

Holistic Intimacy

MARRIAGE IN MOTION ▶ Module 1: Your Journey to *forBetter*

1.3

MODULE 1, LESSON 3

SUMMARY

- Intimacy is much bigger than sex. **True intimacy** is allowing your partner to see you, know you, hear you and feel you.
- Terrence Real has expanded intimacy to include **five facets** of connecting meaningfully.
- **Intellectual Intimacy** is a cognitive connection that occurs when couples are able to verbalize and share their thoughts on areas they are passionate about. This is conversation that evolves, evokes excitement, that leads to discovery, exploration and deeper understanding of one another.
- **Emotional Intimacy** is a sharing of feelings, a high level of transparency, of openness and vulnerability.
- **Physical Intimacy** is all about proximity. You are physically near each other. Physically intimate couples share life together. They take care of one another's health and well-being. They connect in physical, but non-sexual ways that can be profoundly intimate even in broad daylight.
- **Sexual Intimacy** involves a vulnerability of expressing love through sex and mutual gratification.
- **Spiritual Intimacy** implies that what really matters for healthy intimacy is a commitment to something bigger than just a husband and a wife: "Healthy intimacy always demands dedication to the higher good of the relationship itself. In this sense, every form of real intimacy is spiritual."
- The basis for Intimate Conversation is an acronym: **ATTUNE**
 - **A**wareness
 - **T**urning
 - **T**olerance
 - **U**nderstanding
 - **N**on-Defensive
 - **E**mpathy
- What might be holding you back from achieving true intimacy? If past traumas, current addictions, untreated mental health problems, competing priorities or ongoing affairs are keeping you from intimacy, then professional help is your next commitment to achieving the relationship you desire and deserve.

ACTIVITIES

1 FIVE AREAS OF INTIMACY

Below are five areas of intimacy. In each area, rate yourself and your partner by circling a number on the scale from 1 to 5.

1 = We need serious help 5 = We are really rocking this area

YOU		YOUR PARTNER
1 — 2 — 3 — 4 — 5	INTELLECTUAL INTIMACY is a cognitive connection that occurs when couples are able to verbalize and share their thoughts on areas they are passionate about.	1 — 2 — 3 — 4 — 5
1 — 2 — 3 — 4 — 5	EMOTIONAL INTIMACY is a sharing of feelings, a high level of transparency, of openness and vulnerability.	1 — 2 — 3 — 4 — 5
1 — 2 — 3 — 4 — 5	PHYSICAL INTIMACY is more proximal. By this, I mean you literally share the same proximity. You are near each other, sharing the same, physically intimate space. Physically intimate couples share life together. They take care for one another's health and well being.	1 — 2 — 3 — 4 — 5
1 — 2 — 3 — 4 — 5	SEXUAL INTIMACY is an intimate encounter that involves a vulnerability of expressing love through sex and mutual gratification.	1 — 2 — 3 — 4 — 5
1 — 2 — 3 — 4 — 5	SPIRITUAL INTIMACY is a commitment to something bigger than just the two of you. Your values and your goals are an essential — if not the most essential — part of your spiritual intimacy.	1 — 2 — 3 — 4 — 5

Pick one area of intimacy, and brainstorm how you can enhance this area. Try to be creative, innovative and novel. Once you have a few ideas, write down the one thing that you will do THIS week to enhance your intimacy.

Remember, slow and steady wins the race. Small things, often, make all the difference. So verbally make a commitment to enhancing one area of intimacy with your partner.

I will commit to...

... in the next seven days in order to enhance one area of intimacy.

2 SEXUALLY INTIMATE CONVERSATION STARTERS

Where do you get hung up in conversation? Remember the acronym ATTUNE. Is it at Awareness? Turning? Tolerance? Understanding? Are you defensive? Do you spend more time thinking about what you want to say, rather than listening to your partner?



If you're ready and able, consider having an intimate conversation about sex. Great sex doesn't happen without understanding and conversation first. Use a few of the open-ended questions below as conversation starters for deepening your sexual intimacy. Find an hour this week to go through all of these questions. Don't let these prompts stop you from asking YOUR OWN open ended questions. The idea is to have the most honest and revealing conversation you've ever had about sex. To share openly. To listen empathetically.

- How do we romance each other in the day that leads to anticipation of sex?
What ways do you show me that you are initiating sex?
- If I am not in the mood, how would you like for me to communicate my disinterest in sex?
How do you like to be touched to build arousal?
- How do you feel about our frequency of sex?
- Which love making positions do you prefer? What positions would you like to try?
Share with me one of your sexual fantasies.
- How would you like to connect emotionally before/during/after sex?
- What is your favorite memory of one of our sexual encounters?
- How do you know when I am enjoying myself sexually?
How do you know when I am NOT enjoying myself?
- What do you suggest we do to increase our sexual satisfaction?

Intimacy is big and complicated and confusing and worthy of your time. It's okay if you struggle. Make time to explore holistic intimacy, in every area.



TAKEAWAY

What was your #1 takeaway from this lesson? Describe any breakthrough(s):