



Reignite
INTIMACY &
CONNECTION WITH
YOUR EMOTIONALLY
DISTANT PARTNER



inhervision

“What makes a relationship strong is not big acts of passion, but rather micro-moments of warmth and connection”

WELCOME!

Whether you've been in a relationship with your partner for a couple of months, a couple of years, or a couple of decades, somewhere along the journey you two lost that connection. Or maybe you never really had it before, and it isn't until now that you're realizing you want a more meaningful and vulnerable connection with them.

This guide is for you if:

- You've been feeling emotionally disconnected from you partner
- You feel like your partner pushes you away or doesn't seem interested in becoming close with you
- They avoid real conversations at all costs
- When you do have a conversation with them, they are easily offended and it feels like you have to keep things to yourself and handle it on your own.

In this guide, I will share with you 5 exercises you can implement with your partner to reignite the deeper connection, or create it for the first time.

to reigniting your relationship,

Anita





BEFORE WE START

What does a connected and intimate relationship really look like?

When two people can share their thoughts and feelings openly, without censorship or fear of upsetting or being rejected by their partner. Instead of criticism and blame, they work through their problems together like a team, hearing and respecting each other's side of the story with a sense of curiosity to learn more about one another. You feel safe knowing you can share your pain, your fears and your worries with each other as much as your happy times. There is an understanding that you are two separate people, with separate needs, ideas and perceptions of the world; and that it's not your partner's obligation to fulfill your needs. However, each person can choose to grow who they are in ways that still honor their own boundaries and self-integrity to meet their partner's needs. All in all, there is a foundation of love, respect, honesty and support for one another.

How do you speak to your partner when they're sensitive to criticism and become easily offended?

- **Start with Love:** Start with telling them how much you care and love them (speak authentically, as your partner can feel what is genuine.)
- **Acknowledge them:** You can include something you appreciate about them—something they did recently that you took special note in.
- **Be Gentle in Your Delivery:** use softeners in your dialogue with them. Some great communication softeners sound like: *maybe, sometimes, perhaps, it's possible*. Or **in the context of a request:** *would it be possible? could you please...? If you'd be open to it...? It would mean a lot to me if...*
- **Be Vulnerable:** share what **you're** feeling, not what you assume your partner meant by his actions. **Example:** *"when this happened, it made me feel..."*
- **Own your Part:** show your partner that you recognize where you could have showed up better in the situation by saying specifically what you did and how that may have impacted your partner's feelings, and also how would have preferred to act instead.



Example 1 : “I have something that’s been on my mind and it would mean a lot to me if we could have an open conversation together about this when you have some time free to do so. Would you be open and willing to that?”

Example 2 : “_____, I love you and care about you a lot. I would really like to have an honest and open conversation about something that’s been on my mind lately as it’s been bothering me. I know that these conversations are not something we do.... I understand that this conversation might feel uncomfortable and not nice... but it would mean a lot for me if you would hear me out.... Would you be open to that?”

Final note:

Use Curiosity instead of criticism

So often when we become triggered in a relationship we snap right to accusation, blaming or shaming our partner. If you shift your approach from criticism to, instead, curiosity it will help you to connect and understand one another instead of shooting accusations back and forth and staying in the power struggle.

Invite curiosity in. Get curious as to why they decided to do things the way they did, or said things in the way they said them. The main point here is to be open and ready to hear their honest truth, because the intention of this exercise is to really understand the other.

“I worked with Anita during a time in my life when it was crucial to have someone I could confide in. Anita provided a safe space for me to explore and clarify what I really wanted with my marriage of 20 years and she walked alongside me as I outlined the steps that would get me there.”

A.M.Y
VANCOUVER, CA



5 EXERCISES
TO REIGNITE *intimacy*
& *connection* WITH
YOUR PARTNER

1. The Radically Honest Heart Talk Exercise:

Purpose: to connect to one another through empathy, acknowledging and understanding, rather than criticism or judgement.

Often when a relationship gets to the point of lifelessness, it's easy to want to give up—and sometimes it feels like that's the only way out.

Instead of quitting the relationship and running away, or finding someone outside of your relationship to fulfill your need for closeness and intimacy (as there is a tendency to begin looking outside the relationship), take some deep breaths, puff up your chest, and prepare yourself for a large act of courage.... to actually **TALK** to your partner. *What a crazy thought, right?!*

I want to make a comment here... just because your partner seems emotionally distant and tends to avoid “tough” or “real” conversations at all costs, doesn't mean that they are completely unreachable.

Sometimes it's something like this—a honest conversation that shakes them awake and alerts them to the reality and the possibility of losing you if something doesn't change.

In this exercise you can using a **Mirroring technique** to turn this conversation into an exercise on active listening, understanding and acknowledging each other –a perfect start to rebuilding the intimacy that's been lost.

Go in with a mindset of:

- Commit to hearing the person's full experience without interrupting or criticising.
- Look for the possibility in your partner's perception of the situation.
- Take ownership in the ways you contributed to the situation.
- Focus on sharing your feelings by using “I” sentences and take it home → “When this happened, I had a feeling of...” instead of “when YOU did this, I felt...”
- Share your fears /insecurities → “I was feeling unsafe in that moment. I know that sometimes you need space, but what I really need in that moment is to know that I'm safe and that you still love me”.

How to:

1. Decide who will be Partner A and Partner B.

2. **Partner A** begins by sharing their feelings about how things have been going in the relationship. Include how the distance/lack of connection/ lack of intimacy/ lack of quality time together has made you feel sad / scared/lonely/ angry / etc., while **Partner B** listens intently for the sole purpose to understand Partner A.

****Note :** *do not interrupt while the other person is speaking! This is meant to be a safe space to share openly with your partner.*

“Something I want you to know is...”

... “I’m feeling really scared right now...”

... “when you said _ _ _ _ _ to me, I made it mean that you are leaving the relationship...”

...“ What I really want is a deeper connection and more time with you.”

3. **Partner B** reflects back to Partner A what they heard with a matching tone and energy of Partner A’s share. Once finished, **Partner B** asks Partner A: **“Did I understand you correctly?”**

4. **Partner A:** reiterate anything that was not seen or understood by Partner B. Have Partner B continue to reflect back until there’s a resounding YES.

5. Now **Partner B** will share their feelings, perception, etc of how they’ve been feeling in the relationship, while **Partner A** listens for the sole purpose of understanding your partner better.

6. **Partner A** now reflects back until they understood and and heard a resounding YES from Partner B that they’ve understood wholly and correctly.

7. Give appreciation to one another for really hearing each other’s side.

8. Brainstorm concrete ways in which you can take action to make the situation better.

9. State what you are comitted to doing for the health and betterment of your relationship.

2. Team-Building Partnership Exercise

Purpose: To form a sense of trust and alliance through working together towards a common goal or vision.

When two people are in a healthy relationship they are working together in partnership towards the shared vision for their life; both supporting one another in their personal endeavors as much as each other's.

However, most of us were not taught or even modeled to us what true partnership looks like.

Instead, we fall into the subconscious habit of looking to get our needs met by whomever we are in close relationship with at the time. Which in turn, creates a sort of condition to our partners, that if they don't fulfill a certain need in exactly the way we want, we won't give them the love that they want in that moment. It's important to recognize that each of you are separate people with individual and unique needs imprinted in you from past childhood experiences.



Think about love like a separate entity. Like a garden, both of you plant the seeds of love together, nurturing the soil, watering the seeds, making sure it's receiving enough sunlight, adding to the strength and longevity of your flowers by feeding it fertilizer. There's a sense of togetherness and teamwork. This is what creates deeper connection. That's why in this exercise it's about reconnecting through a joint goal or project.

"Anita helped me discover qualities that were already a part of me, but that hadn't been realized. She helped me to break down seemingly small problems that lead me to discover my patterns, which translated to the bigger issues. She posed thought-provoking questions in every single conversation that left me challenging the beliefs I thought were set in stone."

HUGH,
COLORADO, USA,

How to:

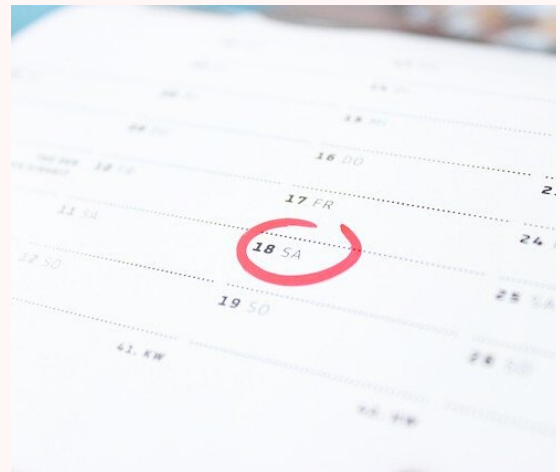
For this exercise, decide together upon something you both feel interested and excited to work towards and build. This could look like:

- building an actual garden you can grow and maintain together. Even if you don't have property for a garden, you can make a herb garden in your kitchen.
- Completing a 10,000 piece jigsaw puzzle.
- Planning an adventure trip to a foreign country and map out the plan together to include your shared budget plan, accommodation and specific excursions and sightseeing you both wish to experience
- An overnight mountain hike with a tent, camp stove, dry food, the works!
- Enroll in a mindfulness or personal development retreat together
- Enroll in a course together
- Learn a new language together in preparation for a trip abroad
- Take a cooking class together
- Learn a new sport or outdoor activity together: climbing, cycling, kayaking, tennis, etc. Get fit together!

Choose a start date that works well for the both of you and get to work on it!

Note: this team building exercise is best when the project stretches out over a period of time rather than one day. Be sure to pick a project that has a time commitment in it.

Lastly, commit to one another to complete this project together and to both put your 100% into it.



3. Capturing your Partner's Essence

Purpose: To be reminded of the beauty in your partner, and to reveal to them how they see you through their eyes.

This is a fun and creative exercise that you two can do together on a Friday night with a glass of wine and some of your favorite music for background ambiance. The idea is to capture the essence of your partner: all the intricate details and quirks and personality traits that you really admire and like about them.

How to:

Each of you decide on a project you will create for the other. Here are 3 ways I enjoy doing this for my partner:

- **Create a collage of magazine clippings** about all the things that portray and celebrate your partner. If you've been disconnected for a while, sometimes it can be difficult to think of the positive things you love about them. Think back to when you two first met and how the dynamic was between you two. Think of happy memories and extract from that what you admire about them. Find clippings and images that can express this. Don't be afraid to get "mushy" -- that's the whole point. What are their best qualities that you wish you had more of in you? What do you see in them that's worth acknowledging that they might not know or see in themselves? Glue in place and present it to one another, explaining why you chose each image.
- **Photographs** – over the next several weeks, snap photographs of each other that capture their essence. It's best to capture candid photos. Print these out and make a date together to share your printed photos of one another, explaining what each photo represents in them.
- **Mixed Tape** – back in the day we used to make music tapes or music CDs for the ones we cared about. This would include a collection of music from all genres (usually the favorites). In this project you are to put together a playlist that includes ALL the songs that remind you of your partner. Try to capture their essence with the mood/ tone of the song, the lyrics of how you feel about them (if that's too difficult, then connect back to previous feelings). Present this playlist to your partner.

4. Loving Acts of Service Exercise

*This exercise was modified by an exercise created by Dr. Harville Hendrix in his book, Getting the Love You Want.

Purpose: To reconnect to the giving part of love and reconnect through loving acts of kindness -- without expecting something in return.

How To:

- You each make a list of 10 things you both would love to receive/ have done for you from your partner.
- These can be tasks like taking out the trash, putting away the dishes, giving you a 20 minute back rub, initiating and planning a date night idea, cooking a meal for you, bringing you flowers, writing you a love letter or a letter of acknowledgement.
- Each of you will have created this list of 10 to 15 items.
- Once complete, give this list to your partner.
- Then through the next 3 weeks, each of you is to complete the list for one another.

Note: The main point here is to act these services out when you are ready and willing to put your efforts into it. Half efforts don't feel genuine or from a loving place. Make sure you avoid putting pressure or hinting your partner to do your tasks! So long as each of you are committed to completing your list, you can allow each other to do it in your own time.

“Working with Anita has ended up being one of the most important decisions I’ve ever made, and I can’t even imagine how different the direction of my life would be if I had never made that first call.”

JAMES,
WASHINGTON,
USA,

5. Reenact your First Date

Purpose: To Rekindle and remember the early stages of your love story and why you two chose each other.

This one doesn't need a long description.

A big part of keeping the romance alive is spending quality time together that doesn't entail eating dinner in front of the TV. Choose a day together, make the arrangements, get the props, do all the things you gotta do to make this first date ALIVE and as if it were happening all over again.

Buy the flowers, dress up in the similar clothes, be reminded of the type of things you used to talk about, the type of things you found intriguing and pleasant in the other. Make a list of topics you used to love talking about and use that as ways to reignite conversation again. The main thing is that both of you are committed to being open and trying it in a playful way.

Make it a special day... and take your time coming home :)



MEET ANITA

Anita Hisir is a trained and certified Relationship Coach and founder for Inhervision.com. She works with both men and women who are either struggling in their relationship to keep the love or who are looking to attract new love in after a break-up or divorce.

Anita believes that in order to call in the partner you've always dreamed of, you've got to do the inner work on **you** first. One question she often poses to her clients is: ***Are you embodying the quality and level of love that you wish to attract in a partner?***

Want Help?

Are you looking for:

- Clarity in what to do with a stale relationship?
- Help in reigniting connection and intimacy with your partner who's emotionally avoidant / closed off? or
- If you are ready to call in your soulmate, but don't know where to start?



Book a FREE
50-minute
Coaching Call!

