The Intimacy 5 Challenge
Healthy Relationships with Kyle Benson
Intimacy

Intimacy is the gateway into passionate wake-the-neighbor sex. It cultivates a deeper connection that barricades infidelity out of a relationship. Although our culture tells us intimacy should be natural and uninhibited, it's not.

There isn't a single person I know that doesn't have some type of emotional scar from a past relationship. Sometimes these scars are small; other times they are so deep that they block us from deeply connecting with our partners in profound ways.

Intimacy challenges our deepest fears and insecurities. It makes many of us uncomfortable because it allows us to be truly seen. Scars and all. Being intimate is not for the light-hearted. It requires emotional development. It requires you to be independent and yet willing to be influenced by your partner.

5 of the Most Intense Intimate Challenges for Couples

The 5 Minute Soul Gaze

Most relationships don't age like fine wine. They often spoil and taste so poorly that partners feel very little for their “lifelong partner.”

The problem starts when these couples stop making emotional contact. It's even non-existent during sex. Humping the sexual tension out of their bodies, not loving or truly fucking one another. If you want to rebuild connection and cultivate intimacy quickly and in a meaningful way, then try soul gazing.

How to Soul Gaze:

Step 1: Have your partner sit facing you in a quiet, private place. No more than 3 feet away from each other.

Step 2: Set a timer for five minutes. Do not talk during this time.
**Step 3:** Gently stare into each other's eyes. Take time to really look into each other. Even more so, let yourself be truly seen. You'll feel a lot of internal resistance. Allow the anxiety, the thoughts in your head about how “stupid this is” to just be. Feel it and notice what is going on inside your body as you deeply connect with your partner. Intentionally lower your emotional barriers. As you feel the connection, relax into the gaze of your partners. Your eyes should feel warm and gentle.

**Step 4:** After the timer goes off, discuss what you felt and listen to how your partner felt.

When I did this exercise, I felt like my vulnerabilities were being undressed. Each minute felt like a year. At first, my anxiety caused me to panic. I felt tense. I questioned why I was doing what I was doing. What was my partner seeing in me? How could they love me?

But as I soothed my anxiety, I began to relax and instead of focusing on what my partner was seeing in me, I focused on what I saw in her. I focused on the warmth being passed from my eyes to hers and back again. The space between us almost seemed to disappear. And I fell even deeper into her. Deeper into myself. It was beautiful.

**Challenge:** I dare you to do this for 30 days straight. It's only five minutes. Do it first thing in the morning, after dinner, or before bed. The first handful of times will feel uncomfortable and weird. Like meditation, you'll want to quit, but stick to it. Trust me.

As the days turn into weeks, you'll start to find yourself opening up more to your partner. You'll feel lighter inside and more loving. You may even find yourself having more orgasms during sex. True intimacy is freeing.

---

**Hugging till Relaxed**

This hugging challenge takes a simple hug and offers a window into your relationship and a way to improve it. Hugging symbolizes the depth of a relationship. Partners lean on each other for support, but leaning on each other leaves both partners emotionally unstable. If your partner starts to wobble while you are leaning on each other, both of you may fall.
A true hug, like a true relationship, requires both partners to take responsibility for their part of the hug. It requires you to stand on your own two feet and embrace your partner during their struggles without letting those struggles affect you. This is what being a “rock” in a relationship means.

**How to Hug Till Relaxed**

**Step 1:** Stand facing your partner a few feet away. Take a few seconds to balance yourself. You should feel well-grounded in your feet. Relax yourself.

**Step 2:** Walk towards your partner without losing your stability.

**Step 3:** Get close enough to your partner that you can easily put your arms around your partner without feeling off balance. Imagine that if your partner lightly pushes or pulls you, you won’t lose your balance. Shift your stance or position as needed so you feel comfortable. Comfort is required for relaxation.

**Step 4:** Let yourself relax into the hug. Take deep breaths and remember to keep breathing. Do your best to relax. This won’t be easy at first.

**Step 5:** Note your internal resistances. Do your best not to give into them.

**Step 6:** Notice what each of your five senses are feeling. The smell of your partner’s neck and hair. What do you hear? A heartbeat? Their breathing patterns? How does your body feel? Warm? Loved?

**Step 7:** Stop when either you or your partner pulls away. Do this for at least 1 minute.

**Step 8:** Talk about any internal resistance you might have felt with your partner.

If you’d really like to challenge yourself, do it for 5 minutes.

Lots of emotions about your partner, your relationship and yourself will flood your body during this exercise. Let them come in. Relax with them and experience what it is like to truly relax while embraced with your partner.

---

1 This amazing exercise was created by David Sinach, author of *The Passionate Marriage*. One of my favorite books on marriage.
**Challenge:** If you do this challenge for 30 days, here is what you will experience:

- A deeper sense of safety and security with your partner
- A willingness to explore more of your partner and your relationship. What new hobbies do they enjoy? What new things can both of you do to improve the relationship?
- A desire to touch and be touched by your partner.
- A warm feeling of relaxation when you are near your partner.

Trust is built on the intimacy of emotional security and safety. **Hugging Till Relaxed** will greatly improve trust and intimacy.

My partner and I did this exercise for a while. Eventually we stopped forcing it and would randomly find ourselves hugging each other. Here is a poem that **Hugging Till Relaxed** inspired me to write:

I love the unexpected hug
Not when I first see you
Or when I leave

The one that comes from nothing
while I'm cooking dinner
Or when I walk past

Even in the tiny apartment
It's not like the subtle butt tap
Or quick back rub

It’s the one where you stop all of time
Where you squeeze minutes out of seconds
You hold me and I hold you

And as I loosen my grip to signal I’m done
You squeeze tighter, pressing against me

My heart slows,
yet my veins flood with love

I fall into the hug,
I fall into you

I embrace you
as you embrace me

It feels like the last hug I’ll ever get
The last hug I’ll ever need
Even though it’s just an insignificant, unexpected hug
To me, it’s the most significant and telling hug of all

Here is a powerful video to inspire you:

The Breath of One

“Love is the eternal first breathe” - Unknown

Breathing is life. Without breath we would not have the oxygen to love. To feel. To connect deeply with our partners. Our breath can be a gateway into becoming closer to our partners. When partners are close enough, their breathing patterns sync together. If you want to instantly feel intimacy (maybe even arousal), match your breathing patterns to your partner.

The Breath of One Exercise:

Step 1: Lay on your side facing your partner on your bed (or floor). Get comfortable.
**Step 2:** Gently touch your foreheads together. Tilt your chin down slightly so your noses aren't pressed against each other.

**Step 3:** With your foreheads touching, breathe ten deep, slow breaths in sync with your partner. In and out. Don't start by telling them how to breathe. Start by breathing separately at your own pace and listen to each other. After a few breaths you'll sync up and start to breathe the same way.

**Step 4:** Relax and feel connected to your partner. Note any anxiety or thoughts that come up and let them pass so you can relax and connect with your partner even more.

**Step 5:** Discuss any anxieties or thoughts that came up with your partner after you're done. This gives you an opportunity to get closer to your partner by sharing your inner world.

Similar to Soul Gazing, the first few breaths will feel uncomfortable. They'll consume your thoughts. After the third or fourth breath, it will feel natural and you'll start to feel deeply connected to one another. Who knows, you may feel so connected that sex may happen right after. Or you'll feel so connected that you won't want to leave. There's no pressure to do anything but feel. Feel the intimacy and warmth of connection.

**Challenge:** Do this for 30 days. You'll notice a massive decrease in your stress levels and your ability to tolerate uncertainty. Your mind will be clearer and you'll feel closer to your partner. Maybe you'll plan a date night or a sex night to continue building the intimacy between both of you.

---

**Sexual Presence**

Sex causes partners to engage in one (or more) of three primary connections. Some partners focus on physical sensations happening in their body. Others swim in a sea of sexual fantasies. The third connection focuses on our connection with our partner. Unfortunately, most of us are too busy focusing on how we feel inside and our sexual fantasies that we never truly engage our partner during sex. Engaging your partner
during sex will open up a door to a whole new world of sexuality that may have been kept shut. It's like your bedroom opening up into Narnia.

**How to Improve Sexual Presence**

**Step 1:** Focus on engaging your partner during sex. Focus on what they are feeling. What touch makes them move? What kind of thrust makes them moan?

**Step 2:** Stop trying to make your partner orgasm. Enjoy the moment, the sensations. Try to cultivate a deeper emotional connection. Explore what it's like to focus on we and not me.

In the beginning this may make you feel disconnected from yourself. Or maybe you'll get too turned on by how your partner feels and finish too quickly. Like all of these exercises, this will feel uncomfortable at first, but over time it will offer you sex like you've never experienced before.

**Challenge:** Make an effort to focus on sexual presence for the next ten sexual sessions you have with your partner.

**Eyes-Open Sex**

Sex shows the most vulnerable surfaces of the body in the most openly exposing positions. This experience causes many to only have sex with the lights off; to close their eyes and avoid eye contact so their partner cannot see the real vulnerable self lurking in the windows to their souls.

True sexual intimacy requires vulnerability. It requires a willingness to be seen and see your partner. Eyes-Open Sex doesn't need steps to explain. It requires a deeper look at yourself and a willingness to face the anxiety of being seen in your most vulnerable state by the one you love most. This is not an easy experience.
Eyes-Open Sex is the sum of all of the challenges we've done up to now. It requires the most courage to try. I challenge you to have sex with your partner with the intention of placing them in a position where you can soul gaze during sex.

When I deliberately did this, the intensity of our sex skyrocketed. We were deeply connected. My arousal went through the roof of our tiny apartment and we had some of the best and romantic sex of our lives. It was like the room around us vanished, we were wildly free, and deeply connected.

**Challenge:** Have Eyes-Open sex ten times.

Eyes-Open Sex is the type of sex that alters your life. It gives you new ways of experience life and your sexual nature. It's intense and scary. It's downright powerful.

---

**Intentionality with Intimacy**

While short-term intimacy bursts add value to our relationships/sex lives, they are merely tools. The way to deeply shift the quality of our relationship (and lives) requires more than a few challenges. It requires attention over time.

Whatever tactic you have found has worked the best for you, talk it over with your partner, and make a commitment to each other to make these a part of your regular routine.

Add them into your calendar. Make intimacy time non-negotiable. I would recommend a minimum of once per week (for the longer exercises) and every morning and/or evening (for the quicker ones). Nothing matters more than the deep connection you feel with your intimate partner. So much of our happiness, health, and career satisfaction is tied to how happy we feel in our relationship.

Most people believe that putting connection/conversation/sex/your relationship in your calendar is not sexy... but I think there's nothing sexier.
There is nothing sexier than allowing your actions to show your partner that “I care about you so much that I want you to take up multiple time slots in my busy schedule... because you matter to me. Our relationship is worth it. Our romantic connection is my highest priority.”

Our attention is the most valuable resources that we will ever have. When you give your partner your undivided attention freely, your entire life will flourish.

Not to mention... there's nothing sexier than intentionality.

Dedicated to the most intense intimacy you'll ever feel,

*Kyle Benson*

**P.S.** Want to take your relationship to an even deeper level? [Apply to receive custom relationship coaching by me.](#) I've helped couples overcome sexual gridlock, improve communication, and help couples reach levels of connection and intimacy they've never felt. I love helping others love harder.