

Twelve Steps to Intimacy

From Desmond Morris, [*Intimate Behaviour*](#)

1. Eye to Body

You notice a person across a room, thinking you'd like to get to know that person better. Just a spark of interest, but no action.

2. Eye to Eye

Your eyes meet. It's a shock. You look away and then back again. This action probably means you would like to get to know one another. Often happens on the third or fourth time you encounter the person.

3. Voice to Voice

You talk and hear the person's voice for the first time. It's like music causing your heart to flutter. Your experience acute senses. Your communication starts via cell phone, dates, letters, and messages.

4. Hand to Hand

It may start with helping you up the stairs, while walking, or even watching a movie. The physical contact sends shivers down your spine. It's very exciting.

5. Arm to Shoulder

You find one another interesting and comfortable. It's fun to be together and you discover some of the same life goals. You show others you are together.

6. Arm to Waist

You've made a commitment to each other and are ready to show the world. This person is your best friend, you feel butterflies at their touch. Comfortable together, you feel relaxed highly in love.

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7. Mouth to Mouth

The first kiss causes your heart to race. You've taken it slow to this point and now desire physical bonding through hugging and kissing.

8. Hand to Head

Holding someone's face between your hands while kissing shows tenderness. Stroking someone's cheek or hair communicates love, intimacy. Your emotional commitment with each other grows deeper, familiar, and comforting.

9. Hand to Body

This builds intimacy through touching of neck, breasts, upper arms, stomach, back. It's difficult to slow down at this point and leads quickly through the next steps to intercourse.

10. Mouth to Body

The first part of foreplay. Your heart races and physical drives take over. You explore each other with mouths and tongues.

11. Hand and Mouth to Erotic Zones

The commitment made, it is a point of no return. You commit your body to the other person. In marriage, you give your future to the other person. If not married, these actions cause regret and shame.

12. Sexual Intercourse

This is the ultimate proof you trust the other person. It is a shared physical, mental, emotional, and spiritual experience that changes you for the rest of your life.