

5 Ways To Deepen Intimacy

Ready to hear something really profound? Your relationship with your spouse needs to be nurtured regularly. That's so deep, I know.

But saying "I do" was just the beginning of your journey, not the end.

Unless you nurture your relationship regularly, love will fade and your marriage will wither and die.

Here are some ways to nurture the intimate bond with your spouse.

Celebrate special occasions

Make an effort to celebrate anniversaries, Valentine's Day, birthdays and other special days.

Let each other know that your love isn't wavering - that your commitment is strong.

Celebrating special days is a great way to deepen intimacy and connection.

Reminisce about the good times

Remembering the good times reminds you of how far you've come and what you've achieved together.

It's a chance to relive fond memories. Something fun you can do is re-enact your first date - or a special occasion.

Communicate & Comprehend

Anger, resentment, and avoidance drain love from a marriage.

Express your feelings to your partner.

Jump start the healing process by facing issues and offering forgiveness to protect and deepen your bond.

Express your love often

Tell your spouse how much you love them. Often. Even if they already know.

Compliment them.

Make them feel wanted.

Learn their love language and use it liberally.

Be intimate

When a couple feels disconnected and distant, it usually means they're not being intimate with each other.

Expressing physical affection and intimacy is a good starting place when attempting to strengthen your connection with your partner.

A strong emotional bond is essential to a happy marriage. So, consider experimenting with one of these five tips this week to breathe new warmth into your marriage.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!