

50 Ways to Practice Non-Sexual Intimacy

*Rebuild trust, deepen
your connection, and
rediscover closeness—no
pressure, just presence.*





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



#1

Emotional Check-Ins & Shared Time

Smile intentionally
at your spouse
every day.



#2

Emotional Check-Ins & Shared Time

**Plan a weekly
“talk time”
with **no phones**.**



#3

Emotional Check-Ins & Shared Time

**Give sincere, daily
compliments.**



#4

Emotional Check-Ins & Shared Time

Ask: “What was
your **high and low**
today?”



#5

Emotional Check-Ins & Shared Time

Create a “**shared wins**” journal.



#6

Emotional Check-Ins & Shared Time

Read a book aloud
together on a
regular schedule.



#7

Emotional Check-Ins & Shared Time

Listen to your partner's **favorite music** with them.



#8

Emotional Check-Ins & Shared Time

Sit on the couch
and **hold hands**
while talking.



#9

Emotional Check-Ins & Shared Time

Sing a cheesy love-song for your partner.



#10

Emotional Check-Ins & Shared Time

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



Lighthearted Connections





#11

Lighthearted Connections

Go to the zoo or
petting farm
(aka “free zoo”).



#12

Lighthearted Connections

Play “**Two Truths
and a Lie**” together

– *Google it*



#13

Lighthearted Connections

Make or buy your partner's **favorite meal.**



#14

Lighthearted Connections

Play a new **board game** or work on a puzzle together.



#15

Lighthearted Connections

Create a **surprise playlist** for your partner.



#16

Lighthearted Connections

**Watch a comedy
special—no
distractions.**



#17

Lighthearted Connections

**Make each other
laugh with
childhood stories.**



#18

Lighthearted Connections

Build a **blanket fort** and share a snack inside.



#19

Lighthearted Connections

Jump in the car and go
on a **spontaneous mini
road trip.**



#20

Lighthearted Connections

Watch the **sunrise**
or sunset together.



Touch with consent & without expectation



#21

Touch With Consent &
Without Expectation

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



#22

Touch With Consent &
Without Expectation

Snuggle while
watching a movie.



#23

**Touch With Consent &
Without Expectation**

Hug for 20 seconds.

(really - try it)



#24

Touch With Consent &
Without Expectation

Slow dance to
a favorite song
in the kitchen.



#25

Touch With Consent &
Without Expectation

Sit with your **heads touching** in silence.



#26

Touch With Consent &
Without Expectation

Brush or **braid** your
partner's hair.



#27

Touch With Consent &
Without Expectation

High-five or fist-bump when one of you **hits a goal.**



#28

Touch With Consent &
Without Expectation

Fall asleep **holding
hands.**



#29

Touch With Consent &
Without Expectation

Do a **mani** or **pedi** for
your partner.



#30



**Touch With Consent &
Without Expectation**

**Walk side-by-side,
brushing shoulders.**



Creative & Meaningful Gestures



Thank you 


#31

Creative & Meaningful Gestures

Write a **gratitude note** and hide it in their pillow.



#32

Creative & Meaningful Gestures

Do a **volunteer charity**
project together.



#33

Creative & Meaningful Gestures

Light a candle
and **share dreams**
for the future.



#34

Creative & Meaningful Gestures

Gift a book with a
personal note.



#35

Creative & Meaningful Gestures

Ask about their favorite
childhood memory
and **really listen.**



#36

Creative & Meaningful Gestures

Take a walk and **pray**
(or reflect) together.



#37

Creative & Meaningful Gestures

Recreate a photo
from years ago.



#38

Creative & Meaningful Gestures

**Make a shared
“future adventures”
vision board.**



#39

Creative & Meaningful Gestures

Pack a **picnic** and
enjoy eating together
in a favorite spot.



#40

Creative & Meaningful Gestures

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



Build Traditions & Teamwork





#41

Build Traditions & Teamwork

Visit a **historical site** together.



#42

Build Traditions & Teamwork

Cook a brand-new
recipe **together.**



#43

Build Traditions & Teamwork

Wash and detail
their **car**.



se hunden los pies
en
el sargazo negro
de la selva marina,
en las nubes caídas de la selva,
y sólo pudo
para el extranjero,
para el explorador desesperado
una silla
en el árbol de las sillas,
un trono
de felpa desgredada,
el terciopelo de un sillón profundo
carcomido por las enredaderas.
Si,
la silla
que ama el universo
para el hombre que anda,
la fundación
segura,
la dignidad
suprema
del reposo!

Atrás tigres sedientos,
muchedumbre de moscas sanguinarias,
atrás negra espesura
de fantasmales hojas,
atrás aguas espesas,
hojas ferruginosas,
sempiternas serpientes,
en medio
de los truenos,
una silla,
una silla
para mí, para todos,
una silla no sólo
para alivio

24

Our feet sink
in
the black weeds
of the jungle sea,
in clouds fallen from the forest canopy,
and all I ask
for the foreigner,
for the despairing scout,
is a seat
in the sitting tree,
a throne
of unkempt velvet,
the plush of an overstuffed chair
torn up by the snaking vines—
yes,
for the man who goes on foot,
a chair
that embraces everything,
the sound
ground and
supreme
dignity
of repose!

Get behind me, thirsty tigers
and swarms of bloodsucking flies—
behind me, black morass
of ghostly fronds,
gray waters,
leaves the color of rust,
deafening snakes
bring me a chair
in the midst of
thunder,
a chair for me
and for everyone
not only
to relieve

25

#44

Build Traditions & Teamwork

Read poetry out
loud to each other.



#45

Build Traditions & Teamwork

Try out a **new hobby together.**

(ASL, gardening, painting, etc)



#46

Build Traditions & Teamwork

Create a couple's
“bucket list” for the
future.



#47

Build Traditions & Teamwork

Do a **5k fun run/walk**
side-by-side.



#48

Build Traditions & Teamwork

Build IKEA furniture
(yes, it counts!).



#49

Build Traditions & Teamwork

Create your own
“challenge day”.

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



#50

Build Traditions & Teamwork

Plant and **tend a memory garden** to honor someone your partner misses.



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

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