



Why Non-Sexual Intimacy Matters

In a culture where sex is often confused with intimacy, many couples feel stuck when healing from betrayal or breaking free from porn use. But real closeness? It comes from laughter, shared memories, and small, everyday acts of caring

This guide is your roadmap to those moments. These 50 creative ideas will help you:

- ✓ Feel closer without sexual pressure
- ✓ Rebuild emotional trust
- ✓ Create joyful, memory-rich moments
- ✓ Show love in everyday actions

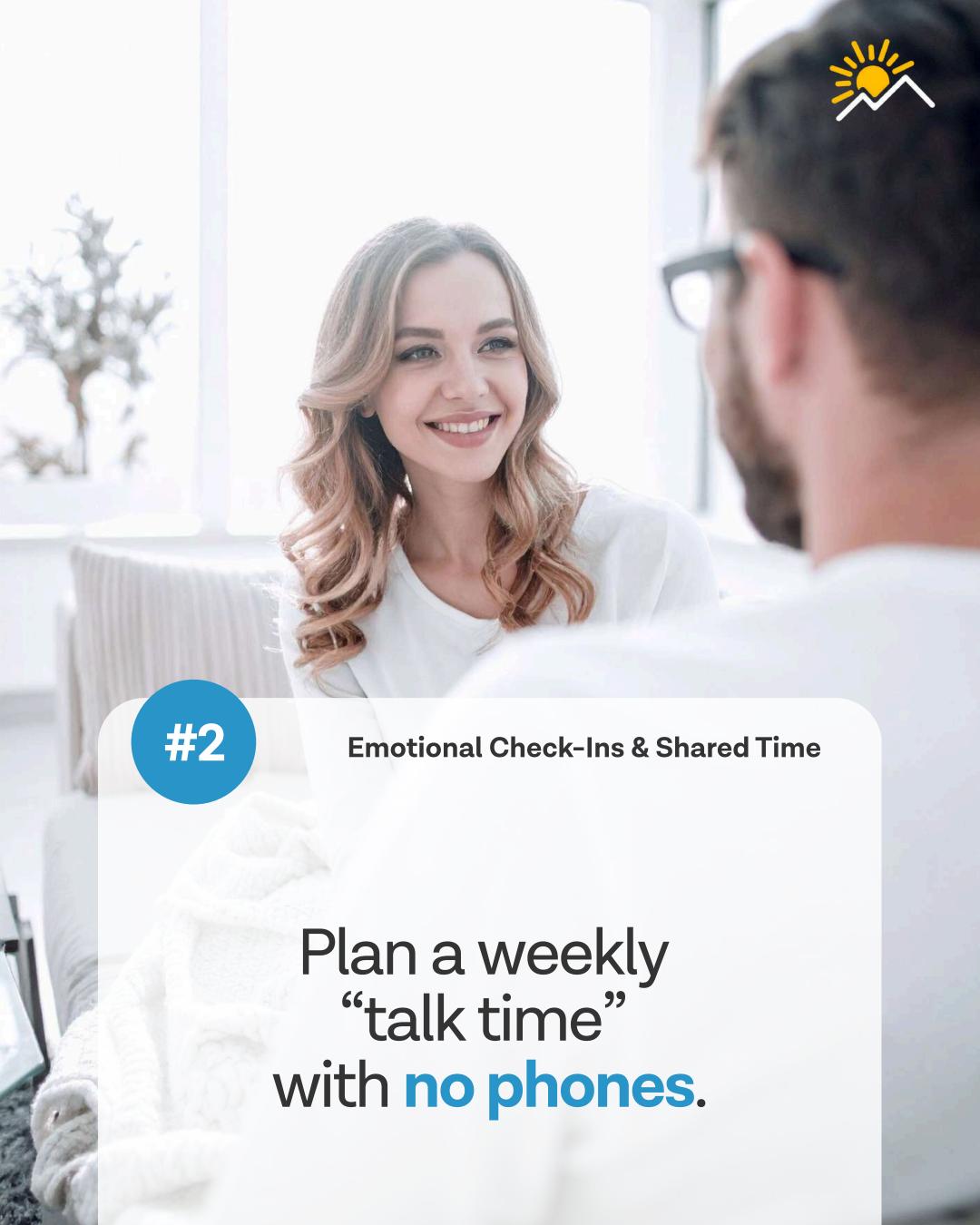
You don't need to do them all. Pick one a week, or just the ones that resonate.

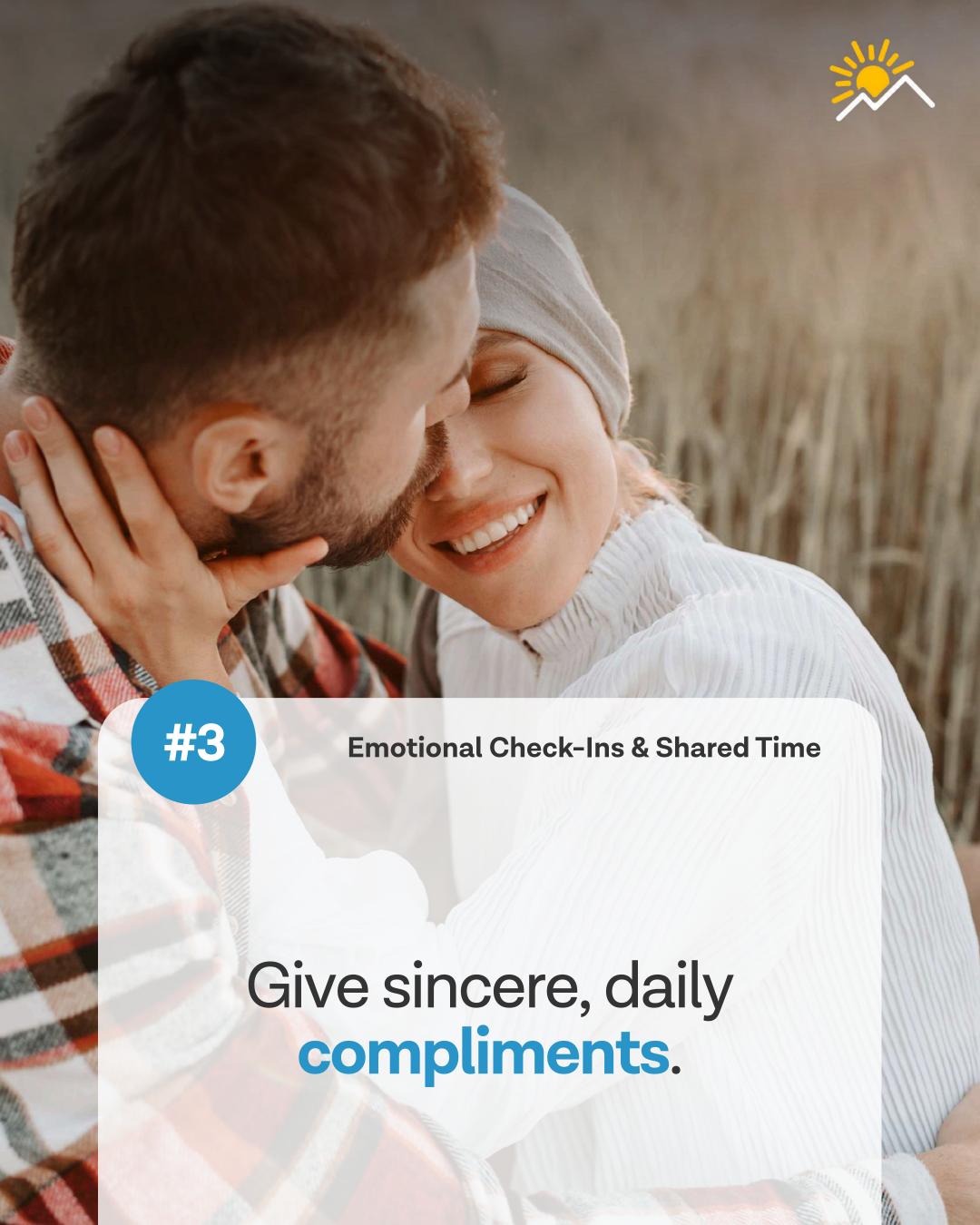
This guide is for couples rebuilding trust, individuals recovering from porn, and partners who want connection to mean more than sex.



Emotional Check-Ins & Shared Time





















#10

Emotional Check-Ins & Shared Time

Do their least favorite chore without being asked. Dishes, anyone?



Lighthearted Connections























Lighthearted Connections

Watch the sunrise or sunset together.



Touch with consent & without expectation





Touch With Consent & Without Expectation

Give a foot rub or shoulder massage with no strings attached.





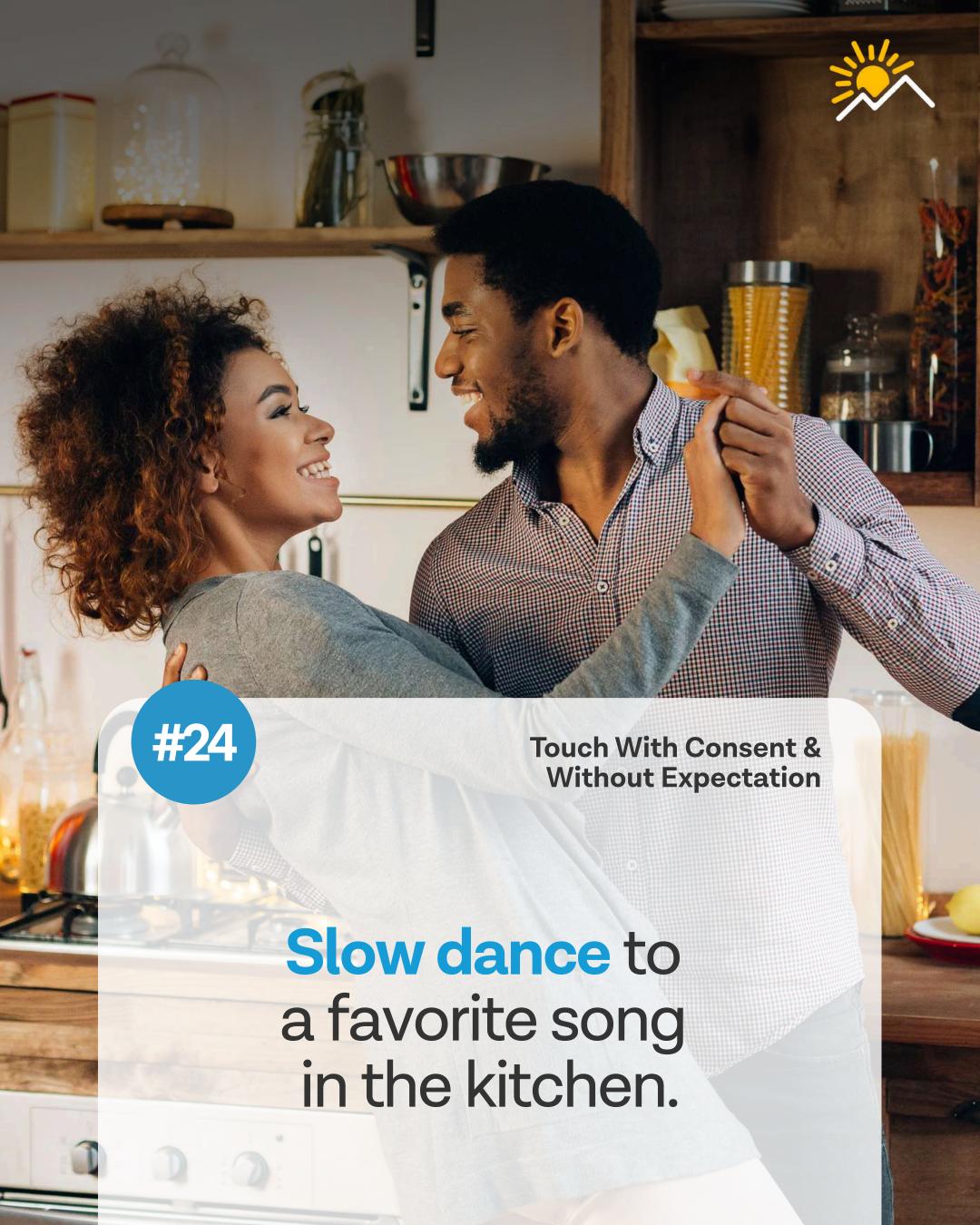


#23

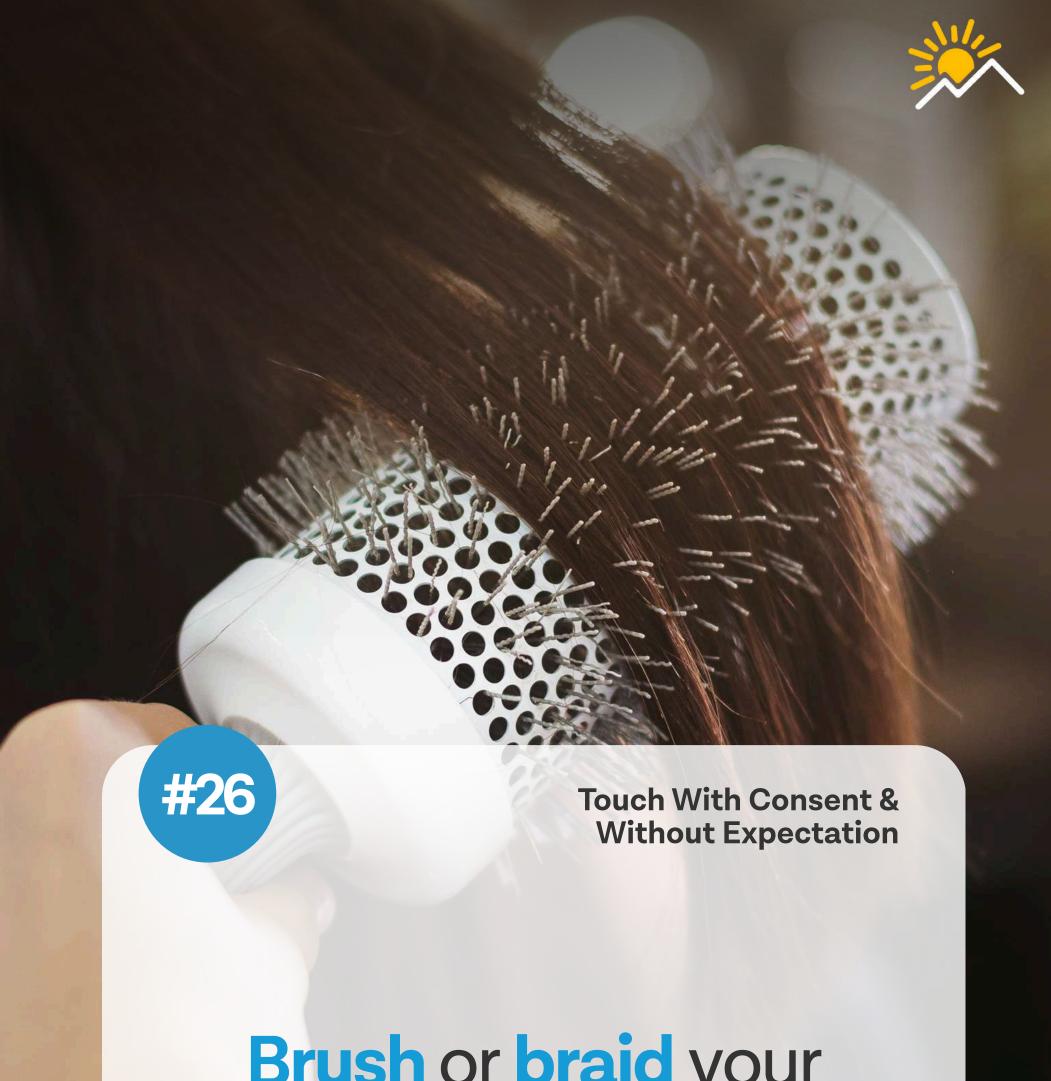
Touch With Consent & Without Expectation

Hug for 20 seconds.

(really - try it)







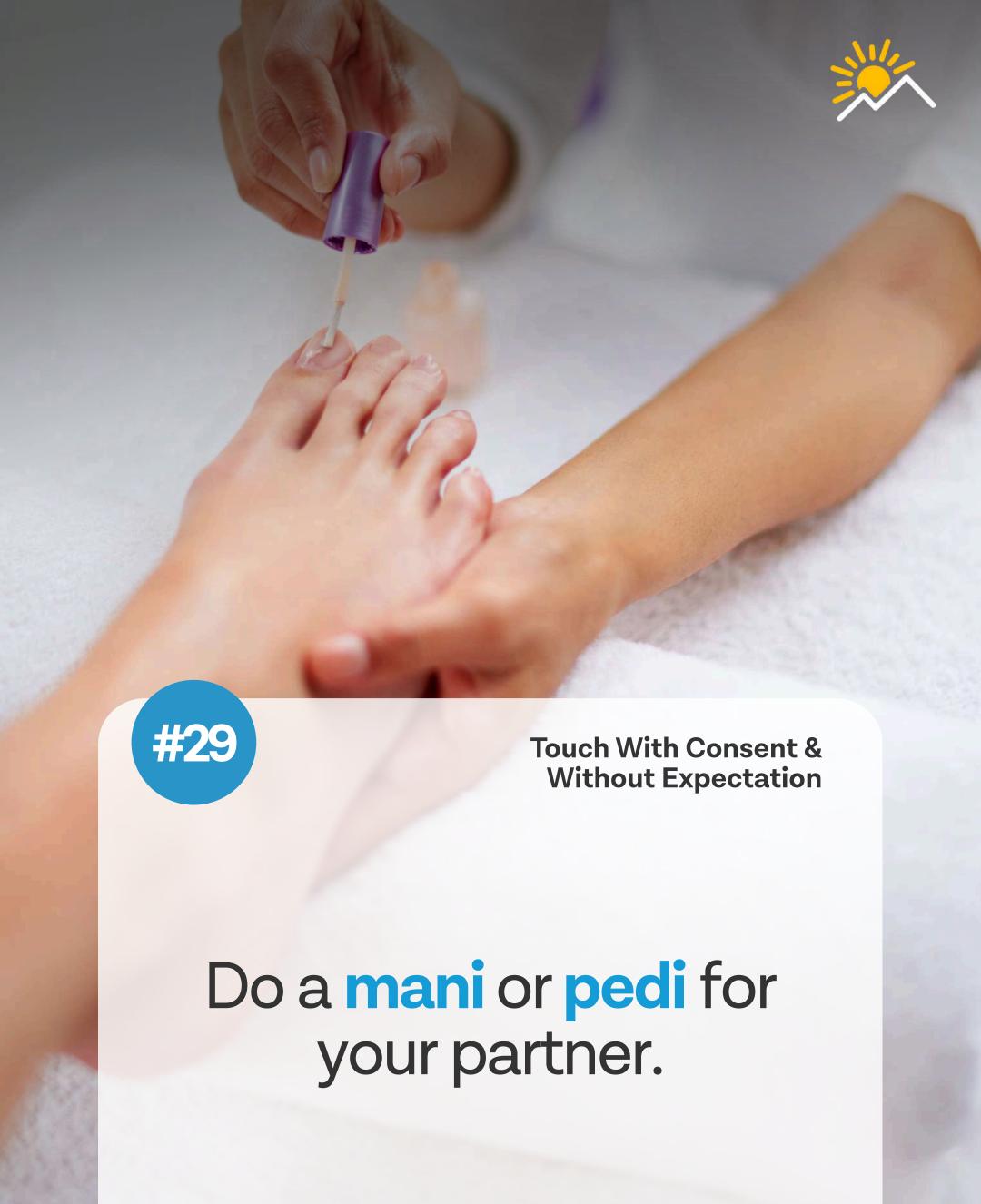
Brush or braid your partner's hair.





High-five or fistbump when one of you hits a goal.









Creative & Meaningful Gestures





#31

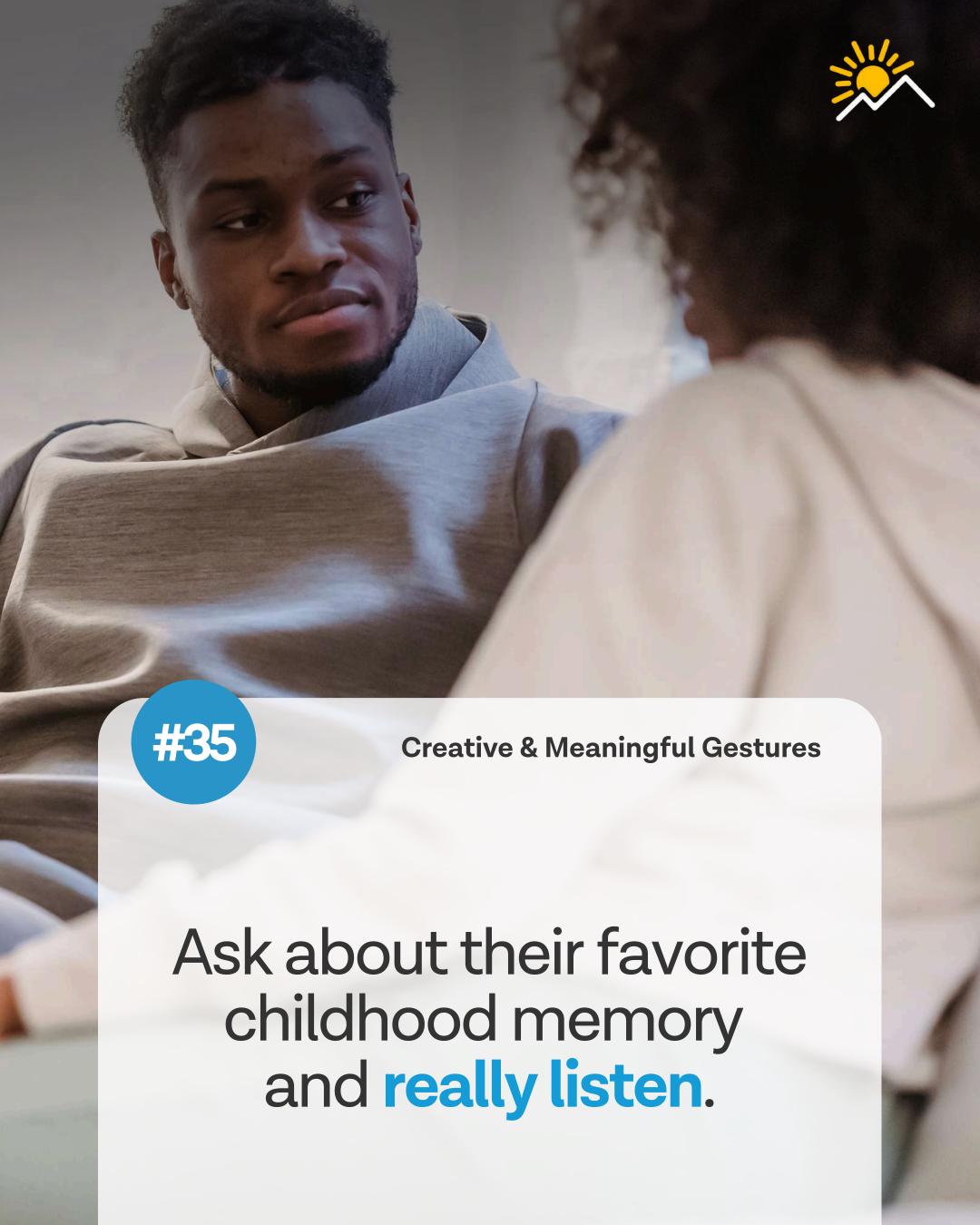
Creative & Meaningful Gestures

Write a gratitude note and hide it in their pillow.





















#40

Creative & Meaningful Gestures

Surprise them with a playlist of songs that remind you of them.



Build Traditions & Teamwork





Build Traditions & Teamwork

Visit a historical site together.

















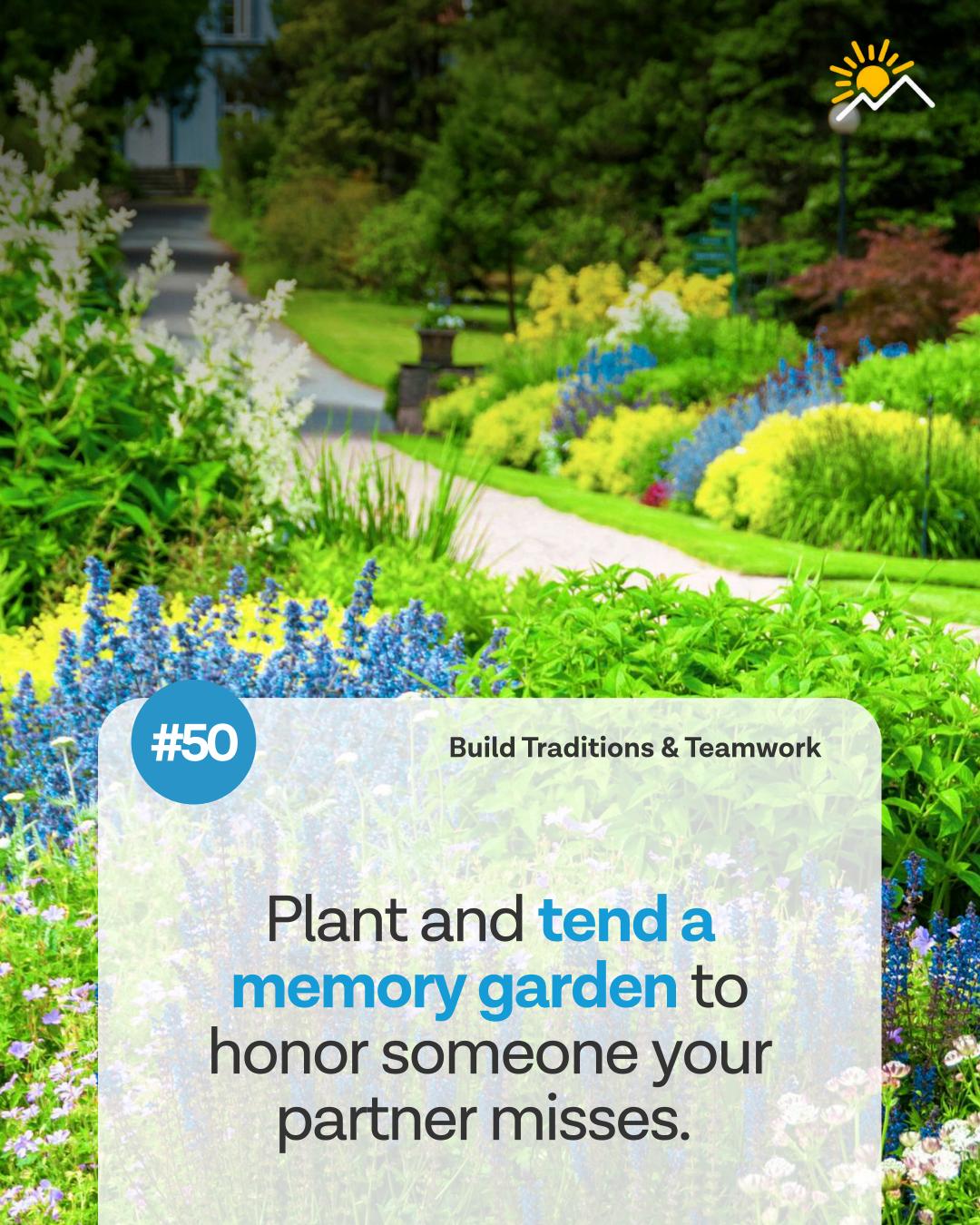


#49

Build Traditions & Teamwork

Create your own "challenge day".

(e.g. no complaints, no screens).





Want to reconnect more deeply without pressure or strings attached?

Ever Accountable is the world's **most trusted accountability app** for people who want to live with honesty, rebuild trust, and quit porn for good. Whether you're healing from betrayal or breaking a private struggle, this tool is built on real relationships, not guilt.

Try Ever Accountable Free for 14 Days

EverAccountable.com

Share this guide with someone you care about.

