

WHICH TYPE OF INTIMACY IS YOUR RELATIONSHIP HUNGRY FOR?



Take The Dalliance Quiz



Question #1

Your perfect Saturday together looks like...

- A) Curling up and having a deep heart-to-heart about life.
- B) Wandering through a museum, debating which art piece looks most like your ex.
- C) Spending the day in bed. Enough said.
- D) Laughing uncontrollably while trying to cook a complicated meal together.
- E) Road-tripping somewhere random with zero plans.
- F) Sitting under the stars wondering if aliens are judging Earth.

Question #2

The last time you felt really close to your partner was when...

- A) They really listened (like, really listened) to your feelings.
- B) You had that mind-blowing discussion about your favorite podcast.
- C) They hugged you so tight it felt like home.
- D) You laughed so hard you almost peed a little.
- E) You tackled a project together and actually survived.
- F) You talked about your shared dreams for the future.

Question #3

Your couple “theme song” would be...

- A) “Say You Won’t Let Go” – James Arthur
- B) “Talk” – Khalid
- C) “Let’s Get It On” – Marvin Gaye
- D) “Happy” – Pharrell Williams
- E) “Life Is a Highway” – Tom Cochrane
- F) “Higher Love” – Kygo & Whitney Houston

Question #4

Your partner surprises you with a date. You hope it's...

- A) A quiet dinner where you can really connect.
- B) A lecture or trivia night that will get your brain buzzing.
- C) A couples massage (with lots of lingering touches).
- D) An improv comedy show.
- E) A spontaneous adventure—no Google Maps allowed.
- F) A sound bath, meditation, or vision-boarding session.

The Results

Mostly A's - Emotional Intimacy

Your relationship is craving heart-level connection. Schedule time for conversations that go deeper than "How was your day?"

Mostly B's - Intellectual Intimacy

Your brain loves to flirt. Find new topics, books, or debates to sink your teeth into together.

Mostly C's - Physical Intimacy

Touch is your glue. This doesn't have to mean sex—small physical gestures count, too.

Mostly D's - Playful Intimacy

Your relationship thrives when you laugh together. Schedule fun, even if it's ridiculous. Especially if it's ridiculous.

Mostly E's - Experiential Intimacy

Shared adventures bring you closer. Try something new and slightly outside your comfort zone.

Mostly F's - Spiritual Intimacy

You're hungry for meaning and purpose together. Explore conversations or practices that connect you to something bigger.

Thank You for Subscribing!

Congrats! You're officially part of the Dalliance Relationship Wellness Center community—where we talk intimacy, embodiment, connection, and pleasure without the awkward whispering.

Here's what to expect in your inbox:

- Juicy insights on the relationships & sexual wellness
- Tips + tools to deepen every kind of relationship
- Behind-the-scenes stories from our therapy practice
- First access to workshops, offers, and other delicious things we're cooking up

In the meantime for even more flirty, soulful content:

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Explore our world at www.dalliancetherapycenter.com to learn more about how we support individuals, couples, and groups in creating authentic, fulfilling lives.

We're so glad you're here.

XOXO

Heather & Trish

Co-founders of Dalliance Relationship Wellness Center