



Enriching Lives

### REVITALIZING PASSION IN INTIMATE RELATIONSHIPS

Society is relentlessly bombarding individuals with illusory representations of intimacy. The outcome of such constricted illustrations of intimacy leaves individuals feeling frustrated and discouraged in their relationships.

Intimacy is a critical issue for couples. Discovering a method to invest one's time and energy in a relationship can be a challenging task. It is essential that each couple jointly and uniquely define what constitutes intimacy. To discover what comprises intimacy in one's relationship, the following question may be helpful to consider as a couple: "What will you be *doing* when you are feeling close to one another?" Several useful suggestions for creating intimacy will be provided.

- First, it is vital to spend quality time together. What a couple may perceive as quality is contingent upon the mutual engagements the couple deems meaningful. For instance, it is paramount that a couple engages in enjoyable activities without the children present. Nevertheless, spending time together does not need to be extravagant; it could also consist of a private candle-light dinner at home with one's significant other.
- Second, individuals who are connected discuss personal topics. To facilitate a receptive conversation that consists of deep feelings, hopes and dreams; a safe, trustful and accepting atmosphere must be established. Couples should practice communicating their innermost feelings and/or thoughts and hear what is being said. Attempt to discuss a safe topic first, such as a couples' first encounter.
- The third principle is that intimacy entails a certain amount of affectionate touching. This premise is poignant in distinguishing a fervent and intimate relationship from other multiple relationships that each individual is a part of. Finding time to engage in mutual pleasurable touching and determining what is satisfying will bring a couple closer. For instance, massages or caressing can be gratifying.
- Lastly, be innovative and spontaneous. Engage in behaviors that are positive and unexpected. For example, leave a love note in a location where it will not be instantaneously discovered, such as a drawer, wallet or car. Purchase or hand-craft a card that expresses your appreciation or highlights your partner's positive attributes.

Creating and sustaining intimacy is a life-long endeavor that requires more than the above factors. It is anticipated that the hints mentioned above will assist one in establishing a foundation for intimacy.

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