



Create More Physical Intimacy in Your Relationship
a step-by-step guide on how to rekindle the romance in your relationship

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Introduction

Relationships give us an opportunity to grow and evolve. If we can become more conscious of our issues, and what we have to learn, we can develop deeper richer and more meaningful relationships. It's important to know how to move out of conflict by learning what gets in the way of peaceful and calm communication and intimacy.

There are a lot of us who do not know how to control our anger and communicate with our partner, so you end up getting caught up in conflict and negative feelings accumulates until the distance grows. What can end up happening is as the resentment builds up over time, one day you just explode at your partner and instead of having a relaxing time together, you are having a huge argument.

There is that long-standing belief that so many couples hold onto for dear life, and that, "*Relationships Are Hard.*" You must sacrifice what you truly want to be in a relationship and that it's actually easier if you just swallow your feelings, your thoughts and words and just get on with the day to day doings of things, all for the sake of the relationship.

I've seen this over and over again. And what I've seen that comes right along with this for so many couples is years of resentment, anger, angst, and couples ask.. "*Is this all there is?*" and "*Is this all I have to look forward to for the rest of my life?*" Does this ring true for you, too?

It doesn't have to be this way. You can have a relationship where you can feel hopeful and able to work through issues with your partner. You can feel heard, listened to, connected, cherished and feel fortunate that you have your ideal partner to move through life with.

I am going to share a very effective way to create more intimacy in your relationship. This strategy will help you rekindle the romance in your relationship so that you could deepen the intimacy and feel more connected to your partner. The goal of **Intimacy Dates** is to help you achieve consistent intimacy so that you can create an enduring bond with your partner.

Intimacy Dates

Physical intimacy has become a major problem that affects many couples. Did you know that the number one sexual problem facing American couples is inhibited sexual desire? Desire problems can plague newly married couples, as well as unmarried couples. Contrary to cultural myths, neither boredom nor age is the main factors in inhibited sexual desire. Sex is important as it functions to create a shared pleasure, reinforce and deepen intimacy, and to use as a tension reducer to deal with stresses of life in your relationship. Lack of sex in a relationship robs the couple of special feelings and intimate connections.

Unfortunately, some people mistakenly believe that “love” has been lost, after the romantic stage of their relationship. But you don’t have to lament the loss of your love, or long for the romantic stage of your relationship. You and your partner can revive your relationship and restore the flames of passion if you make a decision to commit to Intimacy Dates.

Life can also be exhausting, especially if you have children, a demanding career and the myriad of other responsibilities that come with being an adult. These stressors can lure you away from an active fulfilling sex life and into a slumber. You and your partner can restore your physical and emotional connection with Intimacy Dates.

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You and your partner can restore your physical and emotional connection with Intimacy Dates. The trick is that these stress-free Intimacy Dates can be spontaneous or planned. What will you do on your intimacy date? This time to reconnect with your partner has no rules or format. Intimacy dates are organic experiences to foster physical and emotional intimacy between you and your partner.

Here's how it works:

Step #1 Establish Ground Rule in your Relationship

Agree with your partner that you have this established weekly "Intimacy Date" as a ground rule in your relationship. Pick nights and times for your Intimacy Dates that are realistic even if they challenge your schedule. Make them a priority and mark them on your calendar in pen.

Step #2 Experiment with different types of dates

Your intimacy dates can be planned or spontaneous. They can be formal or informal. You can also have an equally meaningful intimacy date at home as long as there are no distractions. You don't have to spend a penny to make them a spectacular experience. You can even have dates that focus on just talking dates or intimacy dates.

Step #3 Share and evaluate with your partner

Let your partner know the aspects of the types of intimacy dates you appreciate and want to continue on a consistent basis. Share with your partner if there are certain types of dates that are distracting, uncomfortable, and not conducive nor productive to building intimacy.

Click [here](#) to listen to this 2 minute audio

If your time with your partner involves little more than talking and touching, and you leave feeling closer than you did before the date, consider your time together a success.

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Conclusion

I recommend you structure in weekly Intimacy Dates with your partner. There are many advantages to having structured techniques and ways to approach your relationship. It also shows your partner that you are committed and open to learning new skills.

Most of us have never been taught a healthy way of expressing our anger and communicating our feelings. So many of the couples I have worked with throughout the years have had difficulty asserting their needs and telling their partner how they really feel. They either explode or hold in their emotions, which are acted out either by being passive aggressive, or through silence and are very damaging to their relationship. I have also had many couples fight over money issues as they have very different patterns of spending. Approaching the emotionally-charged topic of money is an uphill battle for many couples and they don't know how to resolve their financial conflicts as a team. And, did you know that physical intimacy has become a major problem that affects most couples.? Do you ever wonder? Why am I in a low sex or no sex marriage?

The reality is that more than 40 million Americans are stuck in a low sex or no sex relationship. Communication, anger, money and physical and emotional intimacy are issues that are common to many couples and are at the core of every relationship. We are not taught the tools on how to communicate effectively, manage our anger, resolve money conflicts and maintain connection physically and emotionally to our partners. This strategy is only a fraction of what I want to share, as there are many more effective ways to work through and resolve these issues that plague couples.

The Ultimate Relationship Resolution Program

Do you see how using these simple steps can shift anger in your relationship? Imagine if you had the tools on how to communicate more effectively, more ways to manage anger, strategies on resolving money conflicts, breakthroughs in physical intimacy and ways to deepen emotional intimacy in your relationship how things could dramatically change in your relationship.

Because I feel so passionately about reconnecting partners to create loving and meaningful relationships, I have decided to condense 18 years of my therapy practice and hundreds of saved relationships into an audio program “**The Ultimate Relationship Resolution Program**” that I’m honored to present to you.

In this audio program, I tackle the five most pressing issues that couples face: communication, anger, money, and physical and emotional intimacy. These issues are at the core of every unhappy relationship. We dive deep into these specific issues that plague relationships and I provide step-by-step actions and relationship advice you can take right away to work through your problems and open the path to love & happiness.

The investment for **The Ultimate Relationship Resolution Program** is just \$99.00. Much less expensive, and less time consuming than a \$200 session with a therapist or relationship counselor. As a bonus you will also receive complimentary call where I coach you on clear next action steps in implementing these strategies.

I’m delighted to share my secrets, tools, and powerful strategies to renew or build a happy relationship for a fraction of the cost of private therapy.

For more information [click here](#)

Testimonial:

“After listening to the Ultimate Relationship Resolution Program, I am convinced that it is a must have tool for anyone who is in a relationship. The strategies and exercises in these audios help couples open up and bond with each other in new and exciting ways that I never knew existed. I have to admit that I was a skeptic at first, but after listening to the program, I was transformed.”

- Anna E, NYC

About Rachel Moheban-Wachtel, LCSW

Rachel Moheban-Wachtel, LCSW is a multilingual individual and couples therapist with a private practice in New York City for over 18 years. Rachel's gift for providing humanistic therapy made her one of the most sought after psychotherapists in New York City. Rachel recognized a need for people to have a way, which includes what you have heard referred to as "self help" and cognitive behavioral ways where they could learn how to cope and manage the five common issues that come up in relationships. She decided to create an audio program, "**The Ultimate Relationship Resolution Program**" to help transform relationships by adapting the combination of psycho- education, proactive skills and techniques. These approaches combined inspired her to create the success formula needed to make fast and immediate changes in relationships while individuals and couples learn in the comfort of their own homes.

For more information [click here](#)

