



Intersections Exercise: A Simple Practice for Deepening Connection

Rediscovering the Overlap in Your Lives

Every relationship is a dance of togetherness and separateness. While individuality is essential, the real magic happens where your lives intersect—those shared moments of time and place that create opportunities for connection. The *Intersections* exercise is designed to help you and your partner identify these moments and learn how to turn them into intentional rituals that deepen your bond.

Why This Exercise Matters

Modern life pulls us in many directions, making it easy to drift into parallel lives rather than truly living in connection. Without realizing it, we can pass each other like ships in the night—sharing a home but missing opportunities to really see and *feel* each other.

Research shows that strong relationships thrive on small, everyday interactions. Dr. John Gottman calls this "turning towards"—choosing to engage rather than ignore, connect rather than withdraw. The *Intersections* exercise helps you uncover and maximize these opportunities for connection so that warmth and intimacy naturally grow.

How to Do the *Intersections* Exercise

This practice has two simple but powerful parts:

Step 1: Map Your Intersections

Begin by identifying the natural overlaps in your daily and weekly routines. Some examples include:

- **Mornings:** Do you wake up around the same time? Share a morning routine?
- **Mealtimes:** Do you eat together? Can you make that time more meaningful?



- **Commuting:** Do you leave or arrive home around the same time?
- **Evenings:** Do you unwind in the same space? Watch TV together?
- **Weekends:** Do you have shared errands or leisure time?

Make a list of the intersections that already exist in your lives. Even if they seem small or mundane, these moments hold the potential for deeper connection.

Step 2: Turn Intersections into Rituals

Once you've mapped your intersections, the next step is to bring *mindfulness, intention, and presence* to them. Rituals are simply habits imbued with meaning. By treating these shared moments as opportunities to truly *connect*, you transform everyday interactions into anchors of love and intimacy. Some examples of intentional rituals include:

- A **six-second kiss** before parting each morning.
- A **daily check-in** at dinner where you each share a highlight of your day.
- A **goodnight gratitude ritual** where you express one thing you appreciate about each other.
- A **shared hobby** like an evening walk, reading together, or a Sunday coffee ritual.

The key is *not* to add complexity to your life but to enhance what already exists. A simple shift in awareness can turn an ordinary moment into something profound.

Making Your Rituals Stick

Consistency is key. Here are a few ways to reinforce your new rituals:

- **Start tiny.** A single minute of connection is better than none. Keep it simple and doable.
- **Use cues.** Tie your rituals to existing habits—like kissing before grabbing your keys or checking in right before dinner.
- **Celebrate your success.** Acknowledge and appreciate when you follow through, reinforcing the behavior.
- **Stay flexible.** Life happens. If a ritual falls away, gently bring it back without pressure.