



4 Guidelines for Couples Therapy Exercises

1. **Set aside dedicated time:** Make sure you find a time when you both can feel fully engaged in the activities without any distractions or interruptions. If you have kids, this may be after they go to bed or when you can get a sitter. If you don't have kids, weekends might be your best opportunity to set time aside. However, if your work schedules differ, try to find a two-hour window during which you can both be fully present.
2. **Create a comfortable environment:** Choose a quiet, relaxing place. If there is messiness that's distracting to either of you, try a "two-song cleanup" — put on two of your favorite upbeat or sensual songs as you clean up — before you start your exercise. This can be an embodied practice in and of itself. Feel free to dance your way through the set-up — it makes it much more fun!
3. **Practice clear and honest communication:** Before you start the exercise, have a conversation to establish boundaries, desires, and any concerns or limitations. Throughout the exercise, make sure you continue to share openly about anything that comes up so you both feel safe and respected.
4. **Bring curiosity and openness:** Remember, each of you has unique experiences and desires that might be similar or vastly different. Allow your partner to have their feelings and uniqueness, understanding it's about them, not you. Try to approach each experience with openness and empathy. Exploring without judgment will greatly enhance your intimacy.