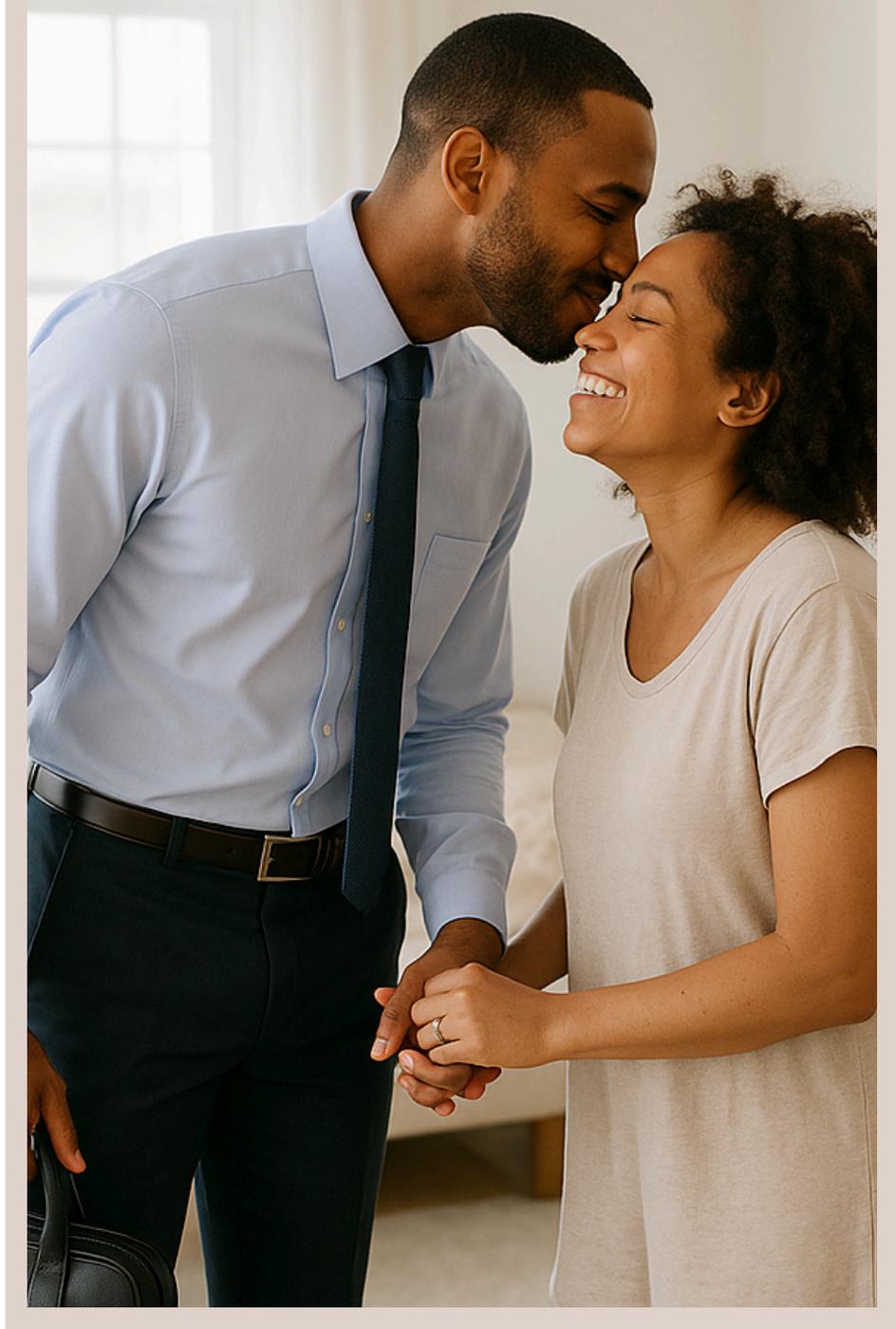


DAY FOUR

INTIMACY REBUILDER



The 4-Minute Intentional Touch Intimacy Rebuilder –
Intentional moments that rebuild connection
with Meg carter

Physical touch stops long before couples stop having sex. Couples are too busy to connect, so every day, they waste the perfect opportunities they already have. This teach how to transform ordinary departures and arrivals into intentional moments of physical and emotional connection that rebuild intimacy.



MEET MEG CARTER

I'm Christian, a wife, and a mother. An American Board of Sexology certified sexologist and certified intimacy coach. I've spent years having real conversations with men who are stuck in sexless marriages.

I don't use frameworks or approaches that haven't worked for you already. My methodology is simple, we have real conversations. I listen, engage in the moment, spot patterns you may miss, and offer insights that actually make sense for your situation. No clinical approaches. No making you feel like the problem.

Through these genuine conversations, I help men rebuild connections, regain confidence, and create the emotional and physical closeness they're missing in their marriages. I remind men that taking care of themselves while navigating a sexless marriage is essential, because your well-being is very important regardless of what's happening in your relationship.

Meg Carter

Workbook Connection Assessment

WHERE ARE YOU NOW?

RATE YOUR CONNECTION

RATE EACH FROM 1-5 (1=NEVER, 5=ALWAYS)

PHYSICAL TOUCH

- | | |
|--|--|
| <input type="checkbox"/>] WE HOLD HANDS WHEN WALKING TOGETHER | <input type="checkbox"/>] WE KISS GOODBYE WHEN LEAVING FOR WORK |
| <input type="checkbox"/>] WE SIT CLOSE TO EACH OTHER ON THE COUCH | <input type="checkbox"/>] WE HUG HELLO WHEN REUNITING |
| <input type="checkbox"/>] WE SIT CLOSE TO EACH OTHER ON THE COUCH | |

DAILY CONNECTION

- | | |
|---|---|
| <input type="checkbox"/>] WE MAKE EYE CONTACT WHEN TALKING | <input type="checkbox"/>] WE SHARE POSITIVE MOMENTS TOGETHER |
| <input type="checkbox"/>] WE EXPRESS APPRECIATION DAILY | <input type="checkbox"/>] WE LISTEN ACTIVELY TO EACH OTHER |
| <input type="checkbox"/>] WE SPEND AT LEAST 15 MINUTE EACH OTHER | |

TOTAL SCORE: ___/50

SCORING:

40-50: STRONG CONNECTION WITH ROOM FOR GROWTH

30-39: MODERATE CONNECTION - POWER HELLO & GOODBYE METHOD WILL HELP SIGNIFICANTLY

20-29: DISCONNECTED - PERFECT CANDIDATE FOR THIS PRACTICE

BELOW 20: SEVERELY DISCONNECTED - START IMMEDIATELY

Workbook Reflection Questions

WHEN LAST DID YOU...

REFLECT HONESTLY AND WRITE YOUR ANSWERS:

1. HOLD HANDS IN PUBLIC? _____

2. GIVE A PASSIONATE KISS GOODBYE? _____

3. SHARE A LINGERING HUG? _____

4. LOOK INTO EACH OTHER'S EYES DURING CONVERSATION?

5. TOUCH YOUR SPOUSE WITHOUT IT LEADING TO SEX?

MY COMMITMENT

I COMMIT TO

[] TRYING THE POWER HELLO AND GOODBYE EVERY DAY THIS WEEK.

[] BEING FULLY PRESENT DURING BOTH PRACTICES.

[] NOT GIVING UP EVEN IT FEELS AKWARD AT FIRST.

MY BIGGEST OBSTACLE:

MY SOLUTION:

Workbook *The Method Guide*

YOUR 4-MINUTE INTENTIONAL TOUCH PRACTICE THE POWER HELLO AND GOODBYE

POWER GOODBYE

90 SECONDS BEFORE YOU
LEAVE

STEP 1:
LOOK FOR YOUR SPOUSE

APPROACH THEM WITH
INTENTION.

STEP 2:
HOLD THEIR HANDS

MAKE EYE CONTACT

STEP 3:
SHARE ONE THING YOU
APPRECIATE ABOUT THEM

GIVE THEM A PASSIONATE
KISS

LET IT LINGER FOR 2-3
SECONDS

TOTAL TIME: 90 SECONDS

POWER HELLO

AS SOON AS YOU WALK
THROUGH THE DOOR

STEP 1:
LOOK FOR YOUR SPOUSE AS
SOON AS YOU WALK IN

SAY I'M BACK AND I'M HERE
NOW FOR YOU

MAKE EYE CONTACT.

STEP 2:
HOLD THEIR HANDS

SIT TOGETHER

STEP 3:
SMILE AND SHARE ONE
POSITIVE MOMENT FROM
YOUR DAY

ASK ABOUT THEIR DAY

LISTEN ACTIVELY

TOTAL TIME: 3 MINUTES

Workbook Track Your progress

YOUR 7-DAY CHALLENGE DAILY TRACKER

CHECK OFF EACH TIME YOU COMPLETE THE PRACTICE

DAY	POWER GOODBYE ✓	POWER HELLO ✓	HOW IT FELT
MONDAY	[]	[]	<input type="text"/>
TUESDAY	[]	[]	<input type="text"/>
WEDNESDAY	[]	[]	<input type="text"/>
THURSDAY	[]	[]	<input type="text"/>
FRIDAY	[]	[]	<input type="text"/>
SATURDAY	[]	[]	<input type="text"/>
SUNDAY	[]	[]	<input type="text"/>