

# Free public seminar

## Obstacles to Intimacy

## in Marriage

A seminar with Lionel Hartley, PhD

**Marriage Myths and Misunderstandings; Common Marriage Problems; Letting Go of the Past; Letting Anger and Frustration Out; Letting Love In; Growing Closer; Maintaining Intimacy; Question & Answer Session.**

**Duration: 1½ Hours / Format: Multimedia Seminar Presentation and Workshop Activity / Resources: Handouts and optional Homework Activities.**

***For extra info – see [www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)***

# Obstacles to Intimacy

## in Marriage

A seminar with **Lionel Hartley, PhD**

# Welcome

This seminar is for the happily married (making marriage the best it can be — making a good marriage great); for the not-so-happily married (reconnecting with your spouse — recapturing the connection); for the not-at-all-happily married (creating the catalyst for change — building or rebuilding what you envy in other couple's marriages); for the soon-to-be married (preparing for getting the most out of marriage — planning for a lifetime of loving) and for the hope-to-be-married-someday (readying ourselves for a glorious marriage — sweeping away misconceptions about marriage).

# Obstacles to Intimacy in Marriage

A seminar with and by Lionel Hartley, PhD

## Title slide

Hello and welcome to our seminar on intimacy.

My name is Lionel Hartley.

Before we start I would like some feedback from you, bearing in mind that there are no wrong answers.

I want you to think of one word that first comes to mind when I use the word intimacy. Let me write '*Intimacy*' on the whiteboard as a heading so you don't give me that word.

Now will anyone share the *one word* that first comes to mind when I use the word intimacy?

[Write attendee's answers on whiteboard]

Thank you for your input. I'll now cover this up and we'll come back to it later in the seminar.

## Slide2: Who is your seminar author?

You should have in your hands a confidential question slip. This is for you to write any questions that you would like answered at the end of the seminar. These will be collected a few minutes before our *Question and Answer* session at the end of today's seminar.

Before my wife, Rosemary and I were married I made her a solemn promise. I vowed that I would support her through all the problems that would arise once we were married – problems that she wouldn't have if she were not married. In retrospect I see this was my feeble way of offering intimacy. Intimacy in a relationship means being able to share the whole of who we are – the thoughts, feelings and experiences we have as human beings.

## Slide 3

We could pronounce intimacy as 'in-to-me, see'. Intimacy is seeing into each other's life. It is knowing each other's strengths and weaknesses. It is being aware of each other's fears, hopes, and dreams. It involves being

open and vulnerable to another person and being open and honest about our thoughts and emotions. Showing someone else how you feel and what your hopes and dreams are, is a very intimate choice and if it is with someone you love and are married to, it can be one of the most rewarding aspects of your relationship. Intimacy is achieved when we become close to someone else and know deep within ourselves that we are loved and accepted for who we are.

### **Overlay (Quote)**

Intimacy takes time. The author Jane Austen in her novel '*Sense and Sensibility*' wrote, "It is not time or opportunity that is to determine intimacy. Seven years would be insufficient to make some people acquainted with each other, and seven days are more than enough for others."

### **Overlay (Quote)**

I would go so far as to say that to develop ultimate intimacy takes a minimum of two lifetimes – yours and your partners.

Intimacy is achieved when we become close to someone else and know deep within ourselves that they are loved and accepted by us for who they are. Intimacy is achieved when we become so close to our spouse that faults, failures, flaws & foibles pale into insignificance.

Let me start with a warning – this topic is too big for a 90-minute seminar. Nevertheless we will in this short time together share some practical things for you to take home and implement in your relationship.

*Obstacles to Intimacy in Marriage* is for the *happily married*, making marriage the best it can be and making a good marriage great.

*Obstacles to Intimacy in Marriage* is for the *not-so-happily married* to resource you for reconnecting with your spouse or recapturing the connection.

*Obstacles to Intimacy in Marriage* is for the *not-at-all-happily married* by creating the catalyst for change and building or rebuilding what you envy in other couple's marriages.

*Obstacles to Intimacy in Marriage* is for the *soon-to-be married* by preparing you for getting the most out of marriage and planning for a lifetime of loving.

And *Obstacles to Intimacy in Marriage* is for the *maybe-hope-to-be-married-someday* by readying ourselves for a glorious marriage and sweeping away misconceptions about marriage.

Maybe we'll start there...

## **Slide 4 Marriage Myths and Misunderstandings**

How do you know what to expect of married life? Your ideas about marriage may have been formed as early as childhood, as you grew up watching your parents, or maybe something a little less reality-based like growing up watching romantic TV programs, movies or reading Mills & Boon romances.

Whether your expectations are inspired by childhood fairy tales or grownup drama, there may be some things you've yet to discover (or discuss) with your partner. When first there is illusion this quickly becomes disillusion and finally confusion. So, here are some common marriage myths and the realities behind them.

### **Overlay**

Myth number one: *Intimacy means sharing personal information or having sex.*

It is essential that this myth be corrected right from the start. Intimacy is about knowing one individual deeply and being able to be completely free in that person's presence.

This requires certain necessary prerequisites such as trust and safety. To experience true intimacy each needs to feel free enough to let go and be himself or herself. To be intimate with your spouse you need to be aware of and have the courage and openness to share what you're currently feeling, with someone who also shares intimate feelings with you.

### **Overlay**

Myth number two: A song made famous by a Liverpool Singing Group had the refrain, "Love is all you need", echoing the erroneous sentiment that *"love is all we need for a successful marriage"*.

Well, love is a start. But the reality is that there are couples who are madly in love with one another, but who can't seem to maintain a healthy relationship. Your love for one another will get you to the altar, and may inspire you to create a life and family together.

However, love alone may not ensure that you will be able to navigate the important and potentially difficult tasks of marriage, such as resolving conflict or communicating effectively. Love is often described as a feeling. 'Feeling' is a noun. Love is more like a verb – a doing word. So once you view your love for your partner as a skill that you can continue to develop and use along with some of the other tools that I will share with you today, you will release love's true power. You must be willing to do the job of loving each other, not just be in love.

## **Slide 5 Functions of Love and Loving**

Love is important.

Love ensures human survival—loving someone and being loved ensures the survival of our species.

Love enhances our physical and emotional health—numerous studies have shown a connection between our emotions and our physical and emotional health, and love is certainly one of those essential emotions.

Love improves the quality of our lives—love fosters self-esteem. From a solid basis of love, children can then go out and face the world with the emotional support of their families.

And love is fun—love doesn't appear out of nowhere, to get and keep love, one has to be active and take some risks.

## **Slide 6 & Overlay**

A third myth is that *couples who live together before marriage are able to test how well suited they are for each other before they get married* and therefore have more satisfying and longer-lasting marriages than couples who do not.

Many studies have shown that those who live together before marriage have less satisfying marriages and a considerably higher chance of eventually breaking up. One reason is that people who cohabit may be fearful of commitment and are therefore more likely to call it quits when problems arise. In addition, the very act of living together may lead to attitudes that make happy marriages more difficult.

The findings of one recent study has revealed, and I quote, “[without commitment] there is less motivation for cohabiting partners to develop effective conflict resolution and support skills.” In a recent study by Catherine Cohan and Stacey Kleinbaum it was revealed that spouses who live together before marrying display more negative problem solving and support behaviour compared with couples who marry without first living together.

## **Overlay**

Myth number four, I call the Mind-Reading Myth: *“He should know what I want (slash) need without me having to tell him”*.

Here’s a secret to getting exactly what you want: tell your spouse what it is that you want. If he or she hasn’t given you what you want, chances are, it isn’t because your partner doesn’t love or care about you, it’s because he or she doesn’t know what you want. And, since chances are that your spouse is not a mind-reader, expecting him or her to be in tune with every intricacy of your thought process and your desires is unrealistic.

Go ahead and give your spouse a treat – tell him or her what you want or need. The good news is that you’ll be giving yourself a treat as well.

*I have a handout to share at this time entitled “How to Make Love to a Woman”, and ladies, you may want a copy as well.*

## **Overlay**

Another myth assumes that *once we are married, everything will be better*. The marvel and enchantment of marriage can be magical. However, there are some things that will not magically disappear just because you become husband and wife (especially if there were issues in your relationship prior to getting married). In fact, they will most likely remain exactly the same or worsen unless you actively work to improve them.

For example, learning to live with bad habits and personality differences are common challenges many newlyweds face. Some problem-causing areas can change with a little work; others will not change at all.

Depending upon the importance that you place upon the issue, this need not be a concern. Simply decide which things you are willing to work to improve and which you are willing to accept in exchange for the other countless blessings of married life!

## **Slide 7 & overlay**

A common myth suggests that *if we love each other, we shouldn't argue or fight*.

Conflict in a relationship is never pleasurable, but learning to argue amicably and developing and using the skills to fight fair can be one of the most rewarding things we can do in and for our marriage.

Resolving problems together is an important skill to develop, and can increase our sense of closeness to one another. The truth is that couples who claim that they never argue will experience just as many disappointments, difficulties and misunderstandings as those who appear to bicker constantly.

Saying nothing can actually be more harmful over the course of your marriage than airing things out from time to time, even if the process seems a little uncomfortable.

## **Overlay**

And a myth that many ladies will subscribe to is that *marriage benefits men much more than it does women*.

Over the past few years there has been quite a paradigm shift regarding gender roles in marriage, and recent research reveals that men and women benefit about equally from marriage, although in different ways.

Husbands typically gain greater health benefits while wives gain greater financial advantages. Both men and women live longer, happier, healthier and wealthier lives when they are married.

## **Overlay**

Those that have never had children of their own may buy into the myth that *having children typically brings a married couple closer together and increases marital happiness*.

However many studies have shown that the arrival of the first baby commonly has the effect of pushing the mother and father farther apart, and bringing stress to the marriage.



Children are nevertheless a blessing that the Scriptures refer to as an heritage from the Lord. This may be evidenced by the fact that couples with children have a lower rate of divorce than childless couples.

Interestingly, according to a 2008 study by Norwegian researchers Hardoy and Schøne, in Norway after the government began offering cash incentives to parents that elected to forgo state-subsidized childcare and stay home with their children, divorce rates fell significantly even though the new policy did not target marriages directly.

## **Slide 8 & Overlay**

Myth number nine: *The keys to long-term marital success are good luck and romantic love.*

Rather than luck and love, the most common reasons couples give for their long-term marital success are commitment and companionship. Successful marriage is created through commitment to each other and to the institution of marriage, and through hard work and dedication. The happiest couples are those with similar interests and values who become best friends.

## **Overlay**

An age-old myth is that *the more educated a woman becomes, the lower are her chances are of getting married.*

A recent study based on current marriage rates has concluded that today's women college graduates are more likely to marry than their non-college peers, despite their older age when getting married. This is a change from the past, when women with more education and the lure of a career were less likely to marry.

## **Overlay**

One pipe dream worth noting is the idealised view of the newlywed who believes that that their fairy-tale *relationship will stay exactly the way it is for the rest of their marriage.*

Each of you will change, and your relationship will change. This is natural, and doesn't have to be a bad thing. Just remember that the things that

attracted you to each other initially may not be as relevant or meaningful to you in ten years. Physical beauty, strength and stamina change over time.

Couples that stay happy together are those who continue to find new things to love about each other. If you daily look for opportunities to continually learn new things about your partner, you may be pleasantly surprised.

## **Slide 9. Common Marriage Problems**

The necessary ingredients for true and total intimacy are autonomy, courage, openness, presence, safety, self-awareness, self-esteem and trust. These essential ingredients can be eroded by some common marriage problems

### **Overlay 1. Communication**

The most commonly reported relationship problem by far is communication. In many relationships the interest seems to lie primarily in getting one's own point of view heard and understood rather than having an interest in hearing and understanding the other person.

There is an irony here worth looking at, in that if people cared to listen to the other person with as much interest as he or she wished the other would listen to them, both would end up receiving exactly what they are looking for.

To truly know another, we must be willing to see the world through their eyes, not simply our own. If we listened as well as we spoke, really connecting would take care of itself.

### **Overlay 2. Unfulfilled Expectations**

Many relationships are entered into with all kinds of expectations and then over the years, the couple feel disappointed again and again that these expectations have not been met. Part of this issue relates to childhood baggage that I'll be discussing in detail later in our seminar. We often have preconceived expectations of what marriage and relationships are supposed to be like.

This can be derived from many different sources, not the least of which is the marriage and relationship of our parents. That's the one we lived and breathed 24 hours a day, 7 days a week. That kind of exposure gets absorbed, some on a conscious level, some on a subconscious one. The

biggest problem with expectations in general is that we may know what our expectations are, but it unlikely that our partner does.

Even more insidious and frustrating is when we have these expectations and we can't name them, yet we expect our partner to fulfil them. There is one additional problem. Contrary to popular opinion, it is not the other person's responsibility to fulfil your expectations.

It is our job to learn to fill ourselves up and then offer all we can to the relationship.

The majority of couples I've worked with have entered into their relationships with their focus on what the other person had to offer and not on what they were bringing to the marriage. Again, we are often quite unaware that this is our mindset. We must be willing to look closely and honestly at ourselves to see if these are truths about us. Not everyone is willing to do this. To truly understand what we are seeing in another, we must first hold up a mirror and understand what we are seeing there.

### **Overlay 3. Sex**

Sex is a relatively common area of conflict in many relationships, but it does not stand alone. If your sex life is in need of a tune-up, chances are your relationship needs tuning first.

### **Overlay 4. Resentment**

Resentment is a killer of relationships, a slow poison, undermining the love, trust and mutual respect you may have once had with each other.

It is critical in the treatment of relationships to uncover these often unknown or unspoken resentments. Each person is then responsible for discovering the part they played in the creation of these resentments along with what they can do to improve themselves. The focus is not on how the other person needs to change, but rather on what you can do to change yourself to bring something better to the marriage. No blaming, just self-responsibility.

Resentments often build as a direct result of a person's inability to communicate their needs and/or take responsibility for them in the first place. Resentments lead directly to loss of respect for the other person. Loss of respect leads to problems in other areas of the marriage, more bad feelings, blame and distancing.

We can never really respect ourselves unless we show the courage and the willingness to take full responsibility for what belongs to us, which the other person did not place there. Once the old hurts are neutralized (in addition to all the new ones we've tacked on over the years) and each person has shown the courage to own their part in the poisoned well, much healing is possible. As much as resentments are poison to a relationship, ownership and mutual forgiveness are its salvation.

### **Overlay 5. Infidelity**

Infidelity occurs as a result of the breakdown of the relationship, rather than being the cause of the breakdown. I might just mention here that pornography is also infidelity – a betrayal of trust with the message to your spouse that he or she doesn't measure up to your imaginary ideal.

Without condoning these poisons, it is worth noting that couples who are content and fulfilled within their marriage, virtually never look outside of it to fill themselves up.

Affairs and pornography are often used as a way to lick one's wounds, to escape from the difficulties of the current relationship, to abandon the responsibility that we have to work on the troubles in our relationships up front, rather than behind closed and secretive doors with someone else or gazing at some graphic.

The good news is that relationships can be healed from the devastating betrayals of pornography and infidelity, but full responsibility, remorse and true commitment to self-development must be the foundation for the healing. You must be willing to do whatever it takes to rebuild the trust that's been lost. Nothing less will do.

### **Overlay 2. Unresolved baggage from our past**

A frequent cause of misunderstanding in relationships is unresolved baggage from the past.

For example, if a person grew up in a loud, violent or abusive environment, that person's response to conflict, arguing or confrontation, would be significantly different than a person whose home environment was skilled and healthy at conflict resolution. As a rule, in relationships, "like attracts like". So it is common for folks who share poor conflict resolution skills to

find and attract someone who has similarly limited skills (often without any awareness that this is what they've done). In these relationships there will be plenty of communication . . . just not the type that leads to any useful resolution.

Other examples of old baggage include our preconceived ideas and experiences regarding sexuality, the proper way to raise children, how we relate to and handle money, and self-esteem issues. This baggage is like crowding our marriage bed with invisible and unwanted visitors.

## **Slide 10 Letting Go of the Past**

Unresolved baggage from our past is an obstacle to intimacy.

Let me use as an example a past experience of child sexual abuse.

This can lead to:

1. Reluctance to trust someone or let anyone get close
2. Perceiving any expression of care or attention as a sign of sexual interest or precursor to sexual activity.
3. Wariness about sharing personal information, due to the way it has been manipulated and used in the past.
4. Uncomfortableness with gentle touch or touch without prior specific agreement.
5. Difficulties with any sexual intimacy, due to the fact it can trigger flashbacks.

These difficulties, although not insurmountable, can take some time and patience to sort out.

If this person is your spouse, you can help them with patience, compassion, discussing wants and needs, and making sure that not every touch or expression of care or attention is a precursor of sexual activity. Explain, "I would like us to share the warmth of a hug – nothing more, nothing less, just to say, 'I love you'." Then honour what you have said that you will only do.

If this person is you, then open discussion with your spouse, sharing your fears and seeking forgiveness can lead to emotional intimacy, which is the doorway to other forms of intimacy.

## **Slide 11 Letting Anger and Frustration Out**

Anger is a natural emotion, a human response to anything or anyone that challenges our our safety, well-being, and happiness. Everyone experiences anger, some people more intensely and frequently than others. And at some point, every married person gets angry at his or her spouse. It could be over something minor like leaving the lid off of the toothpaste; or something on a larger scale like disrespecting you in front of other people.

Though anger is one of the most common emotions known to the human race, few people are skilled at reacting to anger effectively. Many of us rely on a few specific responses that we learned as children and continue to use as adults. These responses can lead to constructive or destructive behaviour. Recognizing what makes us angry can help us find better ways to cope with anger. It's not whether or not we get angry, but what we do with our anger that matters.

Those who have studied anger indicate that more anger is developed in marriage relationships than in any other relationship where people are involved. Unresolved anger is the principal cause of violence toward another person. Successful anger management can mean the difference between joyful marriage or sorrowful misery. The success or failure of a marriage may depend on the way a couple copes with their anger.

## **Slide 12 Misconceptions of Anger**

Many of us hold misconceptions of anger that can lead us to cover up our anger in different ways. Five misconceptions written by D. L. Carlson are:

- If you don't look angry on the outside, you don't have a problem with anger.
- If you ignore hurt and anger, they will go away.
- Venting feelings and anger will make them go away.
- Playing the martyr (being nice all the time) and not expressing anger will not damage you.
- Your relationships will suffer if you express any anger or hurt.

## **Slide 13 How People Cover Up Anger**

If marriage partners have any of these misconceptions, they may cover up their anger in one or more of the following ways:

- Peace at any price. (This is giving in rather than having conflict or it is withdrawal from the situation.)
- Grievance collecting (is keeping track of everything that has happened).
- Passive/aggressive behaviour (such as pouting, sarcasm, stubbornness, procrastination, generating guilt).

- Bigotry (which is hating another group of people) and
- An “All is well” attitude (by being overly sweet and nice about what is happening).

## **Slide 14 Anger Can Be Healthy**

David and Vera Mace, pioneers of the Marriage Enrichment movement, indicate that anger is healthy, normal, and present at different times in all marital relationships. Couples should give each other the right to be angry.

The Maces outlined a way of coping with angry feelings that surface in almost every marriage. When you feel angry, express your anger in words, stated calmly, and with love. Use much the same tone as you would say “I’m tired,” or “I’m very tired.”

Couples who effectively manage their anger agree that it is necessary to express and acknowledge it. They agree to never attack in anger even though they share angry sentiments. They should agree with each other that they will not yell at one another unless there is extreme danger.

If a firm, non-yelling policy is developed, it will remove the need for a spouse to feel defensive or to develop any type of retaliatory anger. If both partners can express their anger calmly, they are better able to find out how and why the anger is present in the marriage.

## **Overlay**

The Maces developed an acronym (AREA) to help couples remember a better way of solving anger:

- A is for admitting your anger to your spouse.
- R is the desire to restrain your anger and not let it get out of hand by blaming or belittling.
- E stands for explaining in a very calm manner why you are angry.
- A stands for action planning or doing something about the cause of the anger.

If anger is handled in this way, using a calm approach to identify the cause of the anger and what can be done about it, couples usually find the anger was based on a misunderstanding or misinterpreted words or deeds. Couples may also find out that one partner was pushed beyond a level of tolerance. All these things can be solved if approached in a calm manner.

## Slide 15 Letting Love In

It is time to stretch out legs and divide into groups of four or five for a discussion time.

Now for the next few minutes, I would like you to brainstorm in your group *some ways that a married couple can build a relationship devoid of myths, baggage and anger.*

[Allow time for discussion and then ask for feedback from each group.]

## Slide 16 Six-week challenge

Here is a six-week challenge. You should have a handout with these listed for you. You may want to take it out now and fill in the blanks from what is written on the screen. This your homework, starting as soon as possible after today's seminar.

1. Thank your spouse at least once a day for something (try to make it something different each time)
2. Compliment your spouse to your mother, your children, your friends, whoever, every chance you get and do it within earshot of your spouse if possible.
3. Do not nag, criticise, accuse, blame or ridicule.
4. Do not give the silent treatment.
5. Make love with relative frequency if possible.
6. Utilise some of the strategies that I will outline in the next section of our seminar, 'Growing Closer'.

Does everyone have the underlined words filled in on you handout?

Let's move on.

## Slide 17 Growing Closer

In this part of our seminar I will highlight at least sixteen different types of intimacy, covering all aspects of married life. However, I will limit my actual discussion to ten of these and for each type I will offer practical activities to improve intimacy in that area.

Physical intimacy (of which a small component includes sexual intimacy) is actually the last on my list. There's a lot of confusion about intimacy, what it really is, and how to make it happen. There are couples who have been married for decades who can be physically close, but don't know how to be totally intimate.



The word intimate refers to your private and essential being. Usually people think it means sharing personal information or having sex. Real intimacy is far more. It makes you feel content, empowered, whole, peaceful, alive, and happy. It transforms and nurtures you. Physical closeness, sexual expression and romance are important to a marriage relationship, but many of these other forms of intimacy revitalize and enliven it.

## **Overlay 1. Companionship and Friendship Intimacy**

One thing that is absolutely fantastic about my own marriage of what will soon be four decades is the fact that my wife is my best friend.

Think for a moment how you treat your best friend. Max rings up Egbert at 11pm. “I’m on the highway 10 kilometres south of Brisbane and I’ve run out of petrol. Could you please fill the mower-fuel can from your garage with premium fuel and come to my rescue?” “Sure, I’ll be there within the hour.”

Betty with tears in her voice rings Maggie at 10am wanting a listening ear. Four hours later Maggie is still listening as she, too, wipes away tears.

Maggie wants some help with a household task and husband Egbert has his feet stuck to the footstool, his posterior stuck to the settee, his ears and eyes stuck to the TV and his mind totally unstuck.

## **Slide 18 Friendship checklist**

Is your spouse really your best friend? More importantly are you a true friend to your spouse? Here is a ten-point checklist – see how you measure up.

1. Enjoyment—friends enjoy being together. They create opportunities for fun and laughter.
2. Acceptance—friends accept each other the way they are.
3. Trust—friends trust and look out for each other.
4. Respect—friends respect each other’s judgment. Friends are accepting of each other’s mistakes. Friends value each other’s opinions and ideas.
5. Mutual support—friends help each other without expecting anything in return.

6. Confiding—friends share experiences and feelings. Friends respect confidences.

7. Compassion—friends are *sympathetic* about each other's feelings and thoughts.

8. Understanding—friends are *empathetic* about each other's feelings and thoughts. *Empathy* is the ability to feel some of what our spouse is feeling. If we cannot see things just a little from each other's perspective then we will not be able to understand each other.

9. Honesty—friends are open and honest. They feel free to be themselves and say what they think or how they feel.

10. Love—friends have genuine affection for each other and demonstrate it often appropriately and without force or coercion.

## **Slide 19**

To improve companionship and friendship intimacy, try these three tools:

### **Overlay**

a. Schedule *Play Dates*. This means just having fun. No serious discussions, no talk of work, no talk of the children or anything else that is off the topic of play. This time is only for the two of you to enjoy. Have fun in the moment, as there is nothing wrong with being spontaneous occasionally.

### **Overlay**

b. Forgive. No one is perfect. Everyone makes mistakes. Forgiveness is a crucial element of married life and important in efforts to restore trust after a transgression.

Forgiveness can resolve existing difficulties and prevent future ones. If you make forgiveness a habit — for everything from major mistakes to little annoyances you will keep resentment from growing.

### **Overlay**

c. Treat your spouse like your best friend and very soon he or she will be.

## **Slide 20**

2. Intellectual Intimacy involves a mutual understanding about the important areas or issues in your marriage. Perhaps you want to set goals for the next year, you want to make a budget, you want to raise your children with certain values, all of these involve discussion without fear of repercussion. It means that you have made your marriage a safe place for discussion.

### **Overlay**

To improve your intellectual intimacy, pick up a book, either fiction or non-fiction, and read it together. If you have a faith, a daily devotional shared after breakfast (for example) will be both intellectually stimulating and spiritually bonding. Which brings us to ...

### **Slide 21 Spiritual Intimacy**

3. Spiritual Intimacy. Spiritual intimacy is shared religious beliefs and observed religious practices. This can be as simple as praying together (although that's not always easy for some), going to church together, or discussing spiritual issues as a couple. Ultimately your life experiences, within the foundation of your shared faith, will create and deepen your spiritual intimacy.

### **Overlay**

To improve your spiritual intimacy try the daily devotional as I suggested when I spoke of *intellectual intimacy*, Praying together often, and getting your priorities right.

For a person with a faith, our allegiance must be to God, spouse and children, in that order. This isn't a popular philosophy, especially among mothers, but regardless of your belief system, your spouse should come before your kids. Now unless you're married to someone who is abusive (in which case, I urge you to seek professional help), no man worth his salt would ask you to put your children aside to serve his every need while neglecting them. That's not what this means.

I counselled one of my sons shortly before the birth of their first child with this statement: 'The best gift a father can give his children is to love their mother'.

When you board an aeroplane, the flight attendants are required to go over emergency preparedness prior to takeoff. When explaining the part about how to operate the oxygen mask, passengers are instructed to first put the

mask on themselves before putting it on their small child. Is that because they think you are more important than your children? Absolutely not. But you cannot effectively help your child if you can't breathe yourself.

The same holds true with marriage and parenting. You cannot effectively parent your children if your marriage is falling apart. There will also come a time when your children will leave the home to pursue their dreams as adults. If you have not cultivated a lasting relationship with your spouse, you will have one empty nest and two empty hearts.

## **Slide 22 Recreational Intimacy**

4. Recreational Intimacy is being active together. Find those things that you like to do and do them with your spouse. Taking a walk together, make dinner together, go to a museum together, hike a mountain together...do something with your spouse that allows you actively spend time together.

### **Overlay**

To improve your recreational intimacy go for a thirty-minute 'walk and talk' around the block or in a nearby park. Plan an outing such as a picnic in the park or a stroll along a beach, lakeside or riverbank. These can even be achieved if you have a baby in tow.

Perhaps you could leave your credit cards at home, take a pre-determined small amount of cash and the two of you leisurely browse a shopping centre that you haven't been to before. Maybe this is a good time to discuss Financial Intimacy...

## **Slide 23 Financial Intimacy**

5. Financial Intimacy is the sharing of your financial situation. Financial intimacy comes with developing a plan for your finances and being able to have open and honest communication with your spouse regarding money matters.

### **Overlay**

To improve your financial intimacy plan a budget together and jointly take responsibility for adhering to it. Consider a joint bank account.

## **Slide 24 Growth Intimacy**

6. Growth Intimacy is the personal sharing of your goals, plans, dreams, hopes, ambitions and aspirations.

## **Overlay**

To improve growth intimacy start a conversation. Intimate conversations vary in their level of intimacy, but the deepest ones require:

- a. An authentic expression of deep feelings, not facts.
- b. Feelings that are in the present.
- c. That you honour each others' separateness.
- d. That the feelings that are shared be about yourself or the person you're with.

If you'd like to try this and don't know how, you can start by telling your spouse that you want to feel closer, but that you're not sure how or what to say. If you admit this when you feel it, it's an authentic admission and the beginning of growth intimacy.

## **Slide 25 Personal Intimacy**

7. Personal Intimacy reflects safety, security, fidelity and trust.

## **Overlay**

To improve personal intimacy, respect your spouse. Notice I didn't say to only respect your spouse if he or she has earned it or deserves it. One of the greatest needs of couples is to be respected, and the person we desire that respect from the most is our spouse.

The trap that we've all been ensnared by is that we believe and act as if our spouse (or even our children) only deserves our respect when they earn it. Yes, we want our partners to make decisions that will ultimately garner our respect, but the truth is that our spouse is a human being. A human being who makes mistakes.

Emily Kimbrough wrote, "Remember, we all stumble, every one of us. That's why it's a comfort to go hand in hand."

A husband, for example, is the person that his wife has chosen to walk alongside her for the rest of her life and to lead their family. He needs to be respected for that quality alone. When respect is given even when he doesn't deserve it, it will motivate him to earn it. That doesn't mean you pretend that his choices are good ones when they are not. Things like that still need to be communicated, but if you can flesh out your differences with respect, it makes all the difference in the world.

## **Slide 26 Developmental Intimacy**

8. Developmental Intimacy allows for personal space, privacy and quiet 'alone' time. It includes praise, the encouragement of personal development and the growth of healthy friendships outside your relationship.

### **Overlay**

To improve developmental intimacy firstly live life in perspective. The grass is not greener on the other side. Do not believe the lie that with a trimmer figure, a higher salary, a faster car, or a bigger house or the latest 'i-whatever' gadget you will be a happier person. The world is full of things and people that remind us that we don't have the best of the best, but don't equate that with happiness.

True contentment is living the life that you've been blessed with, and being thankful. We all have struggles and may want more or better, but *things* are not really fulfilling — relationships are.

Guard your heart from things and people that will try to convince you that your life or your home or your husband or your wife is not good enough.

There will always be bigger, greater, dandier, better, brighter, purer, smarter, glossier, faster, stronger or shinier, but you'll never be satisfied with more until you're content and fulfilled with what you already have.

## **Slide 27 Emotional Intimacy**

9. Emotional Intimacy is closeness created through sharing our feelings, thoughts and desires. You have to be honest, first with yourself, regarding your feelings before you can share them with your spouse.

### **Overlay**

To improve your emotional intimacy try: Spending 10 minutes per day without any electronics distracting the two of you. 10 minutes may not seem like a lot, but in our hyper connected world – this can be obtainable by even the busiest of couples.

## **Slide 28 Other types of intimacy**

Now there are many other forms of intimacy that time prevents me from including in this list, such as

## **Overlay**

*Conflict Intimacy* which is the ability to work through our differences in a fair way, and reach solutions that are broadly and mutually satisfactory, recognizing that perfect solutions are not part of human life.

## **Overlay**

*Work Intimacy* is when we are able to agree on ways to share the common loads of tasks in maintaining our home, incomes, and pursuing other mutually agreed goals.

## **Overlay**

*Parenting Intimacy* applies if we have children and we have developed shared ways of being supportive to each other while enabling our children to grow and become separate individuals.

## **Overlay**

*Complementary Intimacy* is sharing the household workload and parenting, irrespective of society's gender expectations.

## **Overlay**

*Crisis Intimacy* is developed when we are able to stand together in times of crisis, both external and internal to our relationship and offer support and understanding.

## **Overlay**

*Aesthetic Intimacy* is jointly being delighted in beauty, music art, nature and a whole range of aesthetic experiences and when each of us is prepared to support the other's enjoyment of different aesthetic pleasures.

## **Overlay**

But let us finally discuss Physical Intimacy.

## **Slide 29 Physical Intimacy**

Physical Intimacy is loving touch. It may be holding hands, eye gazing, a hug, a kiss or sexual expression. Humans were designed to want to be

touched. Touch can communicate acceptance and love, a closeness that only the two of you have that is based on your shared experiences.

## **Overlay**

To improve your physical intimacy try holding hands every chance you have – make a game out of it – on the rare occasions when we go to bed at the same time, my wife and I value going to sleep holding each other's hand. Include other forms of non-sexual touch such as hugging, kissing, stroking, massaging etc.

Physical intimacy doesn't have to be through direct physical touch, either.

Eye contact is also very important. Many couples will go for days without looking directly into each other's eyes.

Dr Susan J. O'Grady confessed in an article on this topic that when she was in the thick of raising their twins and working many hours a week, that she neglected to notice that her husband had shaved of his moustache. He didn't mention it, waiting to see how long it would take me to notice. After an embarrassing protracted length of time, she says that it was a wakeup call for her as they worked in the same office.

Of course, while non-sexual touching is important to help create intimacy, so is sex. See, I said that I would mention sexual intimacy.

Men and women understand and demonstrate sexual intimacy differently. Women associate sexual intimacy with being held, cuddled, and with communication. Men associate sexual intimacy with sexual expression.

For most women, sexual intercourse comes after sexual intimacy. For most men, sexual intercourse is their *only* way of expressing sexual intimacy. This maybe through laziness, but more likely it is through not knowing what constitutes intimacy.

Sadly, many men view sex as proof of love and too many women have given sex in the hopes of love.

Ideally, sex in a loving relationship should be the physical embodiment of intimacy. It should come from a place of love and connection.



Within a relationship the two are inextricably linked, in that intimacy beautifies sex and sex builds intimacy.

### **Slide 30 Maintaining Intimacy**

A great marriage partner is the individual who *can satisfy* one spouse over a lifetime and *be satisfied with* one spouse *for* a lifetime. For this reason, intimacy needs to be maintained to be sustained.

#### **Overlay**

To maintain intimacy *choose to love*. There may be a time in a marriage that you wake up one morning and not feel 'in love' anymore. Choose to love anyway.

There are times when you may not be attracted to your spouse anymore. Choose to love anyway. Your marriage is worth it.

Here are some more tips:

#### **Overlay**

Schedule a regular date night. This one isn't new, but it's very important. Never stop dating your spouse. Even if you can't afford a posh dinner and a night out, spending some regular one-on-one time with your spouse is essential. Don't talk about bills, or schedules or the children. You are dating to connect emotionally and learn something new about each other, irrespective of how long you have been married.

#### **Overlay**

Learn your spouse's love language. Everyone has a love language. The way you perceive love is often different from the way your spouse perceives love. Does he or she like words of affirmation, or does he or she respond better when you give him or her gifts? Whatever your spouse's love language is – learn it and use it.

My personal definition of romance is simply this: *Romance is the art of making someone feel special*. This is different from just loving them, as love is not a feeling. However, knowing the particular way we and they perceive the giving or receiving of love helps us to make our spouse feel that they are special to us.

If you were asked, could you identify your preferred 'love language' and that of your partner from the list provided by author Gary Chapman that you will find in the handout labelled '*Language of Love*'?

1. Words of Affirmation – Compliments, words of appreciation, positive feedback about specific things your partner has done.
2. Quality Time – Togetherness – giving undivided attention, more than just physical proximity. Quality conversation – talking about your day, keeping each other up-to-date, expressing your feelings, being available to listen with care.
3. Receiving Gifts – Putting time and thought into creating or buying gifts. The gift of your 'self' – simply being there at crucial times.
4. Acts of Service – Doing practical tasks for your partner such as household chores. Particularly doing these without being asked.
5. Physical Touch – Loving touch crucial to healthy emotional development for babies and children. Affection is also important for adults, separate from and also in addition to sexual touching.

Having a knowledge of your own and your partner's preferred ways of relating is important. Just as important is acting on these preferences in ways and at times that will build intimacy.

## **Overlay**

Never threaten divorce unless you mean it. Threatening divorce is not fighting fair. Even if you are hurting deeply and want to hurt back, it never helped anyone ever feel any better.

## **Overlay**

Over-communicate, especially if you have the habit of not speaking your feelings. Many wives play the standard "You should know why I'm mad" game, and that's just downright unfair. Men are not wired like women, and they don't always know that they've been insensitive and wives need to communicate how they feel. And ask him outright how *he* feels. You may have to prompt him a little as men notoriously have a scant vocabulary when it comes to verbalising feelings.

## **Overlay**

Never talk negatively, make jokes or verbalise crude humour about your spouse.

If you're going through a difficult time in your marriage and you need advice, see a counsellor. Professional Family Counselling is a great tool as our family members and friends are not the most objective people to give advice. Surprise, surprise – your mother-in-law cannot be objective. The argument they may hear is one-sided. They may build up negative feelings toward your spouse that don't subside even after you and your spouse have grown past it.

Protect your spouse's image in communication with those that you're close to and seek help from those that can actually be objective.

## **Slide 31 Wrapping Up**

I would like now to gather up your confidential question slips, even if you haven't written anything on them – that way no-one will be embarrassed.

Let's look again at the list of words on the whiteboard that some of you first thought of when I used the word 'intimacy'.

Would anyone like to share what comes to mind now we have looked at the different types of intimacy and how we can overcome many of the obstacles to intimacy?

[Discuss answers]

Among the handouts are some homework activities for you do as a couple. Make sure you each have a copy of the Intimacy Quiz, fill in the blanks on your own then come together to discuss what you have written.

Part of your homework is the Six-week Challenge. This should be started as soon as possible while what we have shared in this seminar is still fresh on your mind.

Be sure also before you leave to fill in a survey form, a request for a free Certificate of Attendance if you want one, and a subscription request for our monthly free magazine. There is a box at the back for these forms or if you wish to make a donation .

What is intimacy? Intimacy is the act of fostering a warm, friendly, informal atmosphere that makes it easy for a husband and wife to share mutual interests, habits or affections. Intimacy must be a core value that leads you to a deeper understanding of your partner.

Nurture your intimacy in its various forms and you will have a union that is happier, healthier, and filled with surprises. Get to know your best half a little better and remind him or her that he or she is your valued treasure. Learn to overcome every obstacle to intimacy. If you have a faith, include God in your intimate circle as the centre of all you do, say and think and your union will be intimately blessed.


### **Slide 32 Question & Answer Session**

We'll start with the confidential question slips and then open up our question time for your verbal questions if you have any.

**Slide 33 Our next program is ...**

**Slide 34 Blank**


# **Obstacles to Intimacy in Marriage**



A seminar with Lionel Hartley, PhD

[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)  
[admin@lrhartley.com](mailto:admin@lrhartley.com)

# **Obstacles to Intimacy in Marriage**




A seminar with Lionel Hartley, PhD

Handouts



# Obstacles to Intimacy in Marriage



A seminar with Lionel Hartley, PhD

## 10 Steps to Recognising Intimacy in a Relationship

1. **Continuous, honest communication** and contact with one another exists even if the contact is not in person but is by phone, email, or some other form.
2. A **mutual task to carry out** is willingly shared, discussed, and enjoyed together.
3. An **affinity or attraction** to one another exists to the exclusion of others.
4. The **company of one another is sought** even when you both have a wide selection of other individuals from which to choose.
5. A **sixth sense** or other extra sensory facility develops with which you can communicate at a non-verbal level, with no need for words to clutter or detract from the communication.
6. A **sense of humour** or sense of play and casualness develops in which you enjoy “give and take” and are relaxed in each other’s company.
7. A **protective sense of privacy** and guardedness about your relationship exists; it is not subjected to public scrutiny, criticism, or judgment.





# The Intimacy Quiz

Name: \_\_\_\_\_

Intimacy in a relationship has to be a conscious choice on a daily basis. It cannot be placed on a shelf to be attended to when you have more time. Healthy relationships imply a continual re-commitment to and renewal of the relationship, and a constant freshness. Intimacy is also something that must be re-created from moment to moment within the relationship.



Often taking the time to really think about an issue creates revelations for both partners. Take the following quiz to see how intimacy stands in your relationship – and where you might like it to be.

## How intimate is your relationship?

1. What five behaviours, things, events or interactions represent intimacy for you?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

2. What five things represent intimacy for your partner?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

3. What was the most intimate aspect of your relationship in its earliest days?

---

---

---

4. What is the most intimate aspect of your current relationship?

---

---

---

5. In terms of intimacy in your relationship, what has changed, and why?

---

---

---

6. What five activities can you do to keep or re-introduce intimacy in your relationship?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

7. In what ways do you draw your partner close, and consciously try to attract your spouse? Think of four things you do to create this intimacy.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

8. What things do you do that push your spouse away?  
Think of 4 things you do that are barriers to intimacy.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

9. What are 3 things that your spouse does to create intimacy?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

10. What are 3 things that your spouse does that hinder intimacy?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

# How to Make Love



Illustration & text © Lionel Hartley  
[www.lrhartley.com/seminars](http://www.lrhartley.com/seminars)  
[admin@lrhartley.com](mailto:admin@lrhartley.com)



Amazing 3-step process

# How to make love to a woman

1. Lovingly ask her what she wants
2. Lovingly listen while she answers
3. Lovingly do what she asks



# How to make love to a man

1. Lovingly ask him what he wants
2. Lovingly listen while he answers
3. Lovingly do what he asks

# Obstacles to Intimacy in Marriage

A seminar with Lionel Hartley, PhD

1

## Who is your seminar author?



**Lionel Hartley**, author, radio broadcaster, public speaker and retired sociologist.

He was a Lifestyle Educator and Family-life Counsellor for three decades.

He is a grandparent, married to Rosemary with three grown children.



April 1965 - April 2015

*Lionel D C Hartley, DipAdmin(NZIM), HonDip (DramArt), DipTheol (SDB), RGN (Psy,PsyPaed, Admin,Nutn), BA (Lit), MA, PhD, [etc.]*

[www.hartleyonline.blogspot.com](http://www.hartleyonline.blogspot.com)

We welcome your participation in today's seminar.

[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

2

2

## Intimacy: 'in-to-me, see'

- “It is not time or opportunity that is to determine intimacy. Seven years would be insufficient to make some people acquainted with each other, and seven days are more than enough for others.” – **Jane Austen, ‘Sense and Sensibility’**
- **Ultimate intimacy takes a minimum of two lifetimes – yours and your partners! –Your seminar author**

[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

3

3

## Myths and Misunderstandings

1. *Intimacy means sharing personal information or having sex.*
2. *Love is all we need for a successful marriage*



[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

4

4

## Functions of Love and Loving

### Love is important

- Love ensures human survival
- Love enhances our physical and emotional health
- Love improves the quality of our lives
- Love fosters self-esteem
- Love is fun

[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

5

5

## Myths and Misunderstandings

3. *Couples who live together before marriage are able to test their suitability for marriage.*
4. *He should know what I want/need without me having to tell him*
5. *Once we are married, everything will be better*

[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

6

6

## **Myths and Misunderstandings**

- 6. *If we love each other, we shouldn't argue or fight***
- 7. *Marriage benefits men much more than it does women***
- 8. *Having children typically brings a married couple closer together and increases marital happiness***

[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

7

7

## **Myths and Misunderstandings**

- 9. *The keys to long-term marital success are good luck and romantic love***
- 10. *The more educated a woman becomes, the lower are her chances are of getting married***
- 11. *Our relationship will stay exactly the way it is for the rest of our marriage***

[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

8

8

## Common Marriage Problems

### *Vital Ingredients for Intimacy*

- autonomy
- courage
- openness
- presence
- safety
- self-awareness
- self-esteem
- trust

### *Barriers to Intimacy*

- Communication
- Unfulfilled Expectations
- Sex
- Resentment
- Infidelity
- Unresolved baggage from our past

[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

9

9

## Letting Go of the Past

### **Example: *Child sexual abuse***

- Reluctance to trust or allow closeness
- Perceiving care or attention as sexual
- Wariness about sharing personal information
- Uncomfortableness with touch
- Difficulties with sexual intimacy

[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

10

10



## Letting Anger & Frustration Out

**Recognizing what makes us angry can help us find better ways to cope with anger.**

**It's not whether or not we get angry, but what we do with our anger that matters.**



[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

11

11

## Misconceptions of Anger

- **If you don't look angry on the outside, you don't have a problem with anger.**
- **If you ignore hurt and anger, they will go away.**
- **Venting feelings and anger will make them go away.**
- **Playing the martyr and not expressing anger will not damage you.**
- **Your relationships will suffer if you express any anger or hurt.**

(DL Carlson)

[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

12

12

## How People Cover Up Anger

- Peace at any price
- Grievance collecting
- Passive/aggressive behaviour
- Bigotry
- “All is well”



[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

13

13

## Anger Can Be Healthy

Maces 'AREA' way of solving anger:

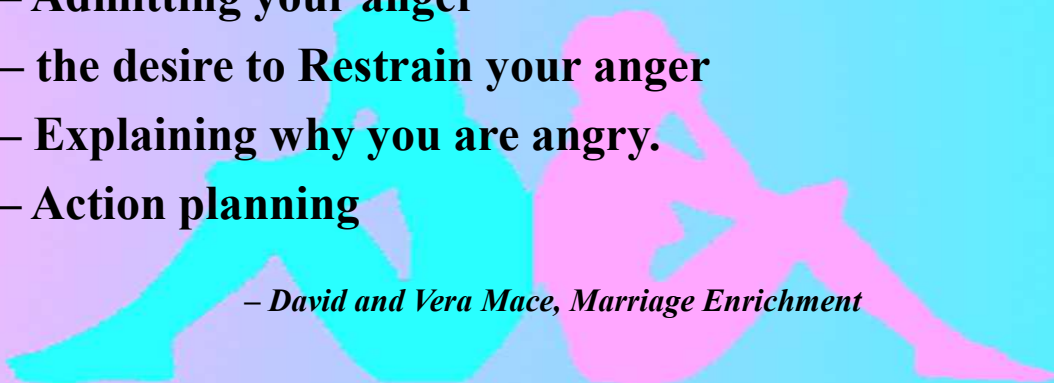
**A** – Admitting your anger

**R** – the desire to Restrain your anger

**E** – Explaining why you are angry.

**A** – Action planning

– David and Vera Mace, *Marriage Enrichment*



[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

14

14

## Letting Love In

Ways that a married couple  
can build a relationship  
devoid of myths, baggage  
and anger

Group  
Discussion



[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

15

15

## Letting Love In

Here is a six-week challenge.

1. **Thank your spouse at least once a day**
2. **Compliment your spouse to others**
3. **Do not nag, criticise, accuse, blame or ridicule**
4. **Do not give the silent treatment.**
5. **Make love with relative frequency**
6. **Utilise some of the strategies that are about to be presented**

[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

16

16

## Growing Closer

### 1. Companionship and Friendship Intimacy



[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

17

17

## Growing Closer

- Enjoyment
- Acceptance
- Trust
- Respect
- Mutual support
- Confiding
- Compassion (sympathetic)
- Understanding (empathetic)
- Honesty
- Love

*Is your spouse  
really your  
best friend?*

*Are you  
a true friend  
to your spouse?*

[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

18

18

## Growing Closer

### 1. Companionship and Friendship Intimacy

- **Schedule Play Dates**
- **Forgive**
- **Treat your spouse like your best friend and very soon he or she will be.**



[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

19

19

## Growing Closer

### 2. Intellectual Intimacy

- **Read a book together**
- **Share a daily devotional**
- **Discuss what you read**



[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

20

20

## Growing Closer

### 3. Spiritual Intimacy

- **Daily devotional together**
- **pray together often**
- **Go to church together**
- **Discuss spiritual issues**
- **Prioritize: God, spouse and children, in that order**

[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

21

21

## Growing Closer

### 4. Recreational Intimacy

- **A thirty-minute 'walk and talk'**
- **Plan an outing such as a picnic in the park or a stroll along a beach, lakeside or riverbank.**
- **Leisurely browse a shopping centre**

[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

22

22

## Growing Closer

### 5. Financial Intimacy

- **Plan a budget together**
- **Jointly take responsibility for adhering to it**
- **Consider a joint bank account**



[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

23

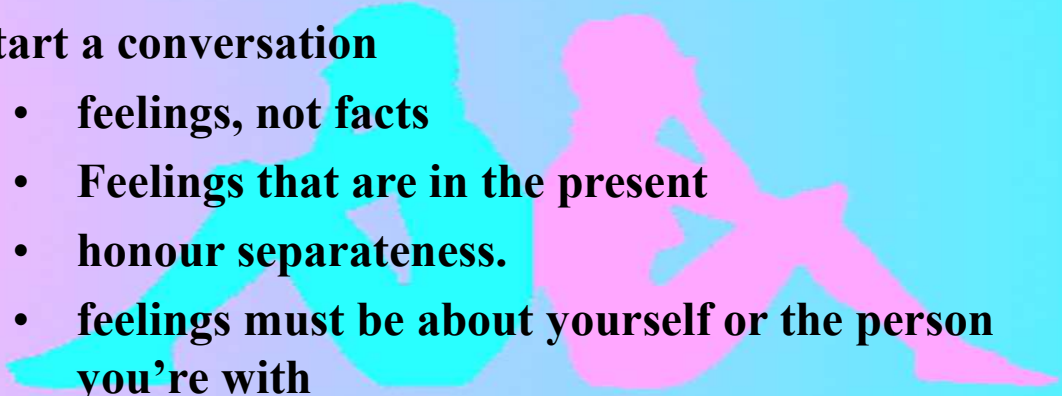
23

## Growing Closer

### 6. Growth Intimacy

#### Start a conversation

- **feelings, not facts**
- **Feelings that are in the present**
- **honour separateness.**
- **feelings must be about yourself or the person you're with**



[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

24

24

## Growing Closer

### 7. Personal Intimacy

- **Respect your spouse**
- **When respect is given even when our spouse doesn't deserve it, it will motivate him or her to earn it.**

[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

25

25

## Growing Closer

### 8. Developmental Intimacy

- **Live life in perspective**
- **Guard your heart**
- **You'll never be satisfied with more until you're content and fulfilled with what you already have**

[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

26

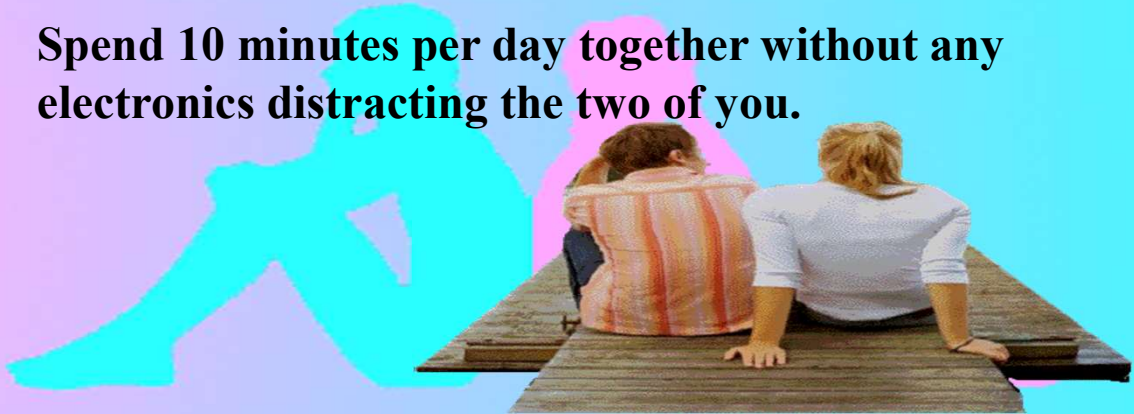
26



## Growing Closer

### 9. Emotional Intimacy

- Spend 10 minutes per day together without any electronics distracting the two of you.



[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

27

27

## Growing Closer

10. Conflict Intimacy
11. Work Intimacy
12. Parenting Intimacy
13. Complementary Intimacy
14. Crisis Intimacy
15. Aesthetic Intimacy
16. Physical Intimacy



[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

28

28

## Growing Closer

### 16. Physical Intimacy

- **Hand holding, hugging, stroking, massaging etc.**
- **Eye contact**
- **Sexual intimacy**



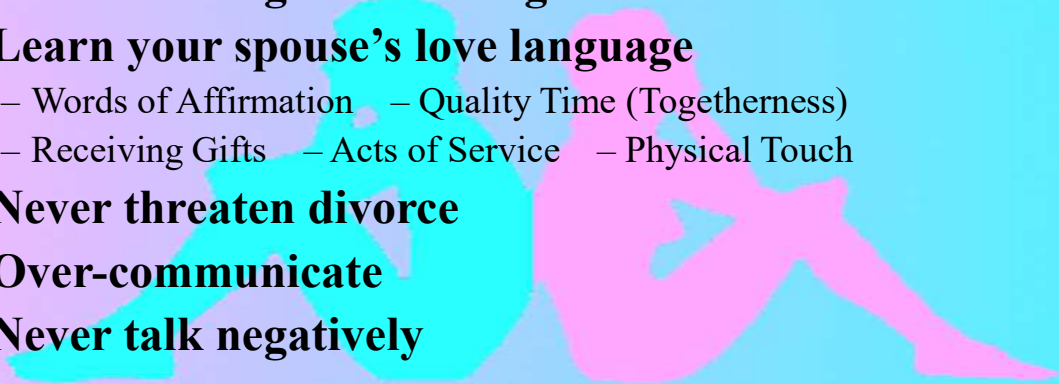
[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

29

29

## Maintaining Intimacy

- **Choose to love**
- **Schedule a regular date night**
- **Learn your spouse's love language**
  - Words of Affirmation
  - Quality Time (Togetherness)
  - Receiving Gifts
  - Acts of Service
  - Physical Touch
- **Never threaten divorce**
- **Over-communicate**
- **Never talk negatively**



[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

30

30

## Wrapping up

- Collect confidential question slips
- Revisit list on Whiteboard
- Discuss Handouts



[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

31

31

## Question & Answer Session

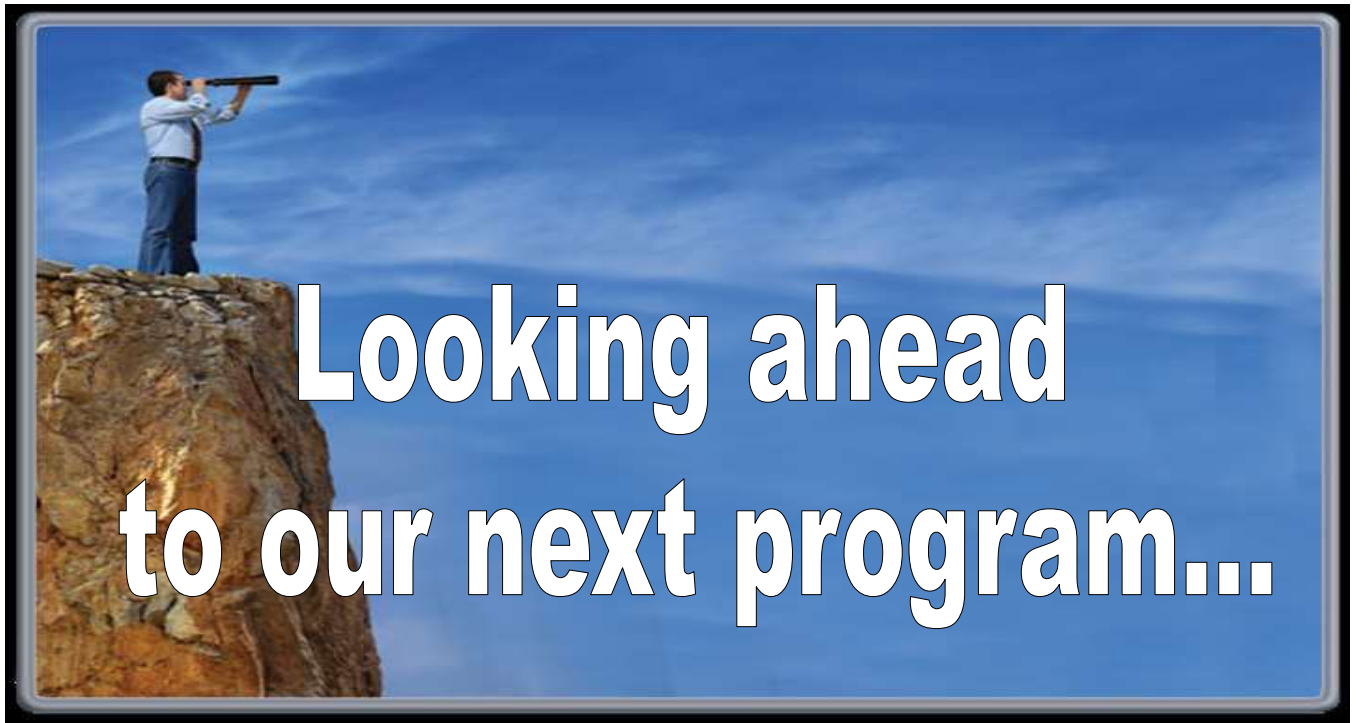


"Obviously, I've done something to upset you..."

[www.lrhartley.com/intimacy](http://www.lrhartley.com/intimacy)

32

32



33