If your marriage seems to be lacking in emotional intimacy, there are a number of things that you and your partner can do to strengthen and deepen emotional...
intimacy. Silence the Electronics. Deep and meaningful emotional intimacy in a relationship depends on the quality of human interaction. Texting and emailing are important ways for you to get practical things done and to stay in touch when you are apart and too busy to talk. You may have grown apart, hurt each other without meaning to, avoided intimacy for personal reasons, or become distracted by the demands of life. These problems can often be solved with dedication, time, and sincere attention. The Payoff of Emotional Intimacy. Having strong emotional bonds in a marriage relationship is important and worth the effort.