

COUPLES CONNECTION INTIMACY WORKBOOK

24
PAGES

THE CONNECTION WORKBOOK



Forms of INTIMACY explored

Emotional intimacy

Physical intimacy

Spiritual intimacy

Sexual intimacy

Relationship connection
CHECK-UP ☐ Joy ☐ Bored ☐ Angry

Sex

Emotional intimacy

Physical intimacy

Spiritual intimacy

Sexual intimacy

DISCONNECTION Check-list

What is happening today?

- 1. I feel disconnected from my partner.
- 2. I feel like I am not being heard.
- 3. I feel like I am not being seen.
- 4. I feel like I am not being valued.
- 5. I feel like I am not being respected.
- 6. I feel like I am not being loved.
- 7. I feel like I am not being supported.
- 8. I feel like I am not being encouraged.
- 9. I feel like I am not being challenged.
- 10. I feel like I am not being inspired.
- 11. I feel like I am not being motivated.
- 12. I feel like I am not being energized.
- 13. I feel like I am not being refreshed.
- 14. I feel like I am not being rejuvenated.
- 15. I feel like I am not being revitalized.
- 16. I feel like I am not being renewed.
- 17. I feel like I am not being reborn.
- 18. I feel like I am not being resurrected.
- 19. I feel like I am not being restored.
- 20. I feel like I am not being restored.

Make up a SELF-CONNECT

My personal mission

My personal vision

My personal values

My personal strengths

My personal weaknesses

My personal goals

My personal dreams

My personal hopes

My personal fears

My personal passions

My personal interests

My personal hobbies

My personal talents

My personal skills

My personal knowledge

My personal experience

My personal wisdom

My personal insight

My personal understanding

My personal awareness

My personal consciousness

My personal intuition

My personal instinct

My personal gut feeling

My personal gut reaction

My personal gut response

My personal gut feeling

My personal gut reaction

My personal gut response

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Table of Contents Leader Guide Discussion Workbook Return To Intimacy

1. Understanding the eBook Leader Guide Discussion Workbook Return To Intimacy
 - The Rise of Digital Reading Leader Guide Discussion Workbook Return To Intimacy
 - Advantages of eBooks Over Traditional Books
2. Identifying Leader Guide Discussion Workbook Return To Intimacy
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an eBook Platform
 - User-Friendly Interface
4. Exploring eBook Recommendations from Leader Guide Discussion Workbook Return To Intimacy
 - Personalized Recommendations

- Leader Guide Discussion Workbook Return To Intimacy User Reviews and Ratings
- Leader Guide Discussion Workbook Return To Intimacy and Bestseller Lists
- 5. Accessing Leader Guide Discussion Workbook Return To Intimacy Free and Paid eBooks
 - Leader Guide Discussion Workbook Return To Intimacy Public Domain eBooks
 - Leader Guide Discussion Workbook Return To Intimacy eBook Subscription Services
 - Leader Guide Discussion Workbook Return To Intimacy Budget-Friendly Options
- 6. Navigating Leader Guide Discussion Workbook Return To Intimacy eBook Formats
 - ePub, PDF, MOBI, and More
 - Leader Guide Discussion Workbook Return To Intimacy Compatibility with Devices
 - Leader Guide Discussion Workbook Return To Intimacy Enhanced eBook Features
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 - Highlighting and Note-Taking Leader Guide Discussion Workbook Return To Intimacy
 - Interactive Elements Leader Guide Discussion Workbook Return To Intimacy
- 8. Staying Engaged with Leader Guide Discussion Workbook Return To Intimacy
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Leader Guide Discussion Workbook Return To Intimacy
- 9. Balancing eBooks and Physical Books Leader Guide Discussion Workbook Return To Intimacy
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Leader Guide Discussion Workbook Return To Intimacy
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Leader Guide Discussion Workbook Return To Intimacy
 - Setting Reading Goals Leader Guide Discussion Workbook Return To Intimacy
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Leader Guide Discussion Workbook Return To Intimacy
 - Fact-Checking eBook Content of Leader Guide Discussion Workbook Return To Intimacy

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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