



Connection

Try Simmering

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Connection is the emotional glue of a relationship it reinforces safety, belonging, and the sense that partners are truly “with” each other. When couples feel connected, they regulate stress more effectively, communicate with more generosity, and experience greater resilience during conflict.

“**Simmering**” is critical to connection. Small, steady gestures of warmth, appreciation, touch, and presence help maintain that sense of closeness in everyday life. Instead of relying only on big gestures or occasional deep talks, simmering keeps the relationship warm in the background, creating a continuous emotional signal that both partners matter. Link: [Erotic Simmering](#)

Connection is chemical. **Oxytocin** plays a powerful biological role here: positive connection, affectionate touch, and moments of bonding activate the release of oxytocin, which increases trust, calms the nervous system, and strengthens the felt bond between partners. Simmering behaviors naturally stimulate this process, helping partners feel safe, soothed, and more emotionally attuned.

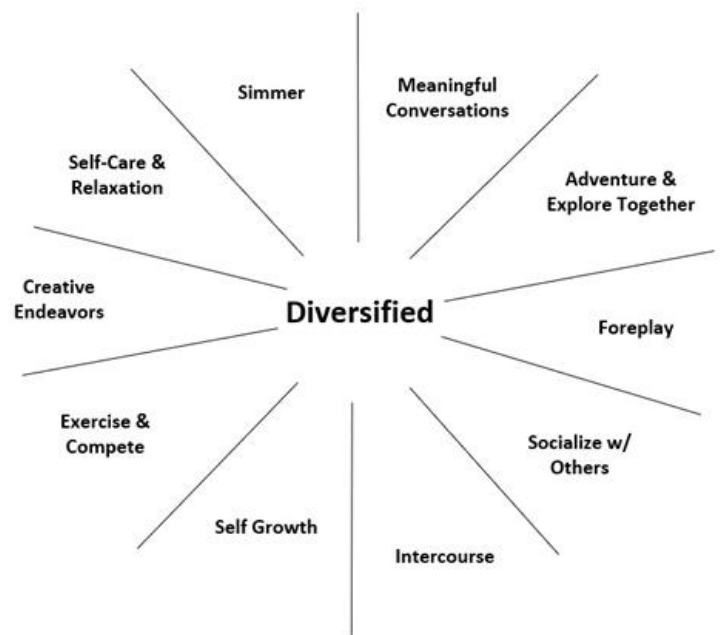
Together, **connection, simmering, and oxytocin form a reinforcing loop** daily micro-doses of warmth create hormonal support for bonding, which in turn makes further connection easier, more natural, and more sustainable over time.

Diversify:

Understanding and diversifying how partners connect strengthens the relationship by expanding the number of pathways each person has to feel seen, valued, and emotionally nourished.

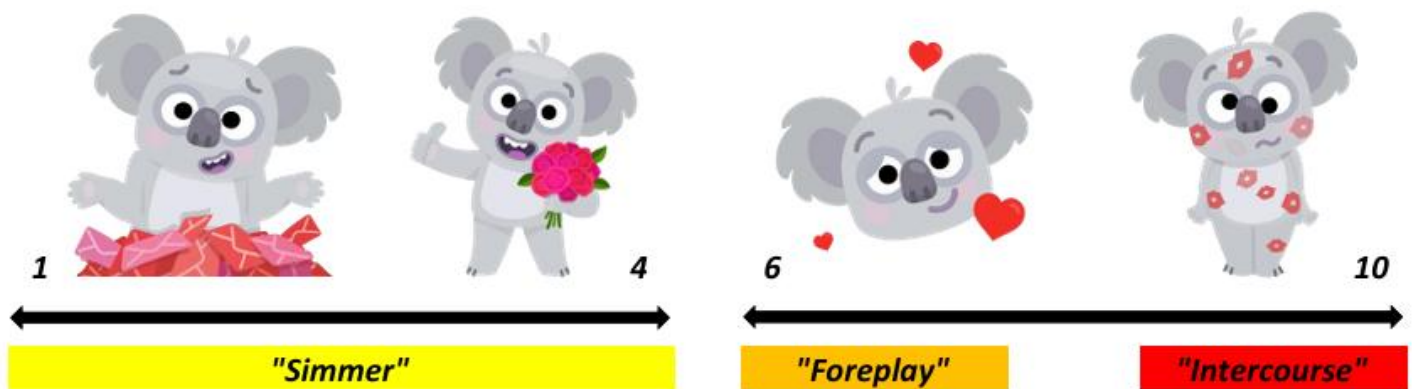
When couples learn the different ways, they each give and receive connection through conversation, shared activities, physical affection, humor, support, or quiet presence they reduce misunderstandings and increase the likelihood that connection “lands” for both partners.

Diversifying connection also builds resilience: if one form of closeness is limited by stress, time, or individual differences, partners still have multiple ways to stay bonded. Ultimately, it helps intimacy across the changing seasons of the relationship.



In a relationship how couples connect exist on a dynamic spectrum that spans **simmering, foreplay, and sex**, each stage playing a distinct role in connection and intimacy.

- **Simmering** includes subtle, everyday expressions of attraction flirting, affectionate touch, playful banter, or suggestive glances that maintain ongoing sexual and emotional tension.
- **Foreplay** builds on this by intentionally creating anticipation, arousal, and focused attention on one another, deepening both physical and emotional intimacy.
- **Sex** is the culmination of desire, offering intense physical connection, emotional release, and hormonal bonding, particularly through oxytocin.



Recognizing connection as a spectrum helps couples see intimacy not as a single act but as a continuum, where small gestures, anticipation, and shared pleasure all contribute to sustaining passion and closeness over time.

Understanding:

Each partner connects differently and building insight allows couples to meet one another in ways that feel meaningful, not just familiar. While frameworks like **love languages** offer a helpful starting point highlighting preferences such as words, touch, quality time, acts of service, and gifts.

Connection rituals (from couples therapy approaches like Gottman Method and EFT) highlight the small, repeated behaviors that strengthen bonds over time. **Communication preferences**—such as whether a partner connects through conversation, shared activity, humor, or quiet presence—further shape how intimacy is experienced.

Evidence-based relationship strategies that add deeper layers. Tools from **attachment theory** help partners recognize what creates emotional safety; **emotion coaching** clarifies how to respond to one another's feelings with attunement; and **curiosity-based communication** (e.g., open-ended questions, reflective listening) reveals what truly fosters closeness for each person.

When partners understand their unique pathways to connection, they reduce misinterpretations, strengthen empathy, and create a relationship where both feel genuinely understood and consistently nurtured.

Emotional	Physical	Intellectual	Spiritual
Experiential	Playful	Familial	Romantic
Companionship	Passionate	Practical	Self-Love
Friendship	Altruistic	Infatuation	Unrequited

Evolution:

Connection and intimacy naturally evolve over time, shifting from the early intensity of new love to a deeper, steadier form of bonding. In the beginning, couples often experience **“A-love” (deficiency-based love)** a connection fueled by novelty, desire, and the need for closeness and reassurance. As the relationship matures, it can grow into **“B-love” (being-love)**, which is grounded in appreciation, authenticity, and a genuine interest in the partner’s well-being rather than meeting one’s own unmet needs.

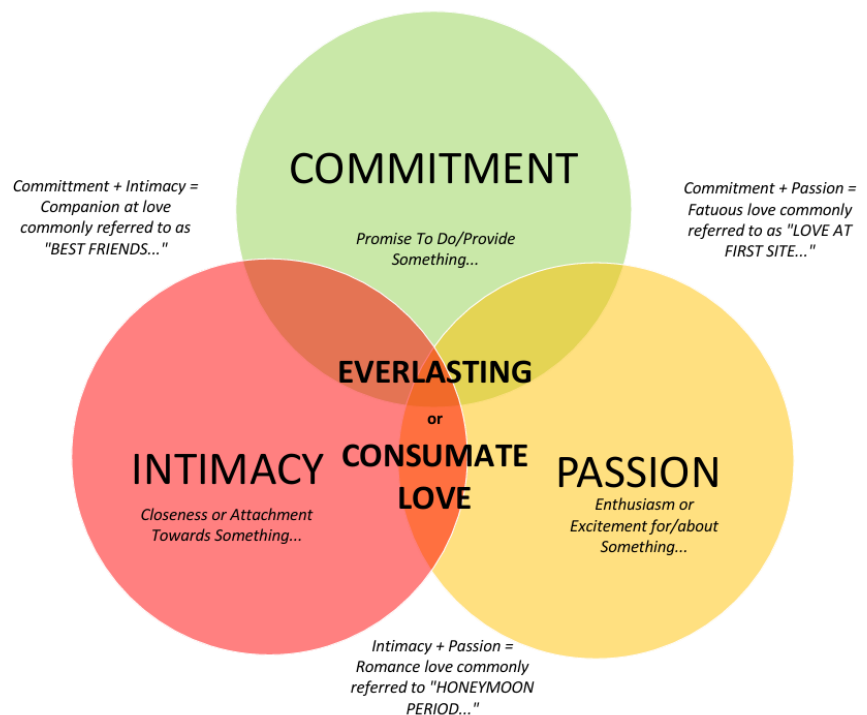
This evolution allows intimacy to become more secure, spacious, and resilient. Partners move from seeking to *get* something from love to actively *sharing* and *creating* it, resulting in a richer connection that is built on trust, understanding, and continued emotional investment over time.

Commitment, passion, and intimacy often described as the three components of Sternberg’s Triangular Theory of Love work together to form **consummate love**, the most complete and enduring form of romantic connection.

- **Intimacy** provides emotional closeness, trust, and the feeling of being deeply known.
- **Passion** brings energy, desire, and a sense of vitality that keeps the relationship exciting and alive.
- **Commitment** offers stability, security, and a shared intention to invest in the relationship over time.

When all three are present and nurtured, partners experience a balanced, resilient form of love that can adapt as they grow.

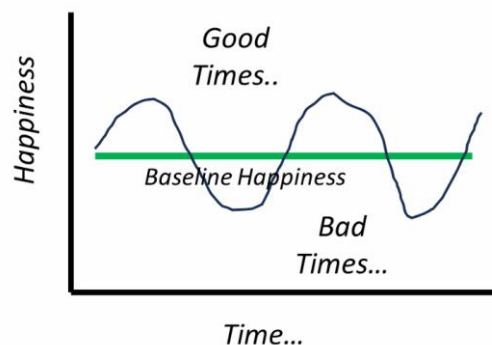
Consummate love lasts not because it is perfect, but because these elements reinforce each other creating a relationship that is emotionally rich, deeply bonded, and sustained by both affection and choice.



Beware:

Limerence, unrequited love, and habituation/adaptation each influence relationships in distinct ways.

- **Limerence** the intense, obsessive infatuation common early in connection can create excitement but may blur perception, making partners idealize one another or overlook incompatibility.
 - Link: [Love or Limerence](#)
- **Unrequited love** introduces imbalance and emotional strain, as one partner invests deeply while the other cannot reciprocate, often leading to longing, insecurity, or difficulty setting boundaries.
 - Link: [Why So Many of Us Crave Unavailable Partners](#)
 - Link: [Unrequited Love](#)
 - Link: [The Way Through Unrequited Love](#)
- **Habituation/Adaptation**, which naturally occurs in long-term relationships, reduces the initial dopamine-driven spark as partners become accustomed to one another. While habituation is normal, if not managed intentionally, it can create emotional distance or a sense of monotony.



Together, these dynamics highlight the importance of awareness and intentional connection to maintain emotional closeness, reciprocity, and a realistic, grounded understanding of one another over time.

Scarcity & Abundance:

The concepts of **scarcity** and **abundance** influence how partners interpret connection and respond to each other.

A **scarcity mindset** in a relationship believing there isn't enough love, attention, time, or emotional availability can heighten anxiety, comparison, and defensiveness, often leading partners to withdraw or compete for reassurance.

- **Build predictable connection rituals.** Daily or weekly touchpoints such as check-ins, shared meals, or short moments of affection create reliability and counter the fear that connection is limited or inconsistent.
- **Strengthen emotional transparency.** Sharing needs, worries, and internal experiences openly reduces assumptions and helps partners see that their concerns are welcome rather than burdensome.
- **Practice reassurance without over functioning.** Offering genuine reassurance (“I’m here,” “We’re okay,” “Your needs matter”) helps calm scarcity-driven fears, while still encouraging healthy independence.
- **Recognize and interrupt comparison.** Scarcity is often fueled by comparing your relationship to others or to an idealized past. Re-centering on what is working now helps ground the relationship in the present.
- **Expand the “connection menu.”** Identify multiple ways to give and receive closeness—conversation, touch, shared activity, appreciation so partners don’t rely on only one pathway to feel secure.
- **Challenge mindset.** Use cognitive reframing to question all-or-nothing beliefs (“If they’re busy today, it means they don’t care”). Replacing them with more flexible interpretations reduces emotional intensity.
- **Reinforce an abundance perspective.** Actively notice and name moments of care, support, and positivity. This trains the brain toward recognition of connection rather than scarcity.
- **Diversify self-nourishing practices.** When individuals meet some of their emotional needs through friendships, hobbies, and personal grounding practices, they rely less on the relationship to fill every gap.
- **Cultivate trust through follow-through.** Consistency in small actions keeping promises, being on time, responding when needed gradually shifts the nervous system from vigilance to safety.

In contrast, an **abundance mindset** assumes that connection is expandable: affection, appreciation, and emotional resources can grow through intentional effort. This perspective fosters generosity, patience, and openness, making it easier for partners to give and receive love without fear. When couples shift from scarcity to abundance, connection typically becomes more secure, collaborative, and nourishing for both partners.

- **Gratitude** - Practicing gratitude in a relationship helps shift attention from what is missing to what is already present and working, which directly supports an abundance mindset.

When partners intentionally notice and name the small efforts, strengths, and positive moments they experience with each other, they reinforce a sense of emotional richness rather than scarcity. Gratitude also increases feelings of connection, generosity, and mutual appreciation creating a positive feedback loop where both partners feel valued and more willing to contribute to the relationship.

Over time, this consistent recognition of “what we have” fosters greater security, satisfaction, and a shared belief that love, and connection can continue to grow.

Want You vs. Need You:

In relationships, connection can take different forms, ranging from unhealthy to healthy patterns. A balance between scarcity and abundance is ideal although, at times, the scales can tip in one direction more than the other creating unhealthy patterns of codependence and/or enmeshment.

- **Codependence** occurs when one partner’s sense of self-worth and identity is overly tied to meeting the other’s needs, creating imbalance and over-reliance while making boundaries difficult to maintain.
- **Enmeshment** involves blurred boundaries, where partners’ emotions, decisions, and identities become overly intertwined, limiting individual autonomy and personal growth.

In contrast, **interdependence** represents a healthy connection, in which partners support and rely on each other while maintaining their individuality. This balanced approach respects boundaries, encourages mutual growth, and fosters trust, shared responsibility, and sustainable closeness.

- **Maintain Identity.** Encourage each partner to pursue personal interests, hobbies, and goals outside the relationship, fostering self-awareness and confidence.
- **Respect Boundaries.** Clearly communicate emotional, physical, and time boundaries, and honor each other’s need for space and autonomy.
- **Mutual Support.** Provide emotional, practical, and moral support without taking over the other person’s responsibilities or decisions.
- **Open Communication.** Share thoughts, feelings, and needs honestly, while also actively listening and validating your partner’s perspective.
- **Shared Decision-Making.** Collaborate on important choices, balancing each partner’s preferences and perspectives rather than relying on one dominant voice.
- **Self-Regulation.** Manage your own emotions and reactions before expecting your partner to respond, which reduces dependency and promotes emotional stability.
- **Celebrate Together.** Acknowledge and support each other’s personal achievements and development while also nurturing shared goals and experiences.
- **Conflict as a Growth Mindset.** Approach disagreements constructively, focusing on understanding and problem-solving rather than control or blame.

Deposits:

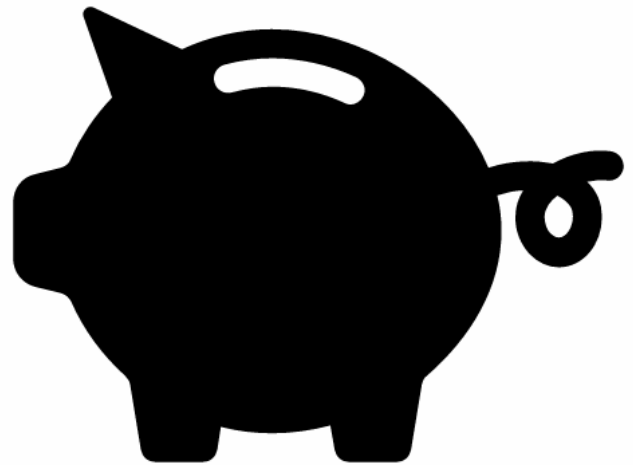
In relationships, incorporating **novelty, play, and positive reinforcement** fosters connection and intimacy by keeping interactions engaging, joyful, and meaningful. Experiencing new activities together or approaching everyday moments with a playful attitude stimulates excitement and curiosity, strengthening emotional bonds.

Making “**deposits**” through small acts of kindness, support, and affirmation builds trust and reinforces feelings of safety and appreciation. Regular encouragement and acknowledgment of each other’s efforts or accomplishments further nurtures mutual respect and emotional closeness.

Celebrating one another, both in achievements and in everyday moments, reinforces a sense of partnership and shared joy, creating a cycle of positivity that deepens

intimacy and sustains a resilient, loving connection.

Being truly **seen, heard, and connected** with fosters a deep sense of **validation, trust, and emotional safety**, allowing individuals to feel valued, understood, and genuinely close to one another.



L-U-V:

Listening, Understanding, and Validating help couples connect by creating a space where each partner feels acknowledged and respected. When one partner genuinely listens, seeks to understand the other’s perspective, and validates their feelings, it fosters trust, emotional safety, and empathy, strengthening intimacy and reinforcing a sense of mutual care and connection.

Validating is the process of acknowledging and accepting another person’s thoughts, feelings, or experiences as understandable and legitimate, without judgment or immediate correction.

It doesn’t necessarily mean agreeing with them, but rather communicating recognition and empathy for example, saying, “I can see why you’d feel that way” or “That makes sense given what you experienced.” Validation works because it signals to the other person that their inner experience matters and is respected. Over time, consistent validation deepens connection, encourages open communication, and fosters a sense of being truly seen and understood.

Suggestions:

The following suggestions are intended to help you check-in with yourself first. Then, ideas to consider supporting your effort and practice connecting with your partner.

Don't forget that your **baseline energy, activities, and mood** may need a check-in.

- How's your sleep hygiene?
- How's your nutrition?
- How's your hydration?
- How's your supplementation?
- How's your work or personal load? (Stress)..

As often as you can, especially before/after a transition, try to pause to check-in through a body scan to notice how you are feeling.

Ask yourself: "How's my..."

- **Mind** - What thoughts are present? What am I focusing on?
- **Emotions** - What feelings are present? How am I expressing my emotions?
- **Breath** - Am I holding or restricting my breathing? Am I chest or belly breathing?
- **Body** - What sensations am I experiencing?
- **Energy** - Do I feel fatigue? Do I feel energized?
- **Environment** - Is it a familiar place? Am I safe? Is it a new place?

YES, all of these factors contribute to and impact your willingness, desire, and focus on "simmering" and connecting w/ your partner.

What can you try?

- A "one thing" check-in. Each day, try sharing one thing you appreciate about each other.
- A daily kiss offers a moment to create a mini spark without pressure.
- Send a thoughtful text during the day.
- Can a "just kissing" date increase desire?
- Find time to be nostalgic by "remembering when?" Find a moment during the day to share previous memories of romantic or sexy engagements.
- Explore skin-on-skin contact by finding time to lie together with gentle touching, etc.
- Can you test to learn if sensory focused resources may help? I.e., lighting candles, playing music, flavorful foods, etc.
- Create a "turn-on" playlist with favorite music and/or sounds that get you in the mood.
- Try finding a quiet space and breathing together. Sit facing each other, hands or knees touching, and work to sync the breath.
- Place thoughtful, flirty, or provocative notes in places for one another to be surprised.
- Long hug (at least 30 seconds) to start your day.
- Hold hands while talking about your day.
- Give a quick 5-minute hand massage.
- Sit close together during a meal.
- Dance slowly to one song in your living room.

- 10 kisses throughout the day (not all at once).
- Cuddle for 10 minutes before bed.
- Playfully tickle each other (keep it light and fun).
- Hold hands while watching TV or a movie.
- Give a back scratch or gentle back rub.
- Sit with your legs touching during a conversation.
- Share a blanket while sitting together.
- Cook a meal together.
- Lightly trace your partner's hand or arm with your fingers.
- Hug for a full minute (set a timer if needed!).
- Massage each other's shoulders for 5 minutes.
- Take a short walk together outside.
- Kiss each other's forehead.
- Have a "technology-free" evening to focus entirely on each other.
- Link arms while walking somewhere together.
- Play a "touch and guess" game (touch something on your partner and they guess what).
- Take a cozy nap together.
- Give a gentle foot massage.
- Hug tightly and sway together (no music needed).
- Run your fingers through your partner's hair.
- Sit face-to-face and lightly touch each other's faces.
- Share a bath or shower (or just wash each other's hands/arms if limited).
- Surprise your partner with a kiss on the hand.
- Rest your head on your partner's shoulder while sitting.
- Slow dance outside (even if just on the porch or balcony).
- Rub noses like an "Eskimo kiss".
- Spoon for 10 minutes (either before sleeping or while relaxing).
- Full-body cuddle + reflect on your favorite moments from this challenge.
- Laugh together—share jokes or funny stories
- Practice a shared hobby or activity.
- Take a spontaneous "yes day" where you agree to each other's fun suggestions.
- Write letters to each other and exchange them once a month.
- Explore a new neighborhood, city, or hiking trail together.
- Give each other a mini "day of surprises" with small thoughtful acts.
- Have a "learning night" where each teaches the other something new.
- Volunteer together for a cause you both care about.

Remember: Just Try...

In relationships, the greatest measure of connection isn't perfection, it's the consistent effort to **show up, be open, and genuinely try.**

Simply making the choice to engage, listen, and demonstrate care communicates commitment and builds trust over time. **Even small, imperfect efforts accumulate**, creating a resilient bond where both partners feel valued and understood. Ultimately, it's the willingness to **keep trying together** that becomes the truest metric of success in cultivating lasting connection and intimacy.