CURIOSITY
CONNECTION
PLEASURE
CARE
FREEDOM

BOLDER
CONVERSATIONS
DEEPER
INTIMACY
A KINDER
YOU

The Three-Day Intimacy Experiment

A COUPLES JOURNALING JOURNEY

INVITE • REFLECT • EXCHANGE • CONNECT



Prepared for the Couples Intimacy Lab
by Dani Tut Bar

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SLOWER
DEEPER
KINDER
TOGETHER

HOW IT WORKS

A GENTLE INVITATION

Same team. Deeper connection.

The Three-Day Intimacy Experiment is a simple but powerful practice for couples. Over three days, you each take time to reflect, write, and then share selected parts with one another. It's not about finding the "right" answers — it's about slowing down, being curious, and creating a space where both of you feel safe, seen, and invited exactly as you are.

> *Intimacy grows in the space where we feel safe, seen and free.*

1

FIND YOUR SPACE

Set aside quiet time, ideally on three different days (or all at once). You can do this together or separately. Create a comfortable, private space where you won't be interrupted.

2

WRITE WITH HONESTY

Use the prompts to explore your thoughts, feelings, needs and dreams. There are no right or wrong answers. Write for yourself first.

3

EXCHANGE & READ

Take turns sharing what you've written. Listen with curiosity and without judgment. There's no need to respond or fix — just receive and ask gentle, open questions if you're curious to understand more.

4

CREATE SAFETY TOGETHER

As you share, use slow, open communication. Assume the best intentions. Speak from your own experience ("I feel...") rather than blame. Give each other time and space. You can pause at any time. Your connection matters more than finishing.

A FEW GUIDING PRINCIPLES

- Go slowly. Depth takes time.
- Assume the best of your partner.
- Create an atmosphere of openness, curiosity and kindness.
- Listen to understand, not to defend or convince.
- Respect each other's pace and boundaries.
- There is no "right" way to feel or respond.
- Focus on connection, not perfection.
- Celebrate what you learn — about yourself, each other, and your journey.

REFLECT
INVITE
EXPLORE
EVOLVE



A little time. A lot more us.

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1. ME, WITH YOU

PRESENT MOMENTS, BIGGER PICTURES

What do I appreciate most about you right now?

What makes me feel most connected to you?

What do I find challenging in our relationship at times?

OUR LANDSCAPE

EXPLORING WHAT IS ALIVE BETWEEN US

WHAT I BRING

MY NEEDS, DESIRES, AND HOPES IN THIS SEASON

WHAT I APPRECIATE IN YOU

QUALITIES, GESTURES, PRESENCE



WHAT WE CREATE TOGETHER

VALUES, RITUALS, ENERGY, STYLE

WHAT I IMAGINE FOR US

IN THE NEXT MONTHS AND YEARS

A LETTER TO YOU

SAY WHAT YOU MIGHT NOT ALWAYS SAY

"In the ordinary we find the extraordinary."

SAME PEOPLE
DEEPER CONNECTIONS
KINDER CHOICES
RICHER EXPERIENCES

UNDERNEATH THE SURFACE

FEELINGS, NEEDS & VULNERABILITY

When I feel distant from you, what is usually happening for me underneath? (e.g. emotions, fears, old patterns)

What do I need from you when I'm feeling overwhelmed, insecure, or closed off?

What is something I find hard to express, but that feels important for you to know?

What helps me feel safe, supported and truly seen by you?



Greater safety.
Deeper together.

DESIRE, PLEASURE & PLAY

EXPLORING OUR SENSUAL & EROTIC CONNECTION

What turns me on — in you, in our dynamic, or in the way we connect?

What kind of touch, presence or atmosphere helps me feel most alive and open?

What is something I'd love to explore together — in our intimacy, sexuality or play?

How can we bring more play, curiosity and pleasure into our relationship?



"Desire grows in the space where we feel safe, seen and free."

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