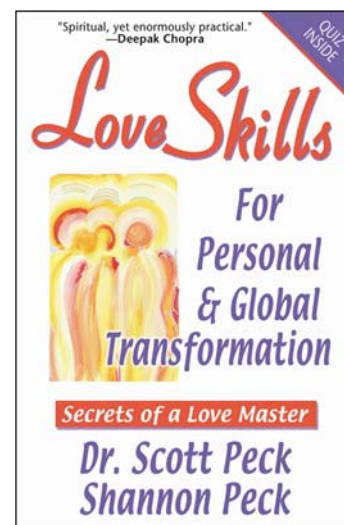


# Top 10 Ways to Create Intimacy

By Dr. Scott & Shannon Peck

1. **Be present and tune in.** Your personal focus on another person acknowledges his or her worth and opens the door of intimacy.
2. **Ask a Love Question.** Love questions open hearts in amazing ways. Asking a simple love question can open someone's heart for deep sharing. For example, "What's the most significant thing going on in your life right now?"
3. **Listen with empathy.** When you ask a love question, be sure to listen with deep attention. What is this person saying to you? What is going on in his or her heart?
4. **Accept without judgment.** People can feel it when you judge them, even if you are silent. Practice accepting and valuing others without any judgment - and watch your intimacy rise.
5. **"Tell me more...."** When these three little words are softly stated while you are listening to someone, he or she will feel immensely loved and will continue sharing at an even richer level of soul.
6. **Reflect back and validate.** How does someone know if you've really listened? You can reflect back - repeat in your own words - what you heard, even beyond the words, from the other person's heart. Reflecting back validates intimacy.
7. **Honor soul.** This is a rare event, yet it creates enormous intimacy. See how many ways you can sincerely praise, acknowledge, or value someone and tell them. Don't hold back. Be generous in your honoring. Love will flourish.
8. **Be transparent.** Let others see in to your heart and inner world and what you most value as precious to you. Your transparency - openness - will open other hearts and deepen intimacy.
9. **Speak with gentleness.** Creating intimacy is about *how* you speak rather than what you say. Let the vibration of your voice carry a gentle tone of love. When you speak with gentleness, intimacy flourishes. When gentleness is absent, intimacy disappears.
10. **Share from your own heart.** Intimacy honors all parties. Each heart needs to be listened to & heard. This includes your heart. Take your turn to be equally valued.



Based on **Love Skills for Personal & Global Transformation**

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