I Wanna Connect With you

Right Now	\bigcirc	Right	Now
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\bigcirc	Tonight
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Emotionally



Intimately

(What does your heart desire? Choose from below or add your own)

Hold your hand
Date

Run my hands through your hair
4 min. eye gaze
Deep conversation
Dance to our song
Strip Jenga
Undivided attention
Make-out session
Play

Your breath on my body
Massage
Share a bath/shower
Naked spooning
Set intentions
Try something new
Go on an adventure
Flirting
Recreate our first date
Sexy texts/emails/notes

Read erotica
Lots of touch
Oral sex
Walk
Candlelit dinner
Take turns giving & receiving
Skin-to-skin
Intercourse
Drive down memory lane
Goals & dreams check-in

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Connection prescribed by Dr. Lily Zehner | www.drlilyzehner.com