

SPECIAL E-BOOK

# 3 STEPS TO RECREATING INTIMACY

## YOUR JOURNEY TO A HEALTHY RELATIONSHIP

---



**Dovid Feldman - LPC, AMFT**

[www.dovidfeldman.com](http://www.dovidfeldman.com)

## Three Steps to Recreating Intimacy

Intimacy - the holy grail of relationships, connection and unification. It is the magic that brings us together -- that ignites passion, long talks, and shared, silent moments. It is the elixir that gives hope to our lives, meaning and joy to our commitments. Intimacy goes beyond chemistry, as it is founded on trust, vulnerability and love.

And like trust, it is difficult to create yet easy to destroy. A snide comment. A deception. One bitter fight. Or even a persistent, negative thought. These can easily break the bonds of intimacy, and instead fill the void with coldness and distance. If you are reading this, it is probable that you are interested in repairing your relationship, rebuilding the connection and closeness that once was.

I'd like to share with you three ways that you can do just that. Using these methods, you can create a foundation of intimacy that will be much stronger than what you had in the past. I know this because not only have I helped many clients do it, I had to do it myself.

**“ The only change we can affect is our own ”**

In keeping with known wisdom, we will be focusing on ways you can increase intimacy. Be prepared to learn, and make some changes. This is not a guide on getting your partner to change (but it will, for sure!). The methods to recreate intimacy shared here will aide you in feeling closer, more connected to your partner. And, I have yet to meet any person who did not respond in kind.

## The Relationship Trilogy: Thought, Speech, and Action

Thought, speech and action are the three ways we interact in our relationships. Notice, that emotions -- the heart -- is not included. This is because according to almost all modes of therapy, spiritual growth, and even self-help gurus, the heart follows your mind, reflects your speech, and is influenced by your actions.

To recreate intimacy, and affect the heart, we must first reprogram what we are thinking, how we communicate, and what we are doing. By adjusting your thoughts, speech and actions, your heart will shift and create a new, more intimate emotional reality for your partnership. Let's begin.

### Step 1: Increase in Acts of Kindness

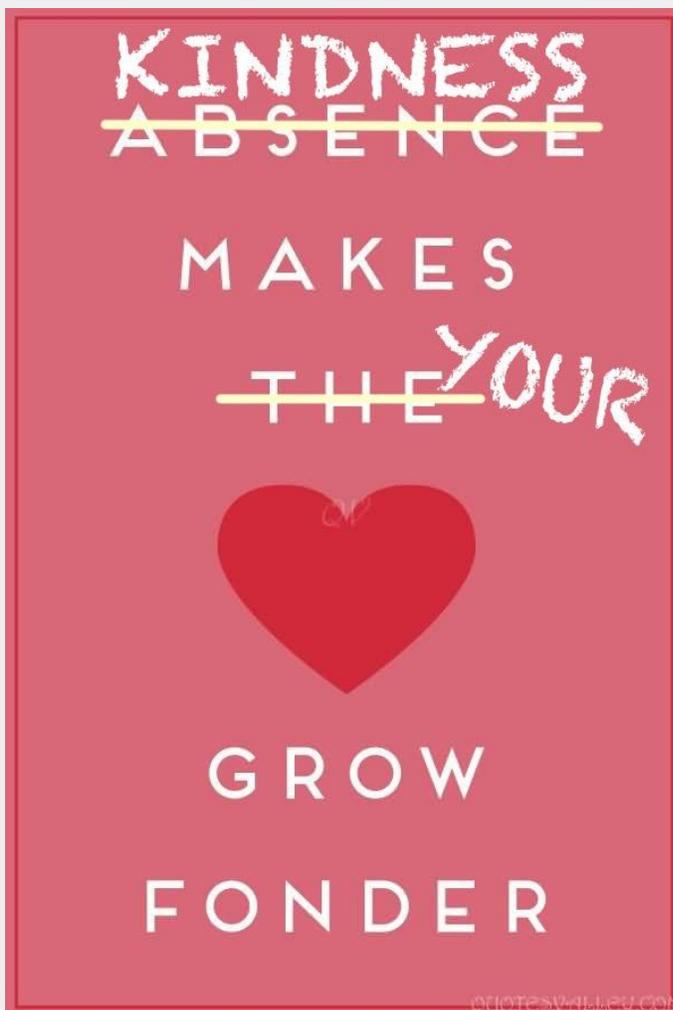
We start with action because nothing reorients our entire gestalt -- our outlook and worldview -- like doing. Ask any exercise coach, motivational speaker, or life-coach. The most effective method to bring about real change in yourself and those around you is adherence to the mantra "Just Do It!".

There is empirical evidence to support this position. In an [article for Psychology Today](#), Dr. Noam Shpancer explains that:

“ *Recent research in clinical psychology has shown that the fastest way to change an emotion is to change the behavior attached to it... The shortest, most reliable way to change how you're feeling is to change what you're doing. When you feel bad, don't wait to feel good to do what you love. Start doing what you love. Good feelings will likely follow.* ”

Dr. Shpancer continues to inform that:

“ *Many people assume that the link between emotion and behavior is one-way: Emotions shape behavior. You love him, therefore you kiss him. You hate him, therefore you hit him. This view is incorrect...Much of the time, behavior actually shapes emotion.* ”



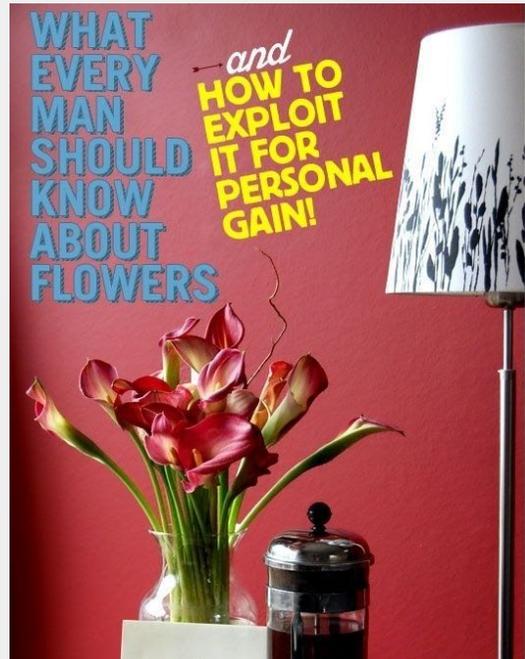
Author Shaunti Feldhahn explores this dynamic in her book *The Kindness Challenge: 30 Days to Improve Any Relationship*. Mrs. Feldhahn conducted a research project on 700 individuals, challenging them to add consistent, small acts of kindness to people with whom they were having difficulty connecting to.

***A whopping 89% of her sample reported significant improvements in their marriage satisfaction in a mere 30 days.***

Because men and women value action differently, we will explore these separately for both genders.

## Kind Acts for your Woman

It is widely known (and empirically shown) that while women value romance and chemistry, they mainly prioritize safety, security and honor. By doing something that says “I want to take care of you” rather than “I love you”, you are shifting the gesture away from your emotional experience towards her lived experience. You are expressing, through action, that you want to make her life easier, better, and more pleasurable. Focusing on her physical / emotional needs, rather than your own, is in itself an act of intimacy.



On a personal level, a few years back, I was frustrated with some aspects of my family life. My relationship with my wife & children felt a bit distant, frustrating, and disconnected. One day, I had an “Aha” moment. I realized that before I headed off to work, I had a good 20 minutes to spare. Why not make my wife & kids a nice breakfast? Again, crazy idea, but at the time, I thought it was a good one. I took down the waffle maker, whipped up some healthy spelt-flour batter, and in about 10 minutes had two warm & delicious waffles waiting for my kids. For my wife, I decided on fried eggs, and baked crackers, made exactly the way she likes. 15 minutes from start to finish. I started doing this everyday. I call it “Breakfast Therapy”. This is easy, simple and shows protection and honor.

And, there is a science behind this as well. According to Dr. Daniel Carlson, in his [article on relationship satisfaction](#), doing an act of domestic-kindness (such as doing the dishes) directly leads to relationship satisfaction, and ultimately, better sex - who knew?

## Being Kind to your Man

As men, we are not nearly as concerned about security or protection, as we are respect. Men want to know that their wives support them, believe in them, and honor them. This may often times express itself through a supportive gesture that let's him know you respect, believe-in, and support him. As I tell my clients:

**“ A man doesn't need you to *do* things for him, he wants you to do things *for* him. ”**

According to Laura Doyle, author of the bestseller *The Empowered Wife, Six Surprising Secrets for Attracting Your Husband's Time, Attention, and Affection*, in order to give men the respect he wants, your intimacy-building action should demonstrate that you have faith in his capabilities.

Nothing elaborate necessary. It could be something as simple as making him a cup of coffee, baking something yummy that he likes, or putting on perfume you know gets him excited.

Shaunti Feldhahn, author of the previously mentioned book *The Kindness Challenge: 30 Days to Improve Any Relationship*, recommends “doing a small act of kindness or generosity.” According to Mrs. Feldhahn:

**“ Kindness doesn't just mean being ‘nice’ to your husband. It means being positive, affirming and generous to and about him. Especially when you feel like none of the above. ”**

## **Step 2: Eliminate Criticism - Completely.**

As per the adage “The pen is mightier than the sword”, it is through the expressed word that worlds are created and destroyed. As a matter of fact, according to Kabbalah, the entire universe was created by the ten utterances of Gd’s speech.

But in relationships, what is not said is often times more important than what is said. And I would add that what is not said is much more important. As a matter of fact, there is a good chance that you are reading this ebook specifically because of something you or your partner did say as opposed to did not say.

According to Dr. John Gottman, the four largest predictors of relationship distress and ultimately divorce are caused by speech: criticism, contempt, defensiveness, and stonewalling. It is my position that through eliminating the first, the other three will fall. This is because without criticism, you cannot express contempt. And without criticising, there is no reason to be defensive. And without the negativity, there is no reason to stonewall.

Removing criticism, in all forms, isn’t easy. We are used to, labeling bad behavior, making snide comments or even jokes and laughing at the mistakes of others, to name a few. And criticism can be even more subtle, such as over-confidently stating your opinion after your partner has shared theirs. As difficult as it is, the benefits to your relationship cannot be overstated. Nobody wants to connect with a critical person -- this is obvious. To foster a sense of vulnerability, trust and intimacy, criticism must be eliminated.

For a deeper conversation about effective speech in your relationships, please see:

- [10 Tips to Improving Your Listening Skills](#)
- [3 Steps to Effective Communication Skills](#)
- [4 Weird Tricks to Divorce](#)

### Step 3: Practice the Art of Gratitude

Perhaps the most important of all three steps is the last -- the attitude of gratitude. More and more research is coming out about the power of this character trait -- not only to influence your relationship, but primarily on the gratitude-practitioner themselves.

One of my favorite resources for gratitude is Hailey Bartholomew, and her incredible project at [365grateful.com](https://365grateful.com). Here she describes her incredible journey and transformation from depression to joy.

Hailey admits to seeing only the negative for a long while -- in her husband, children and life in general. All of her relationships suffered. Until one day, she decided to flip the "gratitude" switch. She committed to working on her ability to consciously focus on the positive -- and she put it into practice by photographing things she appreciated, every day.

“ *Taking one photo every day of something I was grateful for really re-programmed my brain. Seeing and celebrating the good in my life affected not only the way I felt spiritually and physically but it improved my relationships with others too.* ”

#### **The art of gratitude takes more than just a mind shift.**

Hailey turned her life and relationships around. And so can you. But it takes focus, thought, and expression. Gratitude is about bringing to the forefront of your consciousness an appreciation of your partner's positive qualities and actions. This is something everybody can access in relation to any person -- how much more so to your spouse.

## Three Steps to the art of gratitude

### One

Start out by noticing 1-2 things your spouse does that you can be grateful for. Mowing the lawn, making school lunches for the kids, dressing nicely, going to the gym. The nice thing about noticing gratitude is that, literally, if you are searching for it, there are thousands of ways you can appreciate your partner. Retrain your mind to focus on those ways. Everyday.

### Two

Next, express your thoughts. Text your spouse an appreciative message. Leave a note. Tell them over the phone, or if you can, tell them face-to-face.

- *“I’m so appreciative of how you make our children a priority”*
- *“I’m so grateful to have such a capable man as my husband”*
- *“I appreciate how you make our house into a home.”*
- *“I feel safe coming home, knowing that you are here.”*

### Three

Finally, make it a *daily-practice*. Yes, I know this is challenging, but so important -- especially at first. Make it a habit to mention 2-3 things you appreciate about your spouse, every day for two-weeks straight.

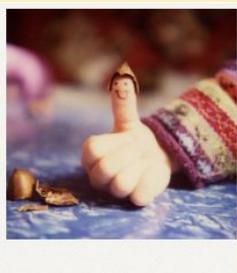


## The Benefits of Gratitude

The work is not in finding what is praiseworthy about our partners, for that list is endless. The work is in our own ability to identify and express what is obviously positive about them. Cultivating the gratitude-skill will give you the strength and resources necessary to make an excellent life-partner, friend, lover and even parent. Being able to see and appreciate the positive in all situations and all people is one of the most important ingredients of a happy, joyful life -- and one of the best gifts you can give yourself and your relationships. According to Dr. Barbara Frederickson, in her 2009 best seller - *Positivity*, the power of gratitude affects both the giver and the receiver.

“ *Rather than taking things your partner does for granted, try thanking them. Highlighting even those little moments when your partner is thoughtful or kind by thanking them can go a long way towards making sure you are getting more of the good stuff, by boosting serotonin and oxytocin levels. Studies show gratitude benefits both the person expressing it and the one receiving it.* ”

## The Original 365 Grateful Project



23.06.08  
Pecans are yum and fun



13.5.08  
A little hand. Lifted her up to top step & she turned and offered her little hand. Warms my soul!

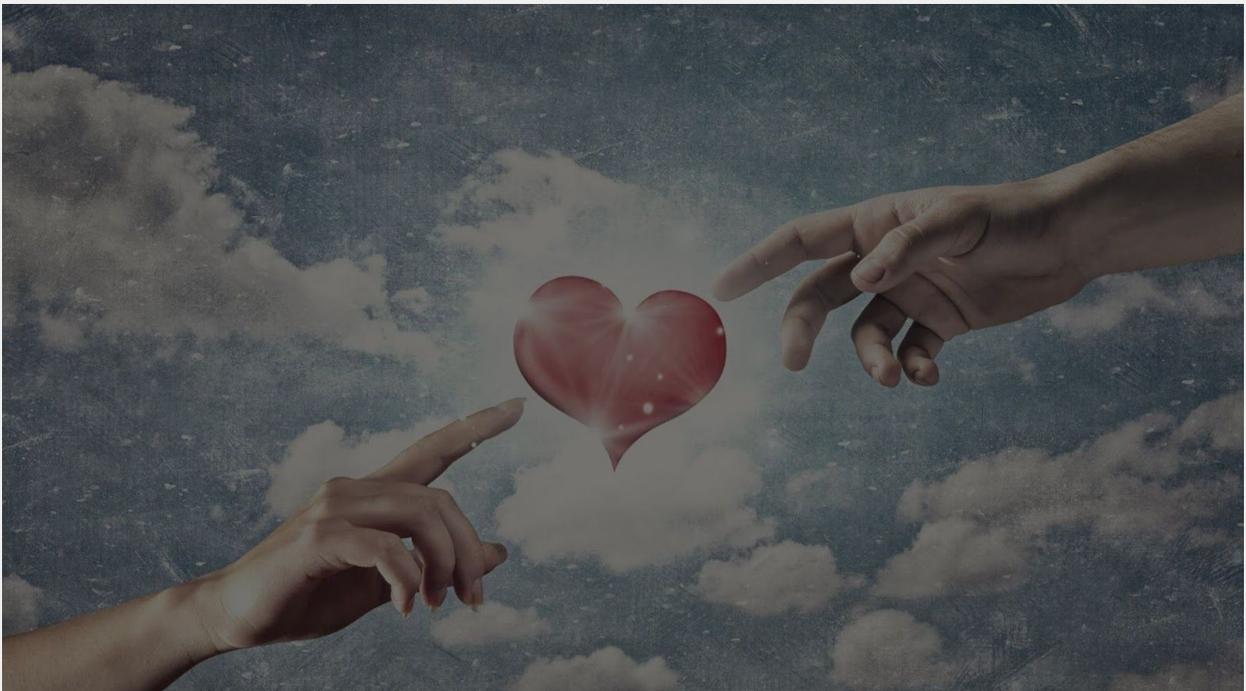


1.5.08  
Change of season... my favourite from tree on our street

Gratitude takes lots of practice and hard work, but it is the best investment you can make. You will thank your partner for it later.

## Putting it All Together: The Emotional Gain

Thought, speech and action form the foundation of our relationships. They are the vehicles through which we connect. By aiming towards intimacy with kindness, proper speech and grateful thoughts, our heart has no choice but to follow forward, creating a space for love to flourish. And this is true intimacy -- the union of our outer expressions in alignment with our inner, heartfelt, emotions, creating a sacred connection between two halves of the same soul.





If you need help in your relationship, marriage, or your situation, give me a call.

As a licensed, trained Marriage & Family Therapist, I can help you recreate intimacy, trust and well-being.

Don't wait until it's too late. Schedule a [Free Clarity Call](#) now, to discuss how we can work together.

~Dovid Feldman 🙏

[www.dovidfeldman.com](http://www.dovidfeldman.com)



Wild Child Healing ✓  
@Rimanelli

I will forever feel that G-d gifted [@dovidfeldman](#) to me at one of the most toughest times in my life. He truly changed my perspective on relationships and even educated me on things I had no idea about especially from a males point of view.