Protected Intimacy Time

For when intimacy has faded. Protect the time, not a number.

Every day, 2 minutes: affection with no strings. A real kiss, a long hug, holding hands. It does not mean anything more is expected.

Every week, 45 to 60 minutes: our protected evening. Phones away. The one rule: nothing has to happen. Closeness, massage, talking in bed, making out. More only if we both want it.

Every month, 15 minutes: the desire talk, outside the bedroom. What felt good? More of, less of? One small thing to try?

From CoupleCareRoutine.com