

# CREATE MORE INTIMACY IN 10 MINUTES A DAY WITH MINDFULNESS TOOLS FROM

BODYSOUL  
SCHOOL

# 1

## PERSONAL MINDFULNESS

Most of us want more intimacy in our lives --sexual & otherwise. But intimacy is not something we can demand--it's something we create. The first step to creating intimacy is personal mindfulness: observing our own thoughts and feelings with loving, objective curiosity.



# 2

## INTIMACY = INTO ME YOU SEE

Intimacy is created when we share ourselves at a soul level, when we allow ourselves to be fully seen and received by another. But we can only share ourselves as deeply as we know ourselves. People who have a very deep, rooted sense of self are capable of the greatest levels of intimacy. This is called **differentiation**.

# 3

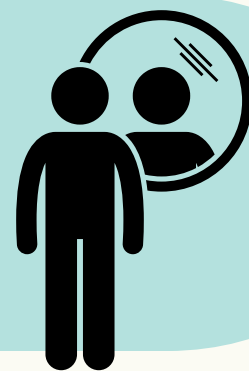
## EXPECTATIONS = PRE-MEDITATED RESENTMENTS

Expectations kill intimacy. The more we take full ownership to know and love ourselves through personal mindfulness, the less we approach our relationships with demands and expectations. The more we differentiate, the less we need another person's validation to feel okay about ourselves.

# 4

## SELF-CONFRONTING

Self-confronting is half of the intimacy equation, and it's the inevitable result of personal mindfulness practice. It means that we're willing to take ourselves on: to challenge our own reactions and thought processes--especially when we're upset. Self-confronting requires a gut-level honesty; it means we've let go of the need to self-protect and we want to see ourselves as we truly are.



# 5

## SELF-DISCLOSING

Self-disclosing is the other half of the intimacy equation. It's that extra step between seeing something in yourself, and allowing yourself to be seen by another. Self-disclosing means voluntarily sharing your self-discoveries with a safe partner. It creates **vulnerability** and **authenticity** in our relationships: the key ingredients for intimacy.



# HOW TO ESTABLISH A DAILY CHECK-IN



## TO CREATE MORE INTIMACY IN 10 MINUTES A DAY

It can be challenging to create a safe enough space in our relationships to show up fully engaged, willing to see and be seen as we are.

To do it, we have to trust each other and ourselves to show up:

- with authenticity, self-honesty, and vulnerability
- with the intention of growing in personal mindfulness
- committed to take ownership for our own actions and reactions
- without expectation on our partner to validate or agree with us
- willing to love and accept ourselves as a human being with needs, hopes, struggles
- trying to hear and understand our partner as a human being with needs, hopes, struggles

In such a partnership, a daily check-in can be an invaluable tool to support a thriving relationship that is capable of evolving for lifetime, reinforcing both individual growth and sustained connection.

Daily check-ins have truly become a sacred ritual for our marriage, a bedrock of our connection, and we truly hope these tools can also benefit yours.

## STEP 1: LOGISTICS

- Decide on a regular time and place for your check-in.
  - right before bed or at dinner can be good times because they are already attached to an established routine
- Decide who will initiate the check-in.
  - for some couples, it feels natural for the same partner to initiate check-ins, for others it is helpful to take turns, or just let it flow naturally. Whatever works for your partnership is fine.

## STEP 2: INITIATE CHECK-IN

The beauty of check-ins is that they give us a basic script-we don't have to figure out how to start what may initially feel like an awkward conversation.

Here are some of the ways we initiate check-ins that feel most natural. You can also come up with your own ideas.

- “Do you want to check-in tonight?”
- “Would you like me to check-in first tonight or would you like to?”
- “Let's check in before we go to sleep. I'm happy to start.”

## STEP 3: CHECK-IN

The first partner goes through their entire check-in, without interruption, reporting on each of the 6 vowels:

**A** Do I need to be **accountable** for any coping strategies, self-defeating behaviors, or egoic patterns today? If so, how did they show up, and what do I need to process?

**E** Was I able to **exercise** today?

**I** Was I able to do something nourishing for **myself** today? (self-care)

**O** Was I able to do something supportive for **others** today? (generosity)

**U** Are there any **unresolved emotions** that I need to address or express today?

**Y** What was my **Yay** for today? What can I be grateful for?

As we check in, it's important to note that we aren't checking in for the approval of our partner. We are checking in with ourselves, or perhaps with the Higher Power of our own understanding.

We check in for the purpose of self-reflection so we are careful to use "I"-statements throughout our check-in. "I felt \_\_\_\_\_ when \_\_\_\_\_ happened." Using "I"-statements is crucial to the safety of the space and helps us avoid blaming.

Our partner is simply there to witness us in this sacred process. It is this invitation that allows us to be seen fully and deeply, without expectation of approval or responsibility to fix our problems. This helps us to differentiate, to take ownership of our own happiness and our own resentment, while at the same time inviting connection and intimacy.

## STEP 4: RECEIVE THE CHECK-IN & SWITCH ROLES

When we receive a check-in from our partner, we practice deep listening: giving our full attention to simply receiving our partner without any feedback. We do not interrupt or comment on our partner's share.

We respond simply with "Thanks for your check-in."

This keeps it simple and also helps us avoid unconscious patterns that may be getting in the way of our ability to connect, including fixing and defensiveness.

Then, we offer our own check-in, without any further comment.

# TROUBLESHOOTING CHECK-IN CHALLENGES

You are not alone if you find check-ins to be more difficult than you expected. When we are under stress or in transition, effective check-ins will bring up the difficult issues we might otherwise avoid--this is exactly what they are designed to do.

These difficult times are when we need check-in's the most. If we are fully committed to our relationship as well as our own desire for inner freedom, we can work through these challenges to create more capacity for deeper intimacy.

In fact, we shouldn't expect to reach a deeper level intimacy without some serious tension. This kind of pain is the pathway to progress. Relational tension is one aspect of what it feels like to level up--to confront ourselves and the unconscious ways we've been operating. We can't create a New Normal--a healthier way of operating--without feeling the discomfort of leaving our comfort zone.

## Q: WHAT IF I FEEL ATTACKED WHEN WE DO A CHECK-IN?

This is such a valid question! And it doesn't have a clear-cut, easy answer. If you feel attacked during check-in, here are a few things to consider:

Check-in is intended to create a safe space for our partner to share their most honest feelings with us, and vice-versa. An honest share might include feedback on our own behavior that feels attacking. This is a challenge--but it is one that can serve our personal growth as well as our partnership.

See if you can make receiving this type of feedback part of your spiritual practice:  
**Can I receive this feedback without getting reactive and defensive?**

This is one of the reasons we respond simply with "Thanks for your check-in."

When we receive feedback that feels initially like an attack, it serves our personal growth to learn to sit with it and see how it feels in our own body, mind, and spirit.

If we allow the feedback time and space to settle, one of two things will happen:

1. We will find some truth in it, some new awareness that we can own. This will empower and expand us, and give us opportunity to more deeply connect with our partner.
2. We will gain clarity on what does NOT feel resonant about our partner's perspective. Knowing we will have another opportunity to check-in the following day gives us space to reflect on how to express our own perspective, our needs, our truth. We will have the opportunity to self-confront and self-disclose, knowing we might not be validated, but also knowing that we are coming from our deepest, most honest sense of self. This will also empower and expand us, and give us another opportunity to more deeply connect with our partner.

As hard as it is to receive negative feedback, we can shift our perspective about it. But first, we need to consider it in a larger relational framework.

# ASK YOURSELF:

Do I trust that my partner really is showing up with a sincere desire to grow, share, and connect?

Do I see my partner trying to take full ownership of their side of the street in our daily life together, at least to the best of their current ability?

**If the answer to these questions is YES, then see their feedback as a WIN.**

Negative feedback from a partner can be a positive sign that:

- You've created a safe enough space that your partner feels they can be truly honest with you. Well done!
- Your partner cares!! A partner who is willing to risk the discomfort of offering sensitive feedback is a partner who is fully engaged in growing closer with you. This is something to celebrate!

Allowing yourself to fully receive negative feedback, to mindfully consider it, and then respond without defensiveness but with your own insights and clarity will absolutely increase your level of intimacy and differentiation.

**If the answer to these questions is NO, then see their feedback as important information as to the current level of safety in your relationship.**

Sometimes, we all have periods of time where we are lost, where we are blind. If you sense that your partner is unwilling or unable to self-confront and is actively twisting reality to blame or gaslight you, then it is best to create a space of healthy detachment with boundaries.

It is not safe to share yourself vulnerably with someone who will weaponize your honest engagement against you. Usually, we have a gut-sense when we are in relationship with someone who is actively manipulating us. Often, our body has been complaining for a long time in such situations with chronic health issues, anxiety, depression, and an overall sense of helplessness.

If this is you, trust your gut, create a space of healthy detachment so you can gain more clarity. Deepen your sense of self and your connection with a Higher Power. You can still practice a daily check-in with yourself or with God. It is better to work on self-intimacy than to try to force an intimate connection with an unsafe partner.

"An honorable human relationship—that is, one in which two people have the right to use the word "love"—is a process, delicate, violent, often terrifying to both persons involved, a process of refining the truths they can tell each other."



-Adrienne Rich

## Q: WHAT IF I FEEL MY PARTNER ISN'T DOING CHECK-IN CORRECTLY?

Mindfulness asks us to accept the present moment exactly as it is, releasing our own notions of "the way it should be."

If we feel our partner is doing check-in wrong, this is a great opportunity to practice releasing our own judgements and resistance.

If we feel blocked in our own ability to show up fully, we can honestly consider why and share this reflection in our check-in as an "A" (accountable) or "U" (unresolved emotion). This keeps our focus properly on our own side of the street.

In this way, we allow ourselves to be seen fully without expecting our partner to fix anything or agree with our perspective. Our judgement is truly our own practice and as we hold it up to the Light, it will either come into better focus or it will dissolve.

Our partner's share is not our business. Our response to our partner's share is our business. This is what we take ownership of. This is where our growth lies and our next right step comes from.

## Q: WHAT IF MY PARTNER DOESN'T WANT TO DO CHECK-IN?

That is totally okay! Again--mindfulness asks us to meet the present moment with a willing heart and open mind.

If our partner doesn't want to do check-in, we can still share our own check-in if we so desire. We can simply say something like,

"I'm trying to be more mindful in my daily life. Do you mind if I share my check-in with you?"

Share the ground rules:

- I will speak in the "I" and the "me", not the "you" or the "we"
- No interrupting or commenting on my check-in.
- All you have to do is say: "Thanks for sharing."

If your partner would rather not participate at all, again that is totally okay. You might:

- Find a friend or family member with whom you could share your daily check-in.
- Treat your check-in like a nightly prayer, sharing your reflections with the Higher Power of your own understanding.
- Write your check-in as a daily self-reflective journaling prompt.

We wish you the deepest joy & fulfillment as you cultivate deeper intimacy in your primary relationships.

As we take on this challenging endeavor, we'll inevitably face the parts of ourselves that hold us back: that keep us small, defensive, and limited. Letting go of this small self, the ego, is the heart of all spirituality. It is the path to inner freedom and outer peace. There is no more noble endeavor.

Blessings on the way! Namaste!

