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LOVE, INTIMACY & TRUST BUILDING EXERCISE FOR COUPLES

There's no need to to rub the body part vigorously this time, gently stroking the area will be enough as your partner's focus will already be on the body part because you're touching it  Other suggestions include trying the exercise naked, using a scented massage oil and ensuring that you're

in a warm, dimly lit room You'll take turns with this, with the giver reading all the 'this is your' statements and the receiver responding with the appropriate thank you statement Once you reach the end of the statements, swap roles and start from the beginning again

These are your feet, they belong to you
I honour your feet for carrying you on the journey that has brought you to me
I promise to walk alongside you as a faithful companion, lover and friend
Thank you feet for all you do and have done for my love and me
I love you
These are your beautiful feet

Thank you my lover
I trust you to walk alongside me as my faithful companion, lover and friend

1

These are your legs, they belong to you
I honour your legs for allowing you to dance, skip, jump and run your way joyously through life
I promise to add joy, love, laughter and happiness to our life every day
Thank you legs for all you do and have done for my love and me
I love you and your beautiful legs

Thank you my lover
I trust you to add joy, love, laughter and happiness to our life every day

2

These are your hips, they belong to you
I honour your hips for the flexibility and range of motion they give you
I promise to be equally as flexible in our relationship, always putting the needs of our relationship above my own
Thank you feet for all you do and have done for my love and me
I love you and your beautiful feet

Thank you my lover
I trust you to be flexible in our relationship and I trust you to always put the needs of our relationship above your own

3

These are your buttocks, they belong to you
I honour your buttocks for being the seat of your power
I promise to be a source of power and strength for you every day
Thank you buttocks for all you do and have done for my love and me
I love you
These are your beautiful buttocks

Thank you my lover
I trust you to be a source of power and strength for me every day

4



This the centre of your sexuality, it is sacred and it belongs to you
I honour your sexuality for the passion, connection and bond we share
I promise honour your sexuality, bringing you pleasure, joy and ecstasy, using our intimacy as a tool to further strengthen our connection and bond
Thank you sexuality for all you do and have done for my love and me
I love you and your passionate sexuality

Thank you my lover
I trust you to honour my sexuality, bringing me pleasure, joy and ightsacy and to use our intimacy as a tool to further strengthen our connection and bond

5

This is your stomach, it belongs to you
I honour your stomach for nuturing and sustaining you, for being a lifegiving source of nourishment for you
I promise to nurture you with our love every day, so that you can feel fulfilled and fully and totally loved
Thank you stomach for all you do and have done for my love and me
I love you and your beautiful stomach

Thank you my lover
I trust you to nurture me with our love every day, so that I can feel fulfilled and fully and totally loved

6

These are your breasts, they belong to you
I honour your breasts for the pleasure they bring us both during intimacy
Like a mother nurtures a newborn babe, I promise to nurture our relationship, giving it the sustenance it needs to thrive
Thank you breasts for all you do and have done for my love and me
I love you
These are your beautiful breasts

Thank you my lover
I trust you to nurture our relationship, giving it the sustenance it needs to thrive

7

This is your chest, it belongs to you
I honour your chest for being a safe and secure place for me to belong
I promise to aim every day to make you feel that you are at home with me, that you belong
Thank you chest for all you do and have done for my love and me
I love you
This is your strong and safe chest

Thank you my lover
I trust you to make me feel that i am at home with you, that i belong, every day

OR

7



This your heart, it belongs to you and yet i am honoured enough that you have chosen to share it with me
I honour your heart for the love it carries and shares with me
I promise to return that love a hundredfold every day, doing my most to ensure that you feel completely and totally loved
Thank you heart for all you do and have done for my love and me
I love you
This is your beautiful, loving heart

Thank you my lover
I trust you to return my love a hudredfold every day, and that I will feel completely and totally loved by you

8

These are your shoulders, they belong to you
I honour your shoulders for carrying the load and burden of life every day
I promise to walk alongside you, helping you to shoulder even the heaviest load
Thank you shoulders for all you do and have done for my love and me
I love you
These are your beautiful shoulders

Thank you my lover
I trust you to walk alongside me and i know that with you at my side, I will never shoulder any burden alone

9

These are your arms, they belong to you
I honour your arms for enabling you to embrace me and our love
I promise to always return your embrace and to welcome you with open arms every day
Thank you arms for all you do and have done for my love and me
I love you
These are your beautiful arms

Thank you my lover
I trust you to return my embrace and welcome me with open arms every day

10

These are your hands, they belong to you
I honour your hands for the magic they ignite inside when i feel their touch
I promise to treat you gently with my hands and to always endeavour to touch your heart and soul with my every action, every day
Thank you hands for all you do and have done for my love and me
I love you
These are your beautiful hands

Thank you my lover
I trust you to be a source of power and strength for me every day

11

This is your back and spine, they belong to you
I honour your back and spine for supporting you every day
I promise to be a pillar of strength and support for you always, to support you and keep you standing tall
Thank you back and spine for all you do and have done for my love and me
I love you
These are your beautiful back and spine

Thank you my lover
I trust you to be a pillar of strength for me always, to support me and keep me standing tall

12

This is your neck, it belongs to you
I honour your neck for giving you the flexibility to navigate life's turns alone until we found each other
I promise to stand by your side through every twist and turn in the road of life and to be flexible enough to put the needs of our relationship first
Thank you neck for all you do and have done for my love and me
I love your beautiful, graceful neck

Thank you my lover
I trust you to stand by my side through every twist and turn on the road of life and to be flexible enough to put the needs of our relationship first

13

This is your throat, it belongs to you
I honour your voice for being an eloquent tool through which you are able to display the personality of the person i have chosen to love and cherish
I promise to give you honesty in our communications and to show my truth to you at all times, every day
Thank you throat for all you do and have done for my love and me
I love you
This is your beautiful throat

Thank you my lover
I trust you to give me honesty in our communications and to show your truth to me at all times, every day

14

This is your face, it belongs to you
I honour your face for capturing the essence of you so perfectly and displaying who you are so beautifully
I promise to always show my real self to you, even when i think that that self is too ugly to love, and to never wear masks with you
Thank you face for all you do and have done for my love and me
I love you
This is your beautiful face

Thank you my lover
I trust you to show your real self to me, even when you think that self it too ugly to love, and to never wear masks with me

15





This is your mouth, it belongs to you
 I honour your mouth for allowing you taste the
 sweetness and joy that life has to offer
 I promise to kiss you deeply with my own mouth
 and to honour you in every word about you that
 passes my lips
 Thank you mouth for all you do and have done
 for my love and me
 I love you
 This is your beautiful mouth

Thank you my lover
 I trust you to kiss me deeply with your own
 mouth and that you will honour me in every
 word about me that passes your lips

16

This is your nose, it belongs to you
 I honour your nose for knowing my smell and
 for bonding you to me through the sense of
 smell
 I promise to honour your bond and connection
 to me, cherishing it and holding it near and
 dear always and in all ways
 Thank you nose for for all you do and have
 done for my love and me
 I love you
 This is your beautiful nose

Thank you my lover
 I trust you to honour my bond and connection
 to you, cherishing it and holding it near and
 dear always and in all ways

17

These are your eyes, they belong to you
 I honour your eyes for allowing you to see my
 truth and to see past this body i inhabit, into my
 soul
 I promise to always see you, to never leave you
 feeling invisible, to always have a sparkle in my
 eye fueled by our ever-growing love
 Thank you eyes for all you do and have done for
 my love and me
 I love you
 These are your beautiful eyes

Thank you my lover
 I trust you to always see me, to never leave me
 feeling invisible, to always have a sparkle in
 your eye fueled by our ever-growing love

18

These are your ears, they belong to you
 I honour your ears for allowing you to hear the
 love in my soul and the truth in my words
 I promise to always listen carefully to your
 words and actions, to listen past the noise and
 truly hear your inner voice
 Thank you ears for all you do and have done for
 my love and me
 I love you
 These are your beautiful ears

Thank you my lover
 I trust you to listen carefully to my words and
 actions, to listen past the noise and truly hear
 my inner voice

19



This is your brain and head, they belong to you
 I honour your brain and head for making the
 decision to share your precious life and love
 with me – thank you
 I promise to honour your choice and
 commitment by returning it with an equal
 commitment of my own, always holding myself
 true and accountable to the terms of our
 relationship
 Thank you head and brain for all you do and
 have done for my love and me
 I love you and your beautiful head and brain

Thank you my lover
 I trust you honour my commitment and choice
 with an equal commitment of your own, and to
 hold yourself true to the terms of our
 commitment

20

This is your whole body, it belongs to you
 I honour your body for choosing to share this
 life and journey with me
 I promise to honour any and all commitments
 we have made to each other for this lifetime
 and to give of myself completely and selflessly
 as we travel along life's path together
 Thank you body for housing the most beautiful
 soul for me to love, for all you do and have
 done for my love and me
 I love you
 This is your beautiful, sexy body and I thank
 you for sharing it with me

Thank you my lover
 I trust you to honour any and all commitments
 we have made to each other for this lifetime
 and to give of yourself completely and selflessly

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categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

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