

# Nurturing Trust & Intimacy

In a world filled with words, sometimes the best way to nurture trust, intimacy and form deep connections is by unspoken emotions.

In this worksheet, we'll explore how you and your partner can build a deeper bond and cultivate a sense of emotional closeness. **While words are essential for communication, non-verbal cues and actions also carry a unique ability to convey emotions and build trust.**

Through simple yet powerful practices, you can create moments of vulnerability, understanding, and love, enhancing the intimacy between you and your partner.



## THE SOULFUL EMBRACE

This beautiful exercise aims to strengthen the bond between you and your partner, fostering trust, emotional intimacy, and a deeper sense of connection.

Let's get started!



- **Create a calming space:** Find a quiet and comfortable spot where both you and your partner can feel at peace. Ensure there are minimal distractions.

- **Sit Face-to-Face:** Take a comfortable seated position, and allow your knees to touch, promoting physical closeness.



- **Hold Hands:** Feel the warmth and texture of each other's touch. You can slightly move your thumb over the back of your partner's palms.



- **Eye Contact:** Gaze into each other's eyes. Allow vulnerability and connection to flow between you.

- **Embrace Silence:** While this may feel a bit uncomfortable at first, it's perfectly normal. Take deep breaths and embrace the silence.

- **Hands on Hearts:** If both of you feel comfortable, place your free hand on your partner's heart to feel your partner's heartbeats. This gesture can help reinforce feelings of safety and care.



- **Synchronise Your Breaths:** Continue taking a few deep breaths together, finding a natural rhythm.

- **Feel the Moment:** Embrace the emotional closeness and the vulnerability of the shared experience, allow yourselves to be fully present in the moment.

- **Express Gratitude and Love:** Take turns expressing your feelings of gratitude and love for each other, non-verbally. You may hug your partner, run your fingers through their hair, or even just smile while continuing to hold hands.



By engaging in this heart-to-heart practice, you both can experience vulnerability, gratitude, and form a deep emotional connection.

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

