

THE *Intimacy*  
TRIGGER

How to Create an Intense and  
Intimate Connection that Lasts a Lifetime

BOB GRANT, P.L.C.



Hello,

And welcome to the Intimacy Trigger. I'm excited that you've decided to take this journey and look forward to hearing about the results this brings to your love life.

Intimacy triggers are not one size fits all, but that's where this workbook comes in. As you listen to the audio, and work through the pages of this book, you will be taken on an exciting journey to discover the intimacy triggers that fit you and your relationship best.

Enjoy the process,

- Bob Grant, P.L.C.



Describe 'The Intimacy Trigger' using an analogy you resonate with:

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*Men crave intimacy...  
they just don't express it the way women do.*

Intimacy can mean different things for different people. For some it's intensity & excitement, for others it's safety & loyalty. Make two lists below, one exploring what intimacy means for you, and the other what you think it means for your partner.

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A core need for all women is security, but every women's definition of what makes her feel secure can be different. Use the space below to explore what security means for you.

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*A man that takes the time to understand what security means to you, is a man worth getting to know.*

The Intimacy Trigger has two aspects; list each one below, as well as a brief explanation of what they means to you.

Trigger #1

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Trigger #2

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*Don't confuse intimacy with intensity.  
Intensity does not guaranty intimacy.*

In your own words, explore and describe what intensity looks like for you.

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In your own words, explore and describe what intimacy looks like for you.

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Why do men have a wall around their heart, and why is it important for you to understand this about them?

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Why don't women get the response they're trying to elicit when asking men to describe their feelings?

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*Gaining an idea of what a man is thinking will disarm him in the most positive way.*

Understanding the "Backdoor Approach" is a powerful tool for deepening the intimacy in your relationship. Let's explore it step-by-step.

What is a first order change? Give an example below.

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What is a second order change? Give an example below.

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Which one is easier, and why?

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Of the first and second order changes, which has longer lasting effects? Why?

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Describe the backdoor approach in your own words. How can this benefit your relationship?

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## *The Power Equation*

your feminine attributes + desirability + knowledge of his core need =

*Intimacy*

Men need to know women believe in their ability. However, women often find this condescending. Why?

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Why is understanding more important than fixing? What benefits can you foresee appearing in your relationship as a result of seeking to understand?

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*Men don't want women to fix things for them;  
It makes them feel weaker.*

Think about a time when you were trying to be helpful, but your solutions weren't well received. Replaying that moment in your mind, what could you have said or done differently, now that you understand how "fixing" makes a man feel?

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List 5 general phrases below that you could use to express understanding, in lieu of offering solutions.

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*The ability to take the backdoor approach,  
to pierce a man's heart at the right time,  
to know what he needs to hear,  
to say it from the power of your feminine ability;  
That is the disarming power  
of the intimacy trigger.*

A woman who fails to understand this will fail to capture a man's heart, even if she's the most beautiful woman in the world. Test this for yourself.

Call or text a male friend and ask them if they've ever had a date with a beautiful woman they couldn't stand to be with long-term. Have him describe why and write the reasons below.

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*When a man feels like you can read his mind,  
when he feels like you understand him,  
when he sees that you respect his perspective  
even if you don't agree, it makes him feel safe.*

*It disarms him. It makes him feel warm.*

*It makes him want to take care of you.*

*It makes him want to protect you.*

*It makes him feel that there's something about  
you that he has to have more of.*

What does it mean for a man to want "safety" in a relationship?

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What does "being feminine" mean to you?

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How does your femininity disarm a man?

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Men have a core need to be respected. What is the key to having a firm conversation, while respecting him and building intimacy at the same time?

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Why are men wired to guard against floods of emotions or words from women?

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What can you do to lower your man's guard?

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*Long term relationships can sometimes lose their spark if the woman feels taken for granted.*

*Reigniting the spark requires that you first reinforce your value.*

List some positive ways that you can reinforce your value with your man.

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List any areas where you have not previously drawn appropriate boundaries but now realize you need to.

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Learning to speak to your man without saying a word is a powerful skill. Write about a time when your actions spoke louder than words, creating a positive result.

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*Flirting with a man  
reaffirms his masculine quality.*

Women are typically the “flirting initiators”. When women flirt, men respond. So, if you’ve stopped flirting over time, then he no longer has anything to respond to. List 10 ways that you can flirt with your man.

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2.	7.
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3.	8.
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4.	9.
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5.	10.
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*Conflict is a great opportunity for intimacy.  
The key is making a man feel safe  
so that he doesn't fear conflict.*

Think about your last conflict with your man. Looking back, can you identify ways in which his fear of conflict was evident? Did it impact your conflict? How so?

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If you could go back in time to the conflict you wrote about above, what would you do differently so that he feels safe?

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*Men want to make their women happy!*

Conduct a “make me happy” experiment. Think about something that would make you happy, then use your new knowledge of the Intimacy Trigger to share this with your man. As an example, tell your man on Tuesday, “I have a busy day on Thursday and it would really mean a lot to me if you could help make my day a little easier by taking care of dinner Thursday night.” The key is that you cannot set guidelines on how or what he does for dinner. You have to place confidence in him and his ability to make you happy. Write about the results of your experiment below.

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## *Apologies are powerful.*

Initiating an apology is a surefire way to disarm a man so you can have a conversation about possible behaviors that are the source of other problems. If applicable, list any behaviors below that you feel you need to apologize for and why.

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If applicable, list any behaviors your man is displaying that you want or need to discuss and explore.

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If applicable, list the steps you're going to take to resolve any unsettled problems.

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*You have far more power from  
the feminine perspective than you  
do from the masculine.*



Making the shift from work mode to relationship mode can be challenging, but it's also necessary. List steps you can take to move from work mode to relationship mode, then detail how you can incorporate these steps into your regular routine.

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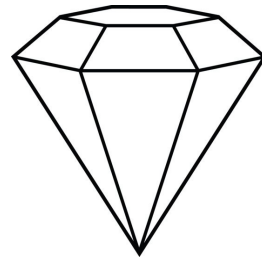
*True intimacy is when a man  
gives you permission to enter his heart  
and arouse his feelings.*

Intimacy has  
three parts:

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List a few examples of "perceived value":

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List a few examples of "understanding":

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List a few examples of "safety":

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List a few different ways that you can positively impact each of the touchpoints in your relationship.

Perceived Value

Understanding

Safety

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*When intentionally making an effort to positively impact touch points becomes a habit, the intimacy in your relationship will naturally deepen.*

Of the three touch points - perceived value, understanding and safety - which one do you feel would have the biggest impact on helping you to deepen the intimacy with your partner? List three action-items you can take to improve in this area.

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List three action-items you can take to improve in this area.

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*Congratulations!*

*You've just taken a big step toward creating an intense and intimate connection that lasts a lifetime.*

*As I shared at the beginning of this journey, intimacy triggers are not one size fits all. In fact, sometimes they can even change over time! But you now have the recipe for success that will guide you toward reigniting the intimacy whenever it starts to wane.*

*Thanks for allowing me to guide you through this process,*

*- Bob Grant, P.L.C.*

