

XTASYXPERIENCE

Intimacy, Elevated



The 40-Week Xperience

A Year of Intentional Intimacy for Couples

TEN THEMES · FORTY WEEKS · ONE DELIBERATE YEAR

YOU DID 7 DAYS. NOW DO THE YEAR.

Before You Begin

You did seven days. Some of them landed deep, some felt light — and somewhere in that week, something shifted.

This is what comes next.

The 40-Week Xperience is not a bigger version of the Spark. It's a slower one. Where the Spark was a week of small new things, this is a year of them — arranged so that each month builds quietly on the last. Presence before communication. Communication before the senses. Trust before anything that asks for it.

Forty weeks sounds like a lot. It isn't. It's one evening a week — fifteen to thirty minutes, most weeks — with two shorter moments of connection in between if you want them. The rest of your week stays yours.

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How to use this guide

- **One week at a time.** Don't read ahead. The order matters, and so does not knowing what's coming.
- **Pick your evening.** Choose a night of the week that's usually calm, and let it become the default. Rituals grow best in the same soil.
- **Forty weeks, fifty-two in a year.** The twelve spare weeks are yours — for holidays, for messy stretches, for repeating a week you loved. Missing a week never breaks anything. You simply pick up where you left off.
- **Nothing is required.** Every activity is an invitation, not an assignment. If a week doesn't fit you, adapt it or trade it for a bedside card and move on.
- **There are no rules about what happens after.** The whole point is presence, not performance.

Some weeks will land deep. Some will feel light. Both are wins.

Let's begin.

Your Year at a Glance

Ten themes, four weeks each. Every month opens with a short introduction, closes with a reflection, and introduces one new element — an object, a practice, or a ritual — if you'd like to bring one in.

MONTH	THEME	WHAT IT COVERS
I	Presence	Getting back to basics — slowness, attention, being unhurried together.
2	Communication	The things you haven't said out loud yet.
3	Sensory	Heightening awareness — touch, sound, scent, sight.
4	Playfulness	Lightness as an intimacy tool — not everything has to be deep.
5	Anticipation	Desire as a daily practice — how to build it between evenings.
6	Exploration	One new element per week — objects, places, timing, framing.
7	Depth	Where emotional and physical intimacy meet.
8	Trust	Consent, comfort zones, deepening safety.
9	Ritual	Creating recurring connection — the small things that compound.
10	Celebration	Looking back at the year and choosing what carries forward.

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At the back: a long-distance variation for couples apart, a guided anniversary ritual for milestone moments, and twenty printable Spark Cards for the nights in between.

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MONTH ONE

Presence

Before anything else, arrive.

WEEKS 1 – 4 · SLOWNESS · ATTENTION · BEING UNHURRIED

Every month in this guide builds on the one before it — and this is the foundation all of it rests on. Not technique. Not novelty. Just the ability to be fully in the room with each other.

Most couples don't lose intimacy because they stop wanting it. They lose it because life gets fast, and intimacy is the first thing speed eats. The evenings fill up. The attention splinters. Two people can share a bed, a mortgage, and a Netflix account and still not have actually *looked* at each other in weeks.

So this month asks almost nothing of you — no new objects, no bold moves, nothing to buy, nothing to be brave about. It only asks you to slow down, on purpose, four times. That's the whole assignment. It will feel almost too simple. Let it.

By the end of these four weeks you'll have something most couples quietly miss: the felt experience of unhurried time together. Everything else in this year grows out of that.

THIS MONTH'S NEW ELEMENT

None — and that's deliberate. Month one needs nothing but the two of you and a quiet evening. The additions come later, once presence is back.

Arriving

THE ACTIVITY

Tonight, you practise the lost art of showing up. Pick a time after dinner. Phones go in another room — not face-down, not on silent. Another room. Sit somewhere comfortable, facing each other or side by side, and pour something you both enjoy.

Then take twenty minutes to actually arrive. Talk about anything except logistics — no schedules, no kids, no money, no work admin. If the conversation stalls, let it. Silence next to someone you love is not a problem to solve.

When the twenty minutes are up, you're done. That's the whole evening. If it turns into more, lovely. If it doesn't, it still counted.

WHY IT MATTERS

You can spend every evening in the same room and never once be present in it. Tonight is a rehearsal for the rest of the year: this is what it feels like when you both fully show up.

CONVERSATION PROMPT

“When do you feel like you have my full attention — and when do you feel like you don't?”

The Long Look

THE ACTIVITY

This week's evening is built around something you used to do constantly and probably haven't done in years: looking at each other. Not glancing. Looking.

Dim the lights. Sit close, knees almost touching. Set a timer for four minutes and hold eye contact. You will laugh — everyone laughs. Laugh, and then come back to it. Somewhere past the giggles, it gets quiet, and then it gets interesting.

Afterwards, tell each other one thing you noticed — about them, or about how it felt. Keep the rest of the evening slow.

WHY IT MATTERS

Eye contact is the most direct form of presence there is, which is exactly why daily life edits it out. Four minutes will tell you more about where you two are than four hours of talking around it.

CONVERSATION PROMPT

“What did you see? And when was the last time you remember us really looking at each other like that?”

The Unhurried Meal

THE ACTIVITY

Tonight you cook together, and you do it at half speed. Choose something simple — this is not about the food. Put on music you both love, pour a glass of whatever suits the evening, and make the cooking the activity rather than the obstacle before it.

Then eat slowly. Candle on the table, screens nowhere in sight. Aim to make dinner last twice as long as it usually does. Pass through the pauses instead of filling them.

Notice how strange deliberate slowness feels — and then notice the moment it stops feeling strange.

WHY IT MATTERS

You already share meals; that's the point. Presence isn't a new activity to schedule — it's a different way of doing the things you already do. Tonight proves it with the most ordinary ritual you have.

CONVERSATION PROMPT

“If our evenings could feel like this more often, what would we have to stop doing to make room?”

Do Nothing Together

THE ACTIVITY

This is the hardest week of the month, disguised as the easiest. Tonight, you plan nothing. No activity, no show, no task, no prompt to work through. One rule only: you stay in the same space, unhurried, with no screens.

Lie on the bed and talk, or don't talk. Sit on the floor. Touch without a goal — an arm, a shoulder, the back of a neck. Let the evening be shapeless and resist the itch to make it productive. The itch will come. That itch is the thing you're practising against.

WHY IT MATTERS

Doing nothing together, comfortably, is an advanced skill — and a diagnostic. Couples who can be idle together without reaching for a distraction have something rare. By the end of this year, that will be you.

CONVERSATION PROMPT

“When we do nothing together, does it feel peaceful or restless to you? What do you think that's about?”

MONTH ONE REFLECTION

Which evening this month felt most like “us”? What made it feel that way — and what's one unhurried habit worth keeping as the year moves on?

O2

MONTH TWO

Communication

The things you haven't said out loud yet.

WEEKS 5 – 8 · HONESTY · ASKING · LISTENING

Last month you practised being in the room. This month you practise saying what's true in it.

Every long relationship accumulates a quiet backlog — curiosities never voiced, preferences never named, small wants that felt too awkward or too minor to mention. None of them are emergencies. But together they form a kind of static between two people, and desire has trouble travelling through static.

The four weeks ahead clear the line. You'll each say one unsaid thing. You'll map what you love, what you're curious about, and what's not for you. You'll practise asking for something directly — a skill most adults have never been taught. And you'll spend one evening doing nothing but listening.

A note before you start: nothing said this month requires action. Saying a curiosity out loud is not a commitment to pursue it. This month is about the saying. What you do with it is a decision for another day — and that separation is exactly what makes honesty feel safe.

THIS MONTH'S NEW ELEMENT · OPTIONAL

A conversation deck. A well-made deck of prompt cards takes the pressure off inventing questions and gives awkwardness somewhere to hide. xtasyxperience.com curates slow-play conversation decks designed for exactly these evenings.

The Unsaid Thing

THE ACTIVITY

You've done a version of this before, in the Spark. Tonight you go one layer deeper. Sit somewhere comfortable, no phones, something warm to drink. Take turns answering: *"What's one thing — about us, about yourself, about what we could try — that you've thought about more than once but never said?"*

The rules: no reacting with alarm, no laughing unless they laugh first, and no problem-solving. When your partner finishes, say "thank you for telling me" before you say anything else. Then it's your turn.

One thing each is enough. If the conversation wants to keep going, follow it — but one honest thing each is a complete evening.

WHY IT MATTERS

The first unsaid thing is the hardest; every one after it costs less. Tonight you're not just trading information — you're teaching each other that honesty lands softly here.

CONVERSATION PROMPT

"What made that hard to say before tonight?"

The Map of Yes

THE ACTIVITY

Tonight you make a map. Three columns each, on paper or just out loud: *things I love*, *things I'm curious about*, and *things that aren't for me*. They can be small ("I love when you touch my hair") or larger. All three columns matter equally — the "not for me" column is what makes the "curious" column safe to write.

Share your maps one column at a time, loves first. Where your curiosity columns overlap, underline it. You now have something most couples never write down: a shared map, made without pressure, of where the year might wander.

Keep the maps. Month six will want them.

WHY IT MATTERS

Most of what couples never try isn't blocked by unwillingness — it's blocked by not knowing. A map replaces years of guessing with one honest evening.

CONVERSATION PROMPT

"Was there anything on my map that surprised you? Anything you were glad to see?"

Asking Better

THE ACTIVITY

Most adults are fluent in hinting and terrible at asking. Tonight, you each practise one direct ask — small, specific, and for tonight. Not “I wish we were more spontaneous” but “Would you give me a slow back rub while we listen to this record?”

The receiving partner says yes, or offers an alternative — either is a good outcome, and both get met with grace. Then swap. The evening's shape is simply: two asks, honoured.

Notice how exposed a direct ask feels compared to a hint. That exposure is the skill. It gets easier every time, and it's the single most useful habit this entire year will build.

WHY IT MATTERS

Hints protect the asker and starve the relationship. A direct ask risks a little and feeds a lot. Couples who can ask plainly for what they want almost never drift apart by accident.

CONVERSATION PROMPT

“What do I do when you ask for something that makes asking easier — or harder?”

The Listening Night

THE ACTIVITY

Tonight, one of you talks and one of you only listens — then you switch. Fifteen minutes each. The talker gets an open floor: how they've been feeling about the two of you, what this year has stirred up, anything true. The listener's only job is attention — no advice, no corrections, no “that reminds me of me.” Just the occasional “tell me more.”

When the timer ends, the listener reflects back what they heard — not word for word, but the heart of it. Then trade places.

End the evening close. This one tends to leave people tender in the best way.

WHY IT MATTERS

Being fully heard, without interruption or fixing, is so rare that most people can count the times it's happened. Tonight you give each other that — and discover it's a form of intimacy all by itself.

CONVERSATION PROMPT

“What was it like to be listened to without being interrupted — and what was it like to only listen?”

MONTH TWO REFLECTION

What got said this month that had been waiting a long time? And what's one thing you know about each other now that you didn't four weeks ago?

03

MONTH THREE

Sensory

Feeling more with the same person.

WEEKS 9 – 12 · SOUND · SCENT & TASTE · TOUCH · SIGHT

Two months in, you're present and you're talking. Now you get to feel.

Long-term familiarity has one quiet cost: the senses go on autopilot. You stop noticing how your partner smells, the exact texture of their skin, the sound of their breathing when they relax. Nothing is wrong — you've just stopped receiving signals you've long since filed as “known.”

This month wakes the receivers back up, one sense at a time. An evening built on sound. An evening of scent and taste. An evening of fabric and skin. And in the final week, the oldest trick in the sensory book: taking sight away entirely, so everything else turns up.

None of these evenings requires anything you don't already own — a candle, a scarf, some music, a little oil from the kitchen if that's what's on hand. As ever: slowness is the ingredient that makes all the others work.

THIS MONTH'S NEW ELEMENT · OPTIONAL

One well-made sensory piece — a soft blindfold, a feather teaser, or a proper massage oil. Improvised works; intentional feels different. The Sensory Play collection at xtasyxperience.com is curated, body-safe, and built for beginners.

Sound

THE ACTIVITY

Tonight the evening is built for your ears. Make a short playlist together — three songs each: one from when you met, one you love now, one you've never played for each other. Lights low, phones away, and listen. Actually listen, the way you did when music still felt like an event.

Then bring it closer. Ten minutes of slow touch — shoulders, arms, back of the neck — with attention on sound alone: breath, fabric, the room. Speak quietly if you speak at all. Notice how much a whisper changes the temperature of a sentence.

WHY IT MATTERS

Sound sets the nervous system's dial. A loud room keeps you alert; a quiet, warm one lets you soften. Tonight you learn to tune the room on purpose — a skill you'll use all year.

CONVERSATION PROMPT

“What sound do you associate with feeling close to me?”

Scent & Taste

THE ACTIVITY

Tonight, the two senses most tangled up with memory. Light a candle you love — or warm something in the kitchen that smells like comfort. Then build a small tasting plate together: five or six things, eaten slowly. Something sweet, something salty, a fruit, a square of good chocolate, a sip of something worth sipping.

Take turns feeding each other one or two of them, eyes closed. It will feel theatrical for about ninety seconds. Then it will feel like something else.

Finish with scent: the crook of a neck, the warmth of skin. Say what you notice.

WHY IT MATTERS

Scent and taste run on the oldest wiring you have, straight past logic into memory and desire. An evening that engages them isn't a novelty — it's a direct line to parts of each other the week never reaches.

CONVERSATION PROMPT

“What scent takes you back to the beginning of us?”

Fabric & Skin

THE ACTIVITY

Tonight is about texture. Gather three or four things with interesting surfaces — silk or satin, something soft and warm, the back of a fingernail, a feather if you have one. Warm the room. One of you lies down comfortably; the other spends ten unhurried minutes trailing each texture slowly across their back, arms, shoulders.

The receiving partner has one job: say what they feel. “Slower.” “That one.” “Again.” Then switch roles.

No goals, no destination. Just attention, texture, and the radical act of narrating what feels good.

WHY IT MATTERS

Skin is the body's largest organ and the most neglected in long relationships — touch becomes functional, brief, assumed. Tonight it becomes deliberate again. And saying what feels good out loud is Month Two's honesty, translated into touch.

CONVERSATION PROMPT

“Where do you most like being touched — not for anything, just to feel close?”

Sight, Removed

THE ACTIVITY

The month's finale: take sight out of the equation and let the other three weeks do their work. One of you wears a blindfold — a proper one, or a soft scarf folded twice. The other runs the evening: music from Week 9, a taste or a scent from Week 10, textures from Week 11. Fifteen minutes, slow as you can bear, then swap if you'd like.

For the partner in the dark: notice how everything turns up — sound, warmth, the second before a touch lands. For the partner leading: watch how much attention it takes to be trusted with someone's senses. That attention is the point.

WHY IT MATTERS

Removing one sense heightens the rest — every stage magician and every good evening knows it. But the quieter gift is trust: letting someone take a sense away and feeling safe anyway. Remember this feeling. Month Eight builds on it.

CONVERSATION PROMPT

“Which did you prefer — leading, or letting go? What does that tell us?”

MONTH THREE REFLECTION

Which sense surprised you most this month? What's one sensory detail about each other you'd stopped noticing — and have now started noticing again?

O4

MONTH FOUR

Playfulness

Not everything has to be deep.

WEEKS 13 – 16 · GAMES · DARES · REVERSAL · LAUGHTER

Three months of presence, honesty, and sensation — beautiful, and a little earnest. This month, you lighten up on purpose.

Play is the most underrated intimacy tool there is. Couples who laugh together stay curious about each other; curiosity is desire's favourite fuel. But play atrophies faster than almost anything else in adult life. Somewhere between careers and calendars, being silly together starts to feel like a luxury. It isn't. It's maintenance.

The next four weeks are deliberately light: a game night with stakes, a jar full of small dares, an evening where your usual roles swap, and one night built entirely around making each other laugh. Don't mistake light for shallow. Some of the most honest things ever said between two people were said mid-laugh.

The only rule this month: keep it generous. Tease the way you'd want to be teased. Win graciously. Lose theatrically.

THIS MONTH'S NEW ELEMENT · OPTIONAL

Something playful — intimacy dice, a couples' game, or a date-night kit. Play comes easier with a prop that makes the first move for you. The Spice Things Up collection at xtasyxperience.com keeps it light and well-made.

Game Night, With Stakes

THE ACTIVITY

Tonight you play — cards, a board game, twenty questions, thumb wars, anything. The game doesn't matter. The stakes do. Before you start, agree on them: the winner names a small prize. A foot rub. Breakfast in bed. Choosing the next date night. Keep the stakes warm rather than practical — nobody wins the dishes.

Play best of three. Talk trash, affectionately. Let yourselves be competitive in the way that ends in laughing, not sulking.

Winner collects — tonight or this week. Losers of individual rounds may demand rematches indefinitely.

WHY IT MATTERS

Stakes turn a game into an event, and playful competition is one of the fastest routes back to how you flirted at the start. You're not killing an evening — you're courting.

CONVERSATION PROMPT

“When did we laugh the hardest in our first year? What were we like back then?”

The Dare Jar

THE ACTIVITY

Early in the week, each of you writes five small dares on slips of paper and folds them into a jar. The brief: things that take under ten minutes, cost nothing, and would make the other person grin. "Slow dance with me in the kitchen." "Recreate our first kiss." "Give me your best massage for one song." Sweet, silly, or a little daring — write to your partner's edges, not past them.

On your evening, take turns drawing and doing. Draw at least two each. Anyone may pass on a dare — but a pass means the other person draws again, so the jar always wins.

Keep the jar. Refill it whenever the week needs rescuing.

WHY IT MATTERS

The jar does something neither of you can do alone: it takes the burden of initiating off both of you at once. Nobody has to be the one who asked — the jar asked. Watch how much easier bold becomes when it's assigned.

CONVERSATION PROMPT

"Which dare were you secretly hoping I'd draw?"

Role Reversal

THE ACTIVITY

Every couple has a choreography. One of you usually plans; one usually initiates; one drives the conversation; one sets the pace. Tonight, you swap. The planner sits back and gets surprised. The one who rarely makes the first move makes all of them. Whoever usually asks the questions answers them instead.

Play it straight or play it as theatre — either works. The initiating role can borrow the other's actual moves: their phrases, their way of starting an evening. Done with warmth, this is both hilarious and strangely revealing.

Afterwards, compare notes on how the other half lives.

WHY IT MATTERS

Roles calcify silently, and each one carries an invisible workload. An evening in each other's part builds the kind of empathy no conversation quite reaches — and shakes loose patterns you didn't know had set.

CONVERSATION PROMPT

“What surprised you about playing my part? Is there any part of your usual role you'd like me to carry more often?”

Laugh First

THE ACTIVITY

Tonight's only objective is laughter. Build the evening from your own archive: retell the story of your worst date ever — anyone's, either of you, pre-each-other counts. Reenact the moment you met, playing each other. Find the most embarrassing photos of yourselves from before you met and present them like museum pieces.

If the night needs structure, try this: each of you tells the story of “the moment I knew you were trouble” — the funnier version, not the romantic one.

End the night however laughing ends. It tends to know the way.

WHY IT MATTERS

Shared laughter is intimacy with its guard down — you can't laugh hard and perform at the same time. And a couple's private archive of ridiculous stories is a form of wealth. Tonight you count it.

CONVERSATION PROMPT

“What do I do that makes you laugh that I don't even know about?”

MONTH FOUR REFLECTION

Did anything real get said this month through the jokes? What's one playful habit — the jar, the stakes, the teasing — that should survive past this month?

05

MONTH FIVE

Anticipation

Desire as a daily practice.

WEEKS 17 – 20 · HINTS · COUNTDOWNS · WAITING · THE SLOW REVEAL

You met anticipation briefly in the Spark — one morning message, one changed day. This month you learn what it can really do.

Here's the quiet truth about long-term desire: it doesn't live in the evening. It lives in the hours before the evening. The glance across a crowded party, the message that lands mid-afternoon, the plan you both know about and haven't mentioned since breakfast — that's where wanting is built. New couples get this for free; the not-knowing does all the work. Established couples have to build it on purpose. The good news: built anticipation works just as well as the accidental kind.

Four weeks, four instruments: the morning hint, the three-day countdown, the deliberate wait, and the slow reveal. By the end of the month you'll know how to turn an ordinary Tuesday into a runway.

THIS MONTH'S NEW ELEMENT · OPTIONAL

A massage candle — it burns like a candle all evening, then becomes warm massage oil when the moment arrives. An object that is itself anticipation. Find one in the Slow Burn collection at xtasyxperience.com.

The Morning Message

THE ACTIVITY

This week, the activity isn't an evening — it's a practice. Every morning for five days, one of you (alternate days) sends a single message that points at the evening without describing it. Not crude, not elaborate. Present.

"Thinking about tonight." "Don't stay late." "I've been planning something small." "Wear the grey one." One sentence, then silence — no follow-up, no explanation, even when asked. Especially when asked.

The evenings themselves don't need to be elaborate. The message did the heavy lifting; the evening just has to show up.

WHY IT MATTERS

A morning message rewrites the whole day above it. Hours of errands and meetings become hours of low-grade wondering — and wondering is desire's first language.

CONVERSATION PROMPT

"Which message got under your skin the most this week — and what did it do to your day?"

The Countdown

THE ACTIVITY

One of you plans an evening for three days from now — dinner in, a bath, a slow night, whatever you'd both love. The content stays secret. What's public is the countdown: one hint per day, escalating slightly.

Day one: name the day. "Thursday. Keep it free." Day two: a detail. "It involves that playlist you like." Day three, morning of: a final touch. "Seven o'clock. Come hungry."

Then deliver the evening. It doesn't have to outdo the hints — it just has to be warm, unhurried, and clearly made for them. Next month, swap who plans.

WHY IT MATTERS

Three days of hints buys you three days of desire for the price of one evening. Anticipation is the only intimacy tool that works while you're both at work.

CONVERSATION PROMPT

"Which was better — the waiting or the arriving? Be honest."

The Waiting Game

THE ACTIVITY

Tonight you build the wait into the evening itself. Set a time — say, nine o'clock — before which nothing is allowed to happen. No kissing beyond a greeting, no wandering hands, nothing. Until then, you're simply together: cook, talk, play something from Month Four, sit close. Closer than usual, ideally. That's legal. That's encouraged.

The rule creates the game. Every accidental touch means more because it's all you get. By eight-thirty the room will have a climate.

At nine, the rule expires. What happens next is yours — but let the wait have been part of it, not an obstacle to it.

WHY IT MATTERS

Restriction is the oldest amplifier there is. A boundary you both chose turns an ordinary evening into a slow negotiation with the clock — and teaches you that the wanting is not the lesser half of the wanting-and-having.

CONVERSATION PROMPT

“When did the waiting stop being funny and start being something else?”

The Slow Reveal

THE ACTIVITY

The halfway mark of your year — make it an occasion. Tonight is built on pacing. Both of you dress properly for an evening in: the outfit you'd wear out, worn for no one but each other. Dinner or a drink first, unhurried, a little formal on purpose. Let the evening have acts.

Then let the reveal be slow. Whatever unfolds, unfold it in stages, with pauses built in — a strap, a button, a long look, and no rushing between them. Treat each stage as its own complete scene rather than a step toward the next.

You're twenty weeks in. Let tonight be evidence of what pacing, presence, and a little theatre can do.

WHY IT MATTERS

Familiarity rushes; occasion lingers. Dressing up for a night in reframes each other as an event — and revealing slowly returns mystery to territory you thought was fully mapped.

CONVERSATION PROMPT

“Halfway through the year — what's changed between us since Week One?”

MONTH FIVE REFLECTION

Which form of anticipation worked best on you — the hint, the countdown, the wait, or the reveal? How will you keep one of them alive between evenings?

06

MONTH SIX

Exploration

One new thing, every week.

WEEKS 21 – 24 · A NEW OBJECT · A NEW PLACE · A NEW TIME · A NEW FRAME

Everything so far has been preparation for this month. Presence gave you attention. Communication gave you the map. The senses gave you range, play gave you nerve, and anticipation gave you appetite. Now you explore.

Bring out the Map of Yes from Week 6 — the one with the underlined overlaps in your curiosity columns. This month, that map becomes an itinerary. Four weeks, four different kinds of new: a new object, a new place, a new time, and a new frame. None of them requires boldness for its own sake. Every experiment this month should come from the map you both drew — that's what makes it exploration rather than pressure.

Two ground rules, carried forward from everything you've built: either of you can pause anything, anytime, no explanation owed. And trying something once is not a subscription. You're collecting information about what you like, together. That's all exploring has ever been.

THIS MONTH'S NEW ELEMENT · OPTIONAL

Week 21 asks you to choose one new object together. If you'd like it to be something well-made, the Curious Beginnings collection at xtasyxperience.com is built for exactly this moment — body-safe, beginner-friendly, and curated rather than crowded.

A New Object

THE ACTIVITY

This week, choose one new object together — and make the choosing part of the evening. Sit down with the Map of Yes and pick something from the overlap: a proper massage oil, a blindfold that isn't a scarf, a feather, a game, or something bolder if the map points there. Choosing together matters more than what you choose; it's the difference between a surprise and a shared decision.

When it arrives — or that same night, if you improvised from home — give it an unhurried debut. Low light, no agenda, plenty of time. Let it be interesting rather than momentous.

Afterwards, file the verdict honestly: keeper, curiosity satisfied, or not for us. All three are wins.

WHY IT MATTERS

The object is the excuse. What you're really practising is choosing newness together — deliberately, as equals, with an easy exit. Couples who can do that once can do it for decades.

CONVERSATION PROMPT

“What was it like to choose that together? Anything else from the map calling to you?”

A New Place

THE ACTIVITY

The bedroom is where intimacy lives — which is exactly why, this week, you go somewhere else. Somewhere in your own home: the living-room floor with every cushion you own, a candlelit bathroom, the guest room that never gets used, a blanket in the backyard once the neighbours' lights go out.

Set the new place up properly — warmth, light, music. The effort is part of the message: *we're doing something different tonight, on purpose.*

Let the change of scenery change the script. Different room, different rhythm. Follow it.

WHY IT MATTERS

Rooms carry habits. The bedroom knows exactly how you two do things — every other room has no idea, and that ignorance is freedom. Novelty of place is the cheapest novelty there is, and it works every time.

CONVERSATION PROMPT

“If we could set up one corner of this home as ours-after-dark, what would it look like?”

A New Time

THE ACTIVITY

Intimacy has quietly become an end-of-day event — last on the schedule, competing with exhaustion and losing. This week, move it. A slow morning on a day neither of you works. A deliberate afternoon. A “we’re both mysteriously unavailable from four to six” arrangement, if your lives allow the mischief.

Treat the new hour the way you’d treat an evening: unhurried, screens away, the room made comfortable. Daylight changes things — you’re more awake, more visible, less ceremonial. Let it be different rather than trying to recreate the night.

WHY IT MATTERS

Whatever always happens at the same time eventually feels like part of the schedule. Moving the hour breaks the association between intimacy and depletion — and being wanted at two in the afternoon says something being wanted at eleven at night no longer can.

CONVERSATION PROMPT

“When in the day do you actually feel most alive — and what would it take to meet each other there?”

A New Frame

THE ACTIVITY

The month's boldest week — and, done right, its most fun. Tonight you change the story around the evening. The classic: meet as strangers. Arrive at a bar or restaurant separately, in character. New names if you dare. One of you approaches the other and you improvise from there — flirt like people with no history, no mortgage, no shorthand.

If public performance isn't your speed, run it at home: one of you is the visitor, one the host. Or replay your actual first date — same nerves, better information.

Corpsing into laughter is allowed and, frankly, expected. Recover in character.

WHY IT MATTERS

A frame is permission. Playing strangers lets you say things familiarity has made unsayable — compliments too big, wanting too obvious. You'll flirt harder with each other as strangers than you have in years as yourselves. Notice that. Steal it back.

CONVERSATION PROMPT

“What did the stranger version of me do that you'd like the real one to keep?”

MONTH SIX REFLECTION

Four new things in four weeks. Which one earned a permanent place? Update the Map of Yes — what moved from “curious” to “love”?

07

MONTH SEVEN

Depth

Where emotional and physical intimacy meet.

WEEKS 25 – 28 · YOUR STORY · BREATH · BEING SEEN · THE DEEPER ASK

After a month of adventures, a month of stillness. This is the deep water.

There's a place where emotional and physical closeness stop being two different things — where a conversation makes you want to be touched and a touch says something a sentence couldn't. Most couples visit that place by accident a few times a year. This month you learn the way there on purpose.

The route runs through four evenings: the story of how you began, told properly. An evening of shared breath and stillness. A night about being seen — spoken appreciation, eyes open. And finally, the deeper ask: one wish each, from the bottom of the map.

Fair warning: this month can be tender. Things surface. If an evening goes somewhere unexpected and you end up just holding each other — that was the evening, and it counted. Depth doesn't perform on cue.

THIS MONTH'S NEW ELEMENT · OPTIONAL

A warming massage oil, worth the upgrade this month — warmth slows everything down, and slow is where depth lives. The Slow Burn collection at xtasyxperience.com carries body-safe options made for evenings like these.

The Story of Us

THE ACTIVITY

Tonight you tell your origin story — properly, slowly, with all the details the anniversary-dinner version leaves out. Take turns narrating chapters: the first time you noticed them. What you told your friends. What you were secretly worried about. The moment you knew.

The rule that makes it work: tell it from inside your own head at the time, not from the couch now. Not “we met at Dana’s party” but “I saw you across Dana’s kitchen and rewrote my whole plan for the evening.”

Correct each other’s versions. Argue about who flirted first. That argument is the good stuff.

WHY IT MATTERS

Couples who retell their beginning warmly stay warm — the story is a renewable resource. And hearing how you looked through their eyes, back when you were strangers, is one of the most quietly erotic things a long-term partner can offer.

CONVERSATION PROMPT

“What do you know now about how I felt back then that you didn’t know at the time?”

Skin & Breath

THE ACTIVITY

The quietest evening of the year. Warm room, low light, no music this time — you'll want the silence. Lie down together, as much skin contact as is comfortable: her back against his chest, or face to face, foreheads close.

Then breathe together. Match your inhales and exhales for ten minutes. That's the entire activity. No talking, no progressing, no goal. Just two nervous systems slowly agreeing with each other.

If it becomes more afterwards, let it be the slow kind. But don't aim there. The stillness is not the warm-up; it's the event.

WHY IT MATTERS

Synchronized breath is the body's oldest form of trust — it's what parents do with infants and what lovers do without noticing in their best moments. Doing it deliberately drops you both below words, into the place where closeness doesn't need a script.

CONVERSATION PROMPT

“What came up in the silence? Where did your mind go — and where did it settle?”

What I See in You

THE ACTIVITY

Tonight combines two things that are each intense alone and something else entirely together: slow touch and spoken appreciation. One of you receives — lying down comfortably while the other gives ten minutes of unhurried massage or gentle touch. While touching, the giver speaks: specific things they love, admire, desire about this exact person. Not generic. Specific. “I love the sound you make when you finally relax.” “I still think about how you handled last winter.”

The receiver's job is the hard one: take it in. No deflecting, no joking it away, no returning the compliment as a defence. Just receive. Then switch.

WHY IT MATTERS

Being seen — truly, specifically, out loud — is what everyone wants and almost no one can sit still for. Learning to receive praise without armour is depth training. The touch keeps the words from bouncing off.

CONVERSATION PROMPT

“Which thing I said was hardest to take in? Do you know why?”

The Deeper Ask

THE ACTIVITY

In Week 7 you practised asking for small things. Tonight, with twenty more weeks of trust behind you, you each make one deeper ask. Something you want more of in this relationship — physical, emotional, practical, anything. The kind of want that's been sitting at the bottom of the map, patient, waiting for enough safety to surface.

Same rules as ever, more care than ever: the listener receives the ask as a gift, not a complaint. “Thank you for trusting me with that” comes before any response. And no ask has to be granted tonight — some asks need to breathe first.

End the evening close, whatever was said.

WHY IT MATTERS

Every relationship has a deepest unspoken ask, and it weighs more the longer it waits. Tonight it stops waiting. Whether the answer is yes, someday, or a tender no — the asking itself changes what's possible between you.

CONVERSATION PROMPT

“How long had you been carrying that? What finally made it feel safe to say?”

MONTH SEVEN REFLECTION

Where did emotional and physical closeness overlap most for you this month? What do you understand about each other now that you didn't in Week 24?

08

MONTH EIGHT

Trust

Safety is what makes everything else possible.

WEEKS 29 – 32 · THE MAP REVISITED · HANDING OVER · HELD · THE SAFETY TALK

Trust has been underneath every week of this year — it's why the honesty of Month Two didn't sting and the boldness of Month Six didn't frighten. This month, it stops being the background and becomes the subject.

Here is the paradox this month explores: surrender requires safety. Letting go — of control, of vigilance, of running the evening — is one of intimacy's deepest pleasures, and it's only available to people who feel completely safe. So the work of this month is two-sided. You'll practise being trustworthy: attentive, unhurried, tuned to every signal. And you'll practise trusting: receiving, releasing, being held.

The four evenings: a fresh pass over your comfort maps, now eight months wiser. An evening where one of you hands over the reins entirely. A night about stillness and being gently held. And a conversation about safety itself — check-ins, aftercare, and what care looks like when the evening is over.

Go at the pace of the slower partner, always. That's not a limitation. That is the practice.

THIS MONTH'S NEW ELEMENT · OPTIONAL

If Week 31's gentle restraint appeals to you both, choose something made for it — soft, adjustable fabric cuffs are kinder than improvisation and release in a second. The Play & Power collection at xtasyxperience.com is designed for trust-based beginners.

The Map, Revisited

THE ACTIVITY

Take out the Map of Yes one more time. Eight months have passed since you drew it — and you are not quite the same two people who drew it. Tonight, walk it together column by column. What's moved? Some curiosities became loves. Some got satisfied and retired. And — pay attention here — some things may have quietly entered or left the “not for me” column. Both directions are normal, and both deserve to be said out loud.

Add one new entry each, anywhere on the map. Then talk about the edges: where exactly does “curious” end? What would make the space just past it feel safe enough to look at?

WHY IT MATTERS

Consent isn't a form you fill in once — it's a living map that shifts as trust grows. Couples who re-walk the map regularly never have to guess where the edges are. Guessing is where harm lives; this evening is its opposite.

CONVERSATION PROMPT

“What's something that felt impossible to say in Week 6 that feels easy to say now?”

Handing Over

THE ACTIVITY

Tonight, one of you runs the entire evening and the other simply receives it. The leader plans everything — the food, the music, the pace, the shape of the night — drawing on eight months of knowing what the other loves. The receiver's only job is to let go: no managing, no suggesting, no reaching for the wheel.

Leaders: this is a study in attentiveness, not control. Watch, adjust, take care. Receivers: notice every urge to take over, and let each one pass.

Agree on a simple signal beforehand that means “pause” — you'll likely never use it, but knowing it's there is what makes the letting-go real. Swap roles another night this month.

WHY IT MATTERS

Being taken care of — fully, without having to direct it — is a pleasure many capable adults haven't felt in years. And leading well is its own intimacy: it requires knowing someone. Tonight, both of you find out how well you've been paying attention.

CONVERSATION PROMPT

“Which was harder — leading or letting go? What almost made you grab the wheel?”

Held

THE ACTIVITY

Tonight is about the deep stillness of being safely held. Begin simply: one of you held by the other, fully — wrapped, warm, no agenda — for longer than ever feels natural. Five minutes, ten. Let the held partner feel their own weight release, the vigilance drain out.

If the Map says you're both curious, you can take stillness one step further: the held partner closes their eyes, or — borrowing from Week 12 — wears the blindfold, or lets their hands be gently and loosely bound in something soft. The point is not drama. The point is the profound quiet of choosing not to be in control, next to someone who has earned it.

Whoever holds, holds with complete attention. Afterwards, hold each other the ordinary way for a while. Don't skip that part.

WHY IT MATTERS

Chosen stillness is trust made physical. For the one held, it's a rest deeper than sleep — someone else is keeping watch. For the one holding, it's the honour of being that someone. Few evenings this year will say more with less.

CONVERSATION PROMPT

“When in your life have you felt safest? What did it feel like in your body tonight?”

The Safety Talk

THE ACTIVITY

The month closes with a conversation most couples never have — not because it's hard, but because nobody told them it existed. Tonight, over something warm, you talk about safety itself. Three questions, taken slowly:

How do we check in with each other during an evening — what do I look like when I'm loving something, and what do I look like when I've left? What does care look like after an intense or tender evening — closeness, water, quiet, being told it meant something? And is there anything from this year that we should have talked about afterwards and didn't?

Write down what you learn — a private little protocol for the two of you. It will outlast every activity in this guide.

WHY IT MATTERS

Aftercare isn't just for adventurous nights — every kind of intimacy lands better when someone checks the landing. Knowing exactly how your partner signals joy, distance, and “stay close for a minute” is the quiet infrastructure everything else in this guide runs on.

CONVERSATION PROMPT

“After our best evenings, what's the thing you most want in the ten minutes after — and do I do it?”

MONTH EIGHT REFLECTION

What does trust between you look like now that it didn't in Month One? Name one moment this month when you felt completely safe — and what created it.

09

MONTH NINE

Ritual

The small things that compound.

WEEKS 33 – 36 · THE WEEKLY HOUR · THE THRESHOLD · THE OBJECT · YOUR OWN DESIGN

In eight weeks, this guide ends. This month makes sure the year doesn't end with it.

Here's what the research and every long-married couple agree on: intimacy isn't sustained by grand gestures. It's sustained by small, repeated, protected things. The Sunday coffee. The six-o'clock glass of wine on the porch. The hand on the back of the neck that means *I'm home, and I'm glad you're here*. Rituals are how connection survives busy — because a ritual doesn't ask to be remembered or negotiated. It just recurs.

You've actually been living inside a ritual for thirty-two weeks: one protected evening, every week. This month you learn to build your own — a weekly hour that outlasts this book, a small threshold ritual for ordinary days, an object that carries meaning, and finally a recurring evening designed by the two of you, for the two of you.

This is the month where the guide starts handing you the pen.

THIS MONTH'S NEW ELEMENT · OPTIONAL

Rituals love an anchor — a dedicated candle, a luxe throw, a beautiful box that holds your Spark Cards and the Map. Something that lives in your space and means *us*. The Slow Burn ritual pieces at xtasyxperience.com were curated with this in mind.

The Weekly Hour

THE ACTIVITY

Tonight's activity is a negotiation — a pleasant one. You're going to choose the hour that will be yours after this guide ends. Same night each week, same time, non-negotiable except for genuine emergencies. Put it in both calendars as recurring, forever. Name it something that isn't "date night" — names you invent yourselves stick better.

Then decide its minimum viable form. Not the ideal version — the version that survives your worst week. Maybe it's just: candles, no phones, one hour, together. If the minimum is small enough, you'll never skip it; on good weeks it grows on its own.

Spend tonight's remaining time enjoying the first official instalment.

WHY IT MATTERS

An intention fails the first busy week; an appointment survives it. The couples still connected at year thirty aren't more romantic than everyone else — they're better at protecting one recurring hour.

CONVERSATION PROMPT

"What has to be true about our week for this hour to actually survive? What's tried to kill it before?"

The Threshold

THE ACTIVITY

Not every ritual needs an evening. This week you build a threshold ritual — a small, repeatable moment that marks the border between the day and the two of you. The classic: a real kiss when you reunite at day's end. Not the drive-by peck — six seconds, both feet planted, bags down. Or: the first ten minutes after you're both home are phone-free. Or a shoulder squeeze and “how was it, really?” before anyone touches dinner.

Choose one together tonight, then practise it every day this week. Seven days is enough for it to start feeling less like a task and more like a habit with a heartbeat.

WHY IT MATTERS

Days don't end by themselves — they bleed into evenings, carrying work and noise with them. A threshold ritual is a door you close together. Small enough to survive any schedule, it quietly ensures no day passes without one real moment of contact.

CONVERSATION PROMPT

“What's the very first moment you know you're glad to see me? What would help you arrive home — all the way home — faster?”

The Ritual Object

THE ACTIVITY

Objects hold memory better than calendars do. Tonight, choose or create one object that belongs to your rituals: the candle that only gets lit on your weekly hour. A particular blanket. A box that holds your Spark Cards, the Map of Yes, and the dare jar slips. The record that opens every ritual evening, first track, every time.

The rule that gives it power: the object is reserved. It doesn't appear on ordinary nights. Scarcity is what turns a candle into a signal — within a month, just lighting it will change the temperature of the room.

Tonight, inaugurate it properly: use it, and tell each other what you want it to mean.

WHY IT MATTERS

Every couple already has accidental sacred objects — the mug, the side of the bed. A chosen one works even better, because you both agreed on the meaning. It becomes a switch either of you can flip: no negotiation, no ask, just the candle, lit.

CONVERSATION PROMPT

“What object from our history together already feels sacred to you? Why that one?”

Your Own Design

THE ACTIVITY

Thirty-five weeks of borrowed evenings. Tonight, you design one of your own. Together, build your monthly ritual from scratch — the bigger sibling of the weekly hour. Once a month, something with more ceremony: a full evening with acts, like Week 20. A repeating menu that's only cooked that night. A bath, a record, a slow hour, in an order you two invent.

Design it on paper tonight like the ritual architects you now are: what opens it, what's always included, what's never allowed (phones, logistics-talk, rushing), what closes it. Then schedule the first one within three weeks.

This ritual is yours. This guide just gets to be its grandparent.

WHY IT MATTERS

Everything in this book was scaffolding. A ritual you design together — fitted to your history, your home, your private jokes and sacred objects — will outlast any ritual assigned to you. Tonight is the year's real graduation.

CONVERSATION PROMPT

“Of everything we've done since Week One — what has to be inside our ritual? What's the one ingredient we're never skipping?”

MONTH NINE REFLECTION

Which ritual took root fastest — the hour, the threshold, or the object? What does it feel like knowing you can build these yourselves now?

IO

MONTH TEN

Celebration

Look at what you built.

WEEKS 37 – 40 · THE HIGHLIGHT REEL · THE RE-RUN · THE LETTERS · THE NEXT YEAR

Forty weeks ago, you were two people hoping a guide could help. Look at you now.

You've learned to arrive, to say the unsaid, to wake the senses, to play, to build wanting out of ordinary hours, to explore from a shared map, to go deep, to hand over and be held, and to build rituals that don't need this book anymore. The final month isn't about learning anything new. It's about honouring what happened — because celebration isn't a luxury. Unmarked, a year like this quietly files itself away with everything else. Marked, it becomes part of your story — the year you decided on purpose.

Four last evenings: a highlight reel of the whole year. A re-run of the single best night. Two letters, written and read aloud. And a final evening to choose what carries forward — and to toast the year you just built with your own hands.

THIS MONTH'S NEW ELEMENT · OPTIONAL

You've earned the good one. If there's a piece you've been circling all year — the luxury version, the beautiful upgrade, the gift to yourselves — this is its month. The Velvet Room collection at xtasyxperience.com is where intentional meets indulgent.

The Highlight Reel

THE ACTIVITY

Tonight you walk the whole year back through, month by month. Pour something worthy of the occasion, get comfortable, and take turns: for each of the nine months behind you, each of you names the moment that stuck. The dare you still think about. The thing said in Week 28 that changed the temperature of everything after it. The night that went wrong and became a better story than the nights that went right.

Use the book itself as the map — flip through it together. Marginal notes, if you made them, are tonight's treasure.

Somewhere in the telling, you'll notice the year had chapters. Say them out loud.

WHY IT MATTERS

Memory is a muscle, and shared memory is a bond. The couples who retell their history keep it alive — and you two just added forty weeks to the archive. Tonight is the first telling of a story you'll tell for years.

CONVERSATION PROMPT

“Which week surprised you most — and which week surprised you most about me?”

The Re-Run

THE ACTIVITY

Last week you named the year's best evening. This week, you do it again — properly. Recreate it with full production values: the same room, the same music, the same pacing, upgraded wherever upgrading would honour it. If it was the stranger night, book the same bar. If it was the breathing, the blindfold, the countdown — run it back with everything you've learned since.

It won't feel identical. It will feel like a cover of your favourite song played by musicians who've gotten better — the same heart, more skill.

If you can't agree on one best evening, wonderful: that's two weeks of re-runs, and nobody's complaining.

WHY IT MATTERS

Repeating a peak on purpose tells you something an original never can: it wasn't luck. You can build that feeling — you know the recipe now. That knowledge is the difference between a good year and a changed life.

CONVERSATION PROMPT

“What made it even better the second time? What does that tell us about what we've learned?”

The Letters

THE ACTIVITY

Sometime this week, separately, you each write a letter. To your partner, about this year. What you watched them do. What they said that you never told them landed. What you want them to know about how it felt to be loved by them through forty weeks of showing up. A page is plenty; honesty matters more than length.

On your evening: low light, the ritual candle, no phones. Read your letters to each other, out loud, slowly. Then trade the paper copies.

Keep them somewhere that matters — the ritual box, if you made one. Some couples read them again every year. Be those couples.

WHY IT MATTERS

Spoken words evaporate; written ones keep. A letter is proof — that this year happened, that they saw you, that it meant what you hoped it meant. Years from now, on a hard day, these two pages will still be doing their work.

CONVERSATION PROMPT

“What was the hardest sentence to write? What was the easiest?”

The Next Year

THE ACTIVITY

The final evening. Make it a proper occasion — dress up, cook the meal or order the good one, light everything worth lighting. Then, together, do the last piece of work this book will ever ask of you: choose what carries forward.

From the whole year, pick your keepers: the weekly hour (already yours), one threshold ritual, the monthly ritual you designed in Week 36, and two or three favourite evenings that become your repertoire — yours to redeploy any week that needs them. Write the list on one page. That page is your year two.

Then put the book down, raise a glass, and toast the thing you actually built: not forty activities — a way of being together, on purpose.

WHY IT MATTERS

Guides end; practices don't have to. You came into this year hoping a book could change things. It didn't — you did, forty deliberate evenings in a row. The book just kept the calendar. Now you keep it.

CONVERSATION PROMPT

“A year ago, what did you quietly hope this would do for us? And what did it actually do?”

THE YEAR'S FINAL REFLECTION

Forty weeks. Ten themes. One deliberate year. What are the three words you'd each use to describe who you are together now? Write them inside the front cover — and date it.



BONUS ONE

The Distance Edition

For couples apart — some weeks, or all of them.

ADAPTATIONS FOR EVERY THEME · SAME YEAR, DIFFERENT MILES

Distance changes the logistics of this year. It doesn't change the year. Every theme in this guide survives the miles — most just need a phone, a plan, and a little more intention. If you're apart occasionally, use these to keep your streak alive. If you're apart mostly, run the whole year this way and let the reunions be your re-runs.

Presence, apart. The rules travel: a call with phones-otherwise-away is still presence. Cook the same meal on video, eat it together slowly. Do Week 4's "nothing" on an open line — reading, pottering, existing together in ambient silence. It sounds strange. It's the closest thing to sharing a room that distance offers.

Communication, apart. The Unsaid Thing, the Map of Yes, and the Listening Night all work by voice — some couples find the phone actually makes honesty easier. Make your Maps in a shared note. The Listening Night's fifteen uninterrupted minutes may be the best call you have all year.

Sensory, apart. Send each other a scent — your pillow spray, your worn t-shirt, sealed in a bag. Build each other a playlist and listen at the same hour. Describe touch instead of giving it; narration is its own art form, and distance makes you fluent.

Anticipation, apart. Distance is anticipation's natural habitat. Morning messages, countdowns to the next visit, a parcel mailed with instructions not to open it until told. The reunion itself becomes Week 20 — plan the slow reveal accordingly.

Exploration & Trust, apart. Choose the new object together online; ship one to each side. New frame? Phone roleplay predates every app. Trust translates too: handing over can mean one partner plans the other's entire solo evening — menu, playlist, bath, bedtime — executed on faith, reported after.

Ritual & Celebration, apart. The weekly hour becomes the weekly call — same time, protected identically. Threshold ritual: the goodnight message that's never skipped, no matter the argument, no

matter the hour. And letters — Week 39 — were invented for distance. Mail them. Paper, stamps, handwriting. Some technologies were already perfect.



BONUS TWO

The Anniversary Ritual

A guided evening for milestone moments.

FOR ANNIVERSARIES · REUNIONS · THE NIGHT YOU FINISH THIS BOOK

Some evenings deserve architecture. This is a complete milestone evening in five movements — use it for anniversaries, for finishing this guide, for any night that ends a chapter. It takes about three hours. Nothing about it is difficult; everything about it is deliberate.

I. The Table · one hour. Cook together or order the meal from your best year, but set the table like guests are coming — cloth, candles, the good glasses. You are the guests. Over dinner, one topic only: the story of the year (or the years). Begin with “Remember when—” and let it run.

II. The Toast · ten minutes. Stand up for this one — ceremony works better on your feet. Each of you toasts the other: one specific thing they did this year that you never properly thanked them for. Specific is the whole game. Clink like you mean it.

III. The Gift · twenty minutes. One gift each, two rules: it must be small, and it must prove you were paying attention. The thing they mentioned once in March. The photo from the night they loved, printed and framed. If you shop for it, shop like a biographer — or let it be an experience: the certificate for the thing they keep almost booking.

IV. The Renewal · twenty minutes. Somewhere soft and warm, take turns finishing three sentences, honestly: “This year, you taught me...” · “What I want more of next year is...” · “What I promise you for the year ahead is...” Keep the promises small enough to keep. Write the third ones down and tuck them into the ritual box — next year's anniversary opens with last year's promises, read aloud.

V. The Night · unhurried. End the ceremony; begin the evening. Light the ritual candle, put on the record, and let everything you've practised this year take it from here. No script for this movement. You wrote it already — forty weeks of it.



BONUS THREE

The Spark Cards

Twenty questions for the nights in between.

PRINT · CUT · KEEP BY THE BED · DRAW ONE ON QUIET NIGHTS

The Spark began with three bedside cards. Here are twenty more — the full deck, for every quiet night after the forty weeks are done.

Print the following pages on the heaviest paper your printer will forgive, cut along the dashed lines, and keep the deck wherever your evenings end. The rules are the ones you know: pull one card when the night is open. Both answer. No deflecting, no rushing, and whatever the card starts, let it go where it wants.

Shuffle well. Some of these are feathers and some are keys. That's deliberate — you won't know which you're drawing, and neither will they.

XTASYXPERIENCE · SPARK CARDS

“What's one moment from our past — early, recent, anywhere — you'd want to feel again?”

No. 1

XTASYXPERIENCE · SPARK CARDS

“What's something you've never told me about what you find attractive?”

No. 2

XTASYXPERIENCE · SPARK CARDS

“What's the smallest thing I could do this week that would make you feel close to me?”

No. 3

XTASYXPERIENCE · SPARK CARDS

“If tonight had no rules and no history, how would you want it to start?”

No. 4

XTASYXPERIENCE · SPARK CARDS

“When did you last feel wanted by me — not loved, wanted?”

No. 5

XTASYXPERIENCE · SPARK CARDS

“What's a compliment you received once — from anyone — that you never forgot?”

No. 6

XTASYXPERIENCE · SPARK CARDS

“What do I wear that you wish I wore more often?”

No. 7

XTASYXPERIENCE · SPARK CARDS

“What's a place we've been together that you'd like to go back to — and what would we do differently?”

No. 8

XTASYXPERIENCE · SPARK CARDS

“If you could plan tomorrow evening for us with no budget and no obligations, what happens?”

No. 9

XTASYXPERIENCE · SPARK CARDS

“What's something about your own body you've made peace with — or want help making peace with?”

No. 10

XTASYXPERIENCE · SPARK CARDS

“What's a habit of mine you secretly find charming and have never admitted?”

No. 11

XTASYXPERIENCE · SPARK CARDS

“What's one thing you'd love to hear me say more often — exact words?”

No. 12

XTASYXPERIENCE · SPARK CARDS

*“Slow dance with me. Right now. This card is
not a question.”*

No. 13

XTASYXPERIENCE · SPARK CARDS

*“What's something new — small or not small
— that you're curious about lately?”*

No. 14

XTASYXPERIENCE · SPARK CARDS

*“Describe your perfect lazy morning with me,
minute by minute.”*

No. 15

XTASYXPERIENCE · SPARK CARDS

*“What's a moment you felt proudest to be
mine?”*

No. 16

XTASYXPERIENCE · SPARK CARDS

*“Ten minutes of slow touch, my choice where.
This card is also not a question.”*

No. 17

XTASYXPERIENCE · SPARK CARDS

*“What's one worry you've been carrying that
you haven't said out loud yet?”*

No. 18

XTASYXPERIENCE · SPARK CARDS

*“What's the next thing on your Map of Yes —
the one you think about most?”*

No. 19

XTASYXPERIENCE · SPARK CARDS

*“Tell me the story of us — the two-minute
version — the way you'd tell a stranger who
asked how we met.”*

No. 20

XTASYXPERIENCE

Intimacy, Elevated.

*More decks, oils, and well-made things for evenings
like these:*

xtasyxperience.com

...

XTASYXPERIENCE

*Print me on heavy paper.
Cut along the dashed lines.
Keep me by the bed.*

Draw one on quiet nights.

...

IN CLOSING

This Was Never About the Book

Forty weeks ago, this was a PDF and a hope. Now it's a year that happened — evenings that counted, things finally said, a map with your handwriting on it, rituals that will outlive the paper they were described on.

Intimacy was never broken. It was just buried under busy. You dug it out, one deliberate evening at a time — and now you know the way back, always.

• • •

Keep choosing each other. On purpose.

• • •

For the small additions that elevate evenings like these —
curated, body-safe, designed for adults who value intention over excess:

xtasyxperience.com

— The XtasyXperience Team

INTIMACY, ELEVATED

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