

Couple's Retreat Workbook



Welcome Letter

Hello and welcome,



TEAM (The Essence of an Authentic Marriage) and the entire TEAMWELLNESS staff welcome you to the Couple's Retreat. We want to invite you to relax and enjoy your time. During this time disconnect from work, children, life, and Reconnect with your partner. A lot of times we get caught up with all the other things that we lose sight of the person that is right next to us. NOT THIS WEEKEND.

We acknowledge how difficult things may have been for you lately and see that it is a BIG step to make the decision to come to the retreat. We work hard to honor that choice by cultivating a safe and healthy space in which to turn towards yourself and partner. Our hope is that with this support you may reconnect with your partner on a mental, emotional, and physical level.

Your presence here is a gift as it allows us to step into our passion for helping others.

Now take in 3 deep breaths and say to yourself...I am exactly where I need to be.

Types of Intimacy in Relationships

Upon hearing the word, you probably immediately jumped to thinking about physical intimacy, but other forms of intimacy are just as important, especially when it comes to romantic relationships. Let's take a look at some different forms of intimacy.

Physical



While a hug or holding a hand are both examples of physical intimacy, this type is most commonly used in reference to sex. And while sex is important in relationships, you can also demonstrate physical intimacy through kissing, holding hands, cuddling, and skin-to-skin touching.

While these small physical displays of affection may seem mundane, they can help you and your partner cultivate a feeling of closeness.

In reference to sex, a part of intimacy is feeling safe enough with your partner to share your likes and dislikes. Make sure that you are asking for the same information from your partner. This way, you can facilitate a safe environment where you both feel comfortable sharing your deepest thoughts and desires.

Emotional

Emotional intimacy can be one of the most important factors of a relationship. One journal defined emotional intimacy as involving "a perception of closeness to another that allows sharing of personal feelings, accompanied by expectations of understanding, affirmation, and demonstrations of caring."

To cultivate emotional intimacy, take time to listen to and share with your partner each day. Also, make notes of special moments or things that remind you of your partner so that you can let them know you're thinking about them.

Studies have shown that self-disclosure can build feelings of intimacy in relationships, which will make your bond stronger.



Intellectual

Look, you don't have to watch Jeopardy together every single night, but it can be fun to have intellectual conversations with your partner, primarily if you work in different fields. Find new topics to talk about; simple Google searches pull up hundreds of conversation starters.

If you put effort into having conversations outside of the everyday monotony, it can keep things fresh in your relationship.

Experiential

While couples don't have to be joined at the hip, shared experiences are important in healthy relationships. They're also often the way that relationships begin, so experiences can even add an element of nostalgia for long-term partners.

If you're looking to deepen your experiential intimacy, this is an excellent time to book a trip or try out a fun new date spot or activity in your city. Attempt to learn something new about your partner.

Spiritual

While this can be referring to religious ideas and beliefs, it can also mean something more profound, like sharing actual beliefs and values. Your values and beliefs can align with religion or even health and wellness. Regardless, it's important to share these important aspects of your life with your partner.

This can also be a chance for you and your partner to talk about what role you want spirituality to play in your lives if you have a family.



NOT JUST SEX.....

Topics to Discuss (Pick 10)

- How can we romance each other during the day in anticipation of sex?
- How often would you like to have sex?
- What turns you on?

Do you want foreplay?

• What is your biggest insecurity when having sex with me? Is there something I can do to make it better?

- What is your favorite position?
- What position would you like to try?
- What do I do during sex that gives you the most enjoyment?
- Name 2 places outside the bedroom where you want to make love.
- Is connecting emotionally before sex important to you?
- When do you find me the sexiest?
- When is your favorite time to have sex?
- Where do you enjoy touching me the most (sexual and non-sexual)?
- How do you initiate sex? How would you prefer I initiate sex?
- Do you have a fantasy you want to try with me?
- Do you enjoy seduction?

What is your seduction fantasy?

- What turns you off?
- Has there been a time when you decided not to initiate sex with me due to fear of rejection?
- How do you feel about showing affection in public (holding hands, kissing, hugging, etc.)?
- How can I show you I am sexually attracted to you?
- What part of my body turns you on the most?
- Is there something I say that turns you on?
- What is your favorite way to get in the mood?
- What are your views on pornography?
- What do you think is the best way to keep the romance alive in a marriage?
- Are there specific sexual acts that make you uncomfortable?

Check In Area

1. Select three Strength Areas (most agreement and positive aspects of your relationship)
2. Select three Growth Areas (most disagreement and areas you want to improve)

STRENGTH AREAS

GROWTH AREAS

1. COMMUNICATION We share feelings and understand each other.		
2. CONFLICT RESOLUTION We are able to discuss and resolve differences.		
3. PARTNER STYLE AND HABITS We appreciate each other's personality and habits.		
4. FINANCIAL MANAGEMENT We agree on budget and financial matters.		
5. LEISURE ACTIVITIES We have a good balance of activities together and apart.		
6. SEXUALITY AND AFFECTION We are comfortable discussing sexual issues and affection.		
7. FAMILY AND FRIENDS We feel good about our relationships with relatives and friends.		
8. RELATIONSHIP ROLES We agree on how to share decision-making and responsibilities.		
9. CHILDREN AND PARENTING We agree on issues related to having and raising children.		
10. SPIRITUAL BELIEFS We hold similar religious values and beliefs.		

What I love about my partner

Qualities & Strengths	Actions/Words that meant a lot to me

What initially attracted me to my partner:

I value my partner because:

Relationship check-in

It might be helpful to have both of you fill this out once a month or so to check in with each other.

1. There is a warm intimacy between us most of the time.

Strongly Agree Agree Disagree Strongly Disagree

2. I have no trouble forgiving my partner when I am hurt in our relationship.

Strongly Agree Agree Disagree Strongly Disagree

3. I have no trouble apologizing to my partner when I do something wrong.

Strongly Agree Agree Disagree Strongly Disagree

4. Any disagreements we have are resolved without hurts or conflicts.

Strongly Agree Agree Disagree Strongly Disagree

5. Our communication is clear and we understand each other well.

Strongly Agree Agree Disagree Strongly Disagree

6. I am happy with the amount of quality time we spend together.

Strongly Agree Agree Disagree Strongly Disagree

7. I feel valued, appreciated, and listened to by my partner.

Strongly Agree Agree Disagree Strongly Disagree

8. I feel as though we are both on the same page regarding our future together.

Strongly Agree Agree Disagree Strongly Disagree

9. I am comfortable talking to my partner about personal or sensitive topics.

Strongly Agree Agree Disagree Strongly Disagree

10. I can be 100% myself in my relationship.

Strongly Agree Agree Disagree Strongly Disagree

11. I feel as though we know each other very well.

Strongly Agree Agree Disagree Strongly Disagree

12. I feel as though we are growing in the same direction, and that we share the same values.

Strongly Agree Agree Disagree Strongly Disagree

13. I am happy with the way you show your love for me.

Strongly Agree Agree Disagree Strongly Disagree

14. I consider myself happy in this relationship.

Strongly Agree Agree Disagree Strongly Disagree

