

INTIMACY: MORE THAN SEX?

*Among men, sex sometimes results in intimacy;
Among women, intimacy sometimes results in sex... Barbara Cartland*

WHAT TO KNOW!

- ❖ Intimacy is a very close affective connection with another person that involves sharing, communicating, and being vulnerable
- ❖ Intimacy gives meaningfulness to being human and feeling alive
- ❖ Intimacy includes love, friendship, romance, sex, being social, and being spiritual
- ❖ Physical intimacy is characterized by romance, passion, and sexual activity
- ❖ Emotional intimacy is characterized by warmth, closeness, a sense of mutual commitment, caring for another, and a desire to make the other person better
- ❖ Being intimate allows one to meet the basic human needs of belonging, loving, feeling cared for, and feeling accepted
- ❖ Intimacy involves the ability for each partner to be separate **and** together in a mutually loving and caring relationship
- ❖ Being intimate with another involves exposing one's true self, being vulnerable, having a sense of closeness, trusting completely, and sharing secrets and private thoughts
- ❖ In an intimate relationship, partners feel bonded, undefended, trusted, and safe
- ❖ Being intimate with another involves trusting someone so completely that it allows them to enter the mind, heart, and soul of their partner
- ❖ Intimate partners are not competitive with each other, handle conflicts and fights, and exert continuous effort to strengthen their relationship
- ❖ They work out their anger and resentments, are forgiving, and show signs of affection
- ❖ Obstacles to intimacy include fear of being vulnerable, lack of trust in oneself and/or one's partner, and chronic insecurity
- ❖ Other obstacles include failure to solve conflicts and being unable to forgive and let go
- ❖ Additional obstacles include inability to resolve angry feelings, difficulty in communicating thoughts and feelings, and fears of rejection and abandonment
- ❖ These obstacles to intimacy can be overcome with open, honest, and respectful communication and a commitment to developing safety and trust in each other

WHAT TO DO!

- ❖ Evaluate your relationship, your communication patterns, and how you solve problems
- ❖ Share your thoughts, feelings, and concerns with your partner
- ❖ Help each other to resolve problems and reach your goals
- ❖ Make your partner feel important: do things together and have adventures
- ❖ Face problems as a team and make sure to resolve all conflicts
- ❖ Develop common interests but respect each others right to do things on their own
- ❖ Develop a healthy and exciting sexual relationship
- ❖ Be best friends with each other and aspire to make each other better
- ❖ Express signs of physical affection and address any sexual issues in the relationship
- ❖ Let go of fears, grudges, past hurts, competitive tendencies, and the need to be right
- ❖ If you are unable to resolve intimacy issues, seek professional help

WE CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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