing.

More closeness | Better communication | Playfulness | Deeper trust | Understanding | Healing | Navigating conflict | Desire | Presence | Teamwork | Adventure | Feel more seen | Explore new dynamics | Fun | Slow down | Intimacy | Honesty | Safety

What are we hoping to take from the Couples Intimacy Lab?

4. CONNECTING

HOW WE BE IN RELATIONSHIP

Think about what helps you feel connected - both in everyday life and in challenging moments.

I FEEL MORE CONNECTED WHEN:

I FEEL LESS CONNECTED WHEN:

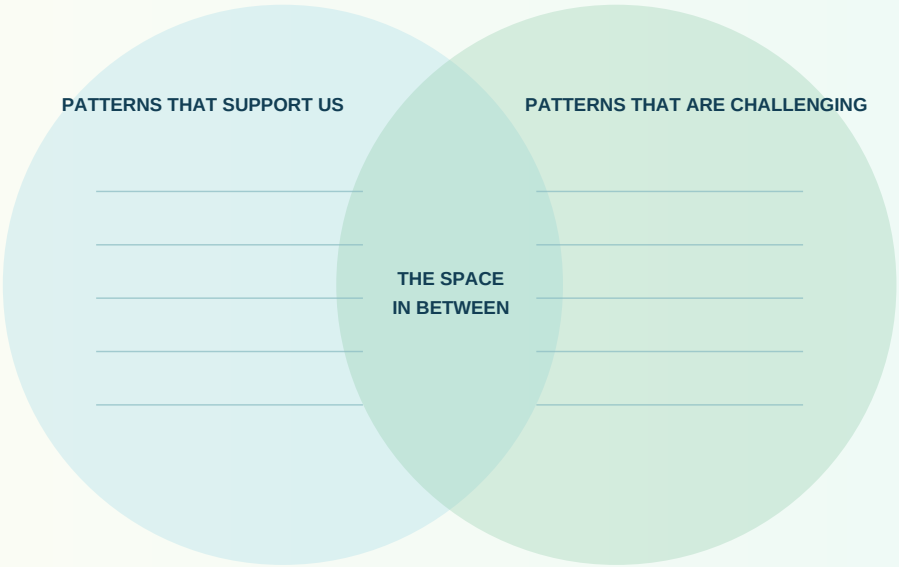
WHAT MATTERS TO US:

Quality time | Physical touch | Honest conversation | Humour | Affection | Support | Shared values | Independence | Adventure | Rituals | Rest | Kindness | Curiosity | Reliability | Space

5. OUR DYNAMICS

PATTERNS, STRENGTHS & STUCK PLACES

All couples have patterns - some supportive, some challenging. Awareness is the first step toward more choice.



What helps us move toward the middle?

6. EMOTIONS & NEEDS

BENEATH THE SURFACE

Emotions give us important information. Underneath them are often deeper needs. Take a moment to reflect individually or together on what's alive for you.

WHAT AM I FEELING?

WHAT MIGHT BE UNDERNEATH THIS?

WHAT DO I NEED RIGHT NOW?

WHAT COULD I ASK FOR?

7. EROTICISM & PLEASURE

DESIRE • SENSUALITY • PLAY

Desire and pleasure are unique to each of us and change over time. This is a space to explore what feels exciting, nourishing, or curious - with openness and without pressure.

WHAT TURNS ME ON?

WHAT FEELS GOOD RIGHT NOW?

WHAT WOULD I LIKE TO EXPLORE - TOGETHER OR INDIVIDUALLY?

WHAT GETS IN THE WAY?

8. OUR ENVIRONMENT

CONTEXTS THAT MATTER

Think about the contexts, people, places, and rhythms that influence your relationship.

PLACES WHERE WE THRIVE:

PLACES THAT ARE CHALLENGING:

PEOPLE WHO SUPPORT US:

PEOPLE / DYNAMICS THAT DRAIN US:

9. PRACTICE

SMALL STEPS, BIG IMPACT

What small practices could support your connection - in daily life and in more difficult moments?

PRACTICES WE WANT TO BRING IN:

PRACTICES WE WANT TO LET GO OF:

WE COMMIT TO EXPLORING:

- [ ] More emotional check-ins
- [ ] Slowing down & being present
- [ ] Expressing appreciation
- [ ] Repairing after conflict
- [ ] Play & pleasure
- [ ] Creating shared rituals
- [ ] Listening with curiosity
- [ ] Asking for what we need
- [ ] Giving each other space
- [ ] Other:

10. OUR VISION

SAME TEAM, DEEPER CONNECTION

Imagine your relationship a year from now. What feels different? What do you want to experience more of? What matters most?

Our vision for our relationship is...

What would help make this vision real?

11. CLOSING

INTEGRATION & NEXT STEPS

Take a moment to reflect on what you're taking with you from this experience. What insights, feelings, or intentions do you want to carry forward?

I'M TAKING WITH ME:

I WANT TO REMEMBER:

One small step we can take together in the next month:

Not a more perfect relationship, but a more alive and honest one.