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so many fake sites. this is the first one which worked! Many thanks

## Treatment Plan

### "Intimacy"

**Narrative:** A relationship that has profound intimacy physically, emotionally, spiritually and psychologically.

#### Goals and Objectives:

- 1) **Increasing those moments of physical touching during non-sexual activities.** Increase physical forms of intimacy (hugging, kissing, holding hands, cuddling) throughout the day.
- 2) **Sharing raw emotions during spiritual moments.** Continue to share your desires and fears when you sense a spiritual connection.
- 3) **Psychologically stimulating each other during physical moments.** Continue to explore each other's intimate dreams respectively.
- 4) **Sharing intimate dreams.** Continue telling one another what excites you when you are physically intimate.

#### Interventions:

- 1) Utilize the miracle question to elicit information for shared marital vision.
- 2) Utilize scaling questions to create a standard for the couple's individual needs.
- 3) Utilize exception questions to uncover exceptions towards the solution.

**Diagnosis:** V68.10, Relationship distress with spouse or intimate partner, V68.49, Sex

**Counseling:**

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**Solution Focused Therapy Treatment Plan Template**