

QC008SN - The Mystery of Intimacy

DEFINING INTIMACY

Intimacy can be difficult to define.
People tend to define it differently.
Merriam-Webster doesn't offer much help.
A practical definition would be: "INTO-ME-SEE."

The theme found in the story of the garden of Eden and the fall of Adam and Eve.

Intimacy means that two people are allowed to see into each other completely.

THE INTIMACY PYRAMID

CONVERSATIONAL INTIMACY. Conversational intimacy is where you talk about all the nuts and bolts of life.

EMOTIONAL INTIMACY. This is a level of sharing that goes beyond just the nuts and bolts of the day. This is where you reveal how you're feeling about things. It's more powerful, but a little more risky.

PHYSICAL INTIMACY. This refers to non-sexual touch. This level of the intimacy pyramid is smaller still, but it builds a connection rapidly.

SEXUAL INTIMACY.

True intimacy is the culmination of all 4 levels of intimacy.

IMPROVING INTIMACY

Just being married does not grant you automatic intimacy. You still have to work at it. And it's not easy. In fact, it can feel rather risky.

Believe it or not, both husbands and wives want the whole intimacy pyramid!

The problem: Wives want to start with conversational intimacy and work their way up toward sexual intimacy, with husbands want to start with sexual intimacy and work their way down to conversational intimacy.

When it comes to intimacy, husbands need to approach intimacy from a different direction.

Husbands need to focus on conversation, and then work toward emotional connection and non-sexual touch.

And wives needs to focus on being more sexual with their husbands, and then move toward non-sexual touch, and then sharing emotions.

When this happens, both spouses will feel closer, more appreciated, and more energized.