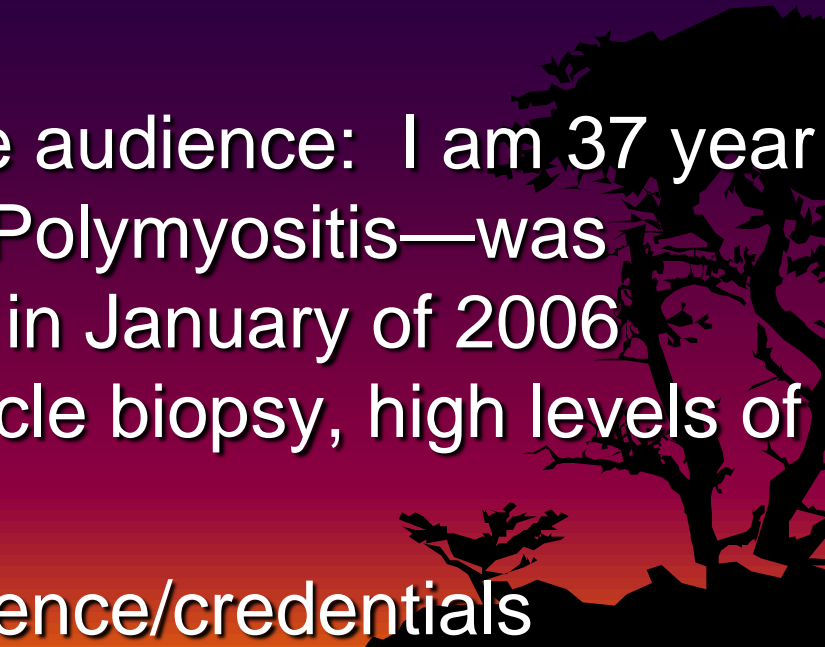


# Maintaining Intimacy

A silhouette of a large, leafy tree stands on a rocky outcrop against a vibrant sunset sky. The sky transitions from a bright orange glow at the horizon to a deep purple and blue at the top. The tree's branches are detailed, and its shadow is cast onto the ground below.

Presenter:  
Andrew White, M.A.  
Counselor and Professor

# Introduction

- ❖ Introduce myself and express gratitude for the opportunity to speak at this conference
  - ❖ Identifying with the audience: I am 37 year old man living with Polymyositis—was diagnosed with PM in January of 2006 (results from a muscle biopsy, high levels of CPK, etc.)
  - ❖ Professional experience/credentials
- 
- A silhouette of a tree is positioned on the right side of the slide, set against a background of a sunset or sunrise. The sky transitions from a deep purple at the top to a bright orange and yellow near the horizon, with a dark blue area at the bottom. The tree's branches are detailed, and its shadow is cast onto the ground below.

# Overview of this session

- ❖ Definition of Intimacy
- ❖ Five types of intimacies
- ❖ The possession of intimacy
- ❖ The loss of intimacy



# Overview of this session (continued)

- ❖ The repossession of intimacy
- ❖ Maintaining Intimacy
- ❖ Goal Setting
- ❖ Closure: Audience questions, comments, input, etc.



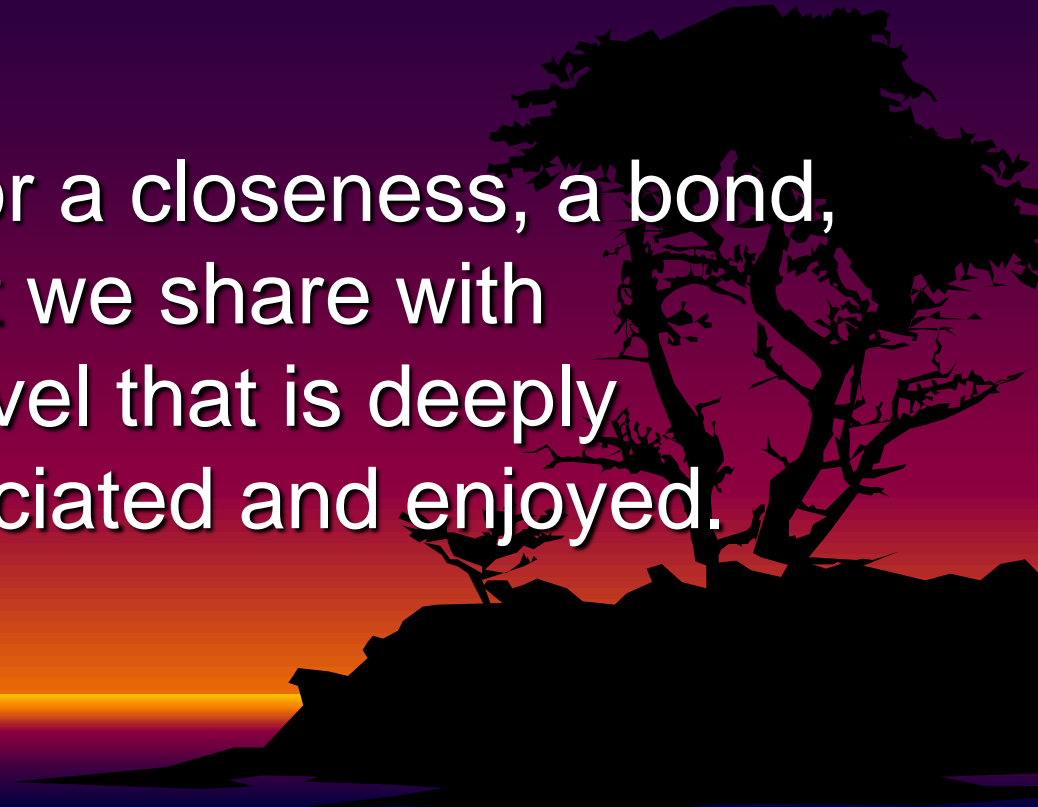
# Definition of Intimacy

- ❖ “Most people seem to define intimacy as two people engaged in hot and passionate sex (or a reasonable facsimile). However, there is a strong argument to be made that intimacy is much less physical and has more to do with the mind, heart, and soul of those who enjoy sharing it together.”

[www.romanceopedia.com](http://www.romanceopedia.com) Vincent

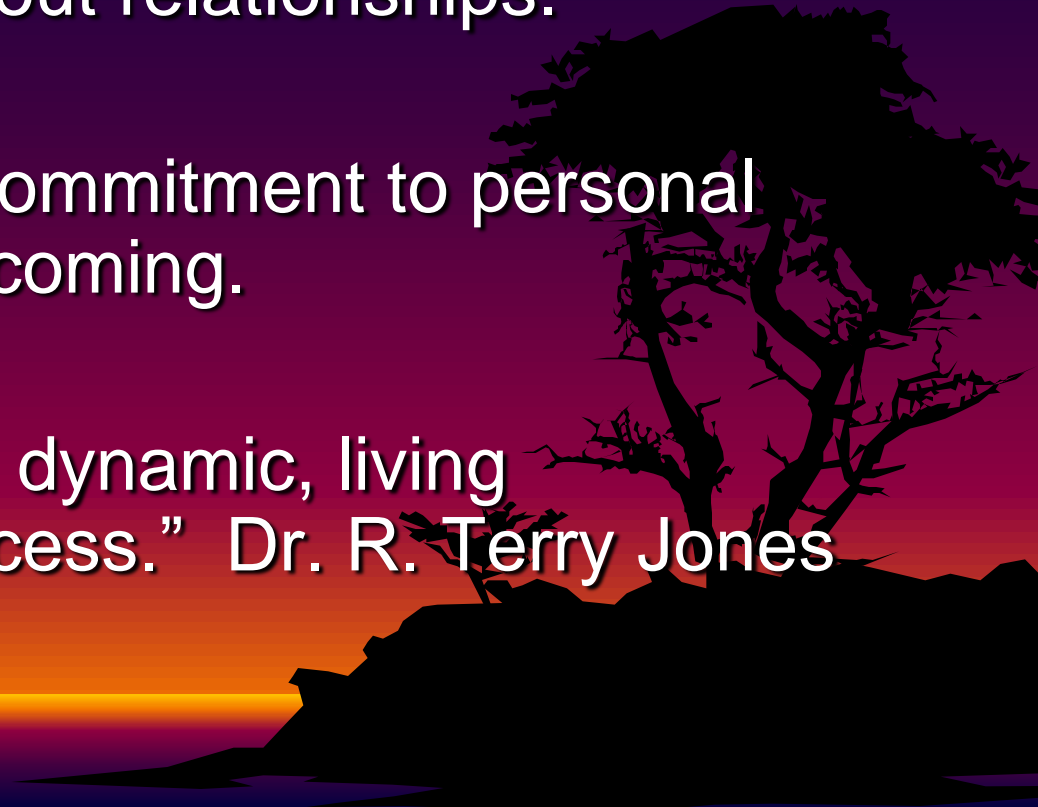
# Definition of Intimacy (continued)

- ❖ “It’s caressing each other’s heart and soul.” Vincent [www.romanceopedia.com](http://www.romanceopedia.com)
- ❖ A human need for a closeness, a bond, a connection that we share with someone on a level that is deeply cherished, appreciated and enjoyed.



# Definition of Intimacy (continued)

- ❖ “Intimacy is the ability to experience enough inner safety that allows one to stand for what is good and true about relationships.
- ❖ It is a total mutual commitment to personal and relationship becoming.
- ❖ It always involves a dynamic, living communication process.” Dr. R. Terry Jones



# Five Types of Intimacy

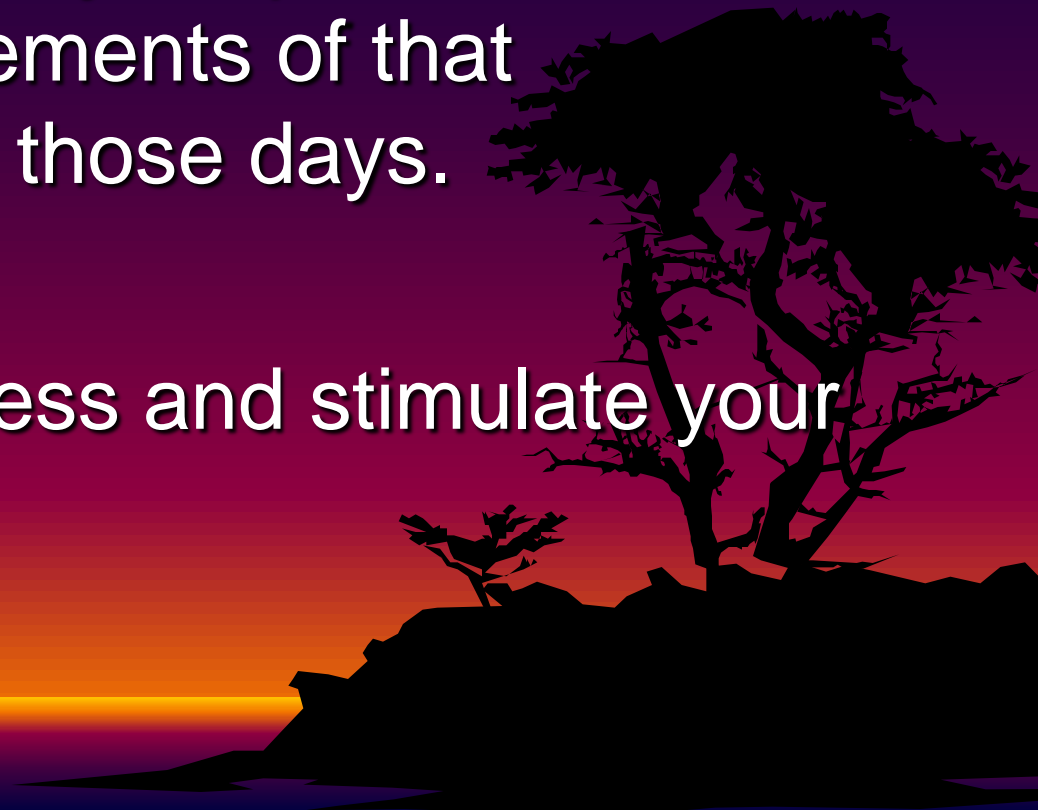
- ❖ Sexual Intimacy (way over rated) 😊
- ❖ Emotional Intimacy
- ❖ Spiritual Intimacy
- ❖ Physical Intimacy
- ❖ Intellectual Intimacy



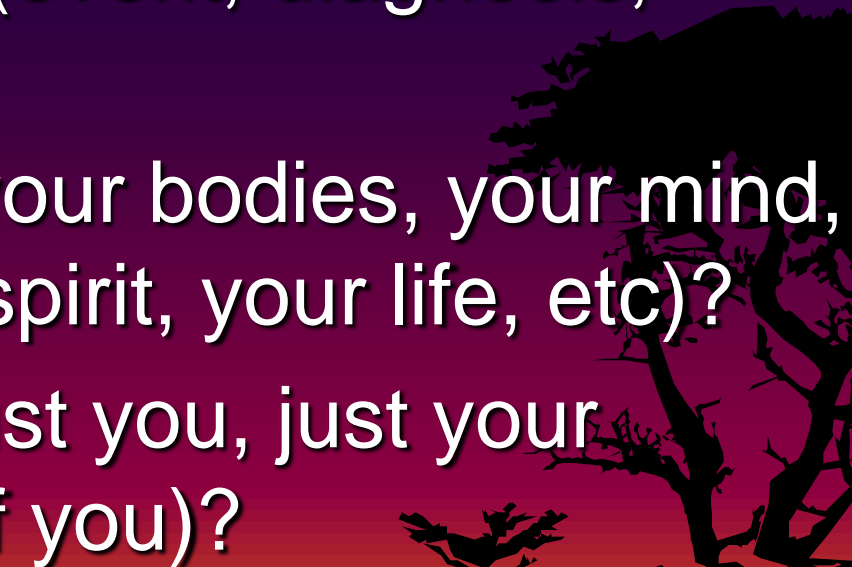


# The Possession of Intimacy

- ❖ Reflect back on the time when you did have intimacy with your partner and remember the elements of that closeness during those days.
- ❖ Increase awareness and stimulate your senses.

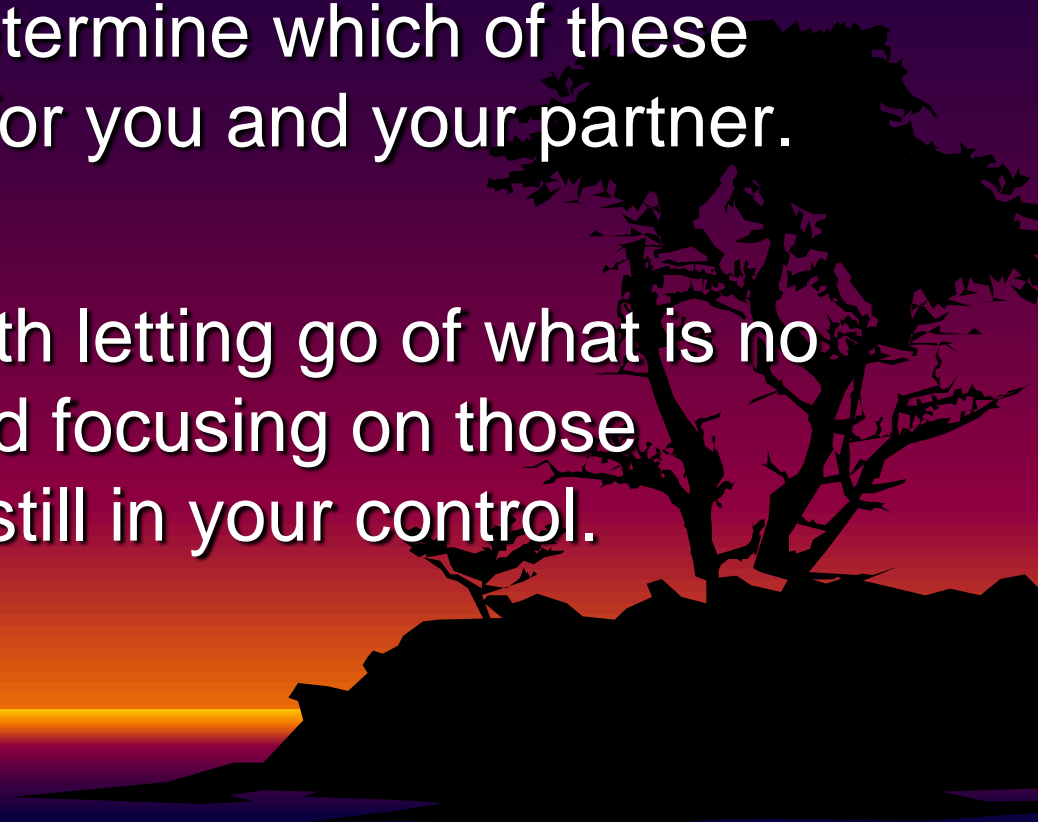


# The Loss of Intimacy

- ❖ Where did you go wrong?
  - ❖ What happened (event, diagnosis, etc.)?
  - ❖ What changed (your bodies, your mind, your heart, your spirit, your life, etc)?
  - ❖ Who changed (just you, just your partner or both of you)?
- 
- A silhouette of a tree on a rocky outcrop against a sunset background. The sky transitions from a bright orange and yellow glow at the horizon to a deep purple and blue at the top. The tree is dark and detailed, with its branches extending across the right side of the frame. The rocks are also in silhouette, creating a dark foreground.

# The Repossession of Intimacy

- ❖ Out of the five types of intimacies discussed earlier (sexual, emotional, spiritual, physical and intellectual), determine which of these are still obtainable for you and your partner.
- ❖ Coming to terms with letting go of what is no longer in control and focusing on those intimacies that are still in your control.

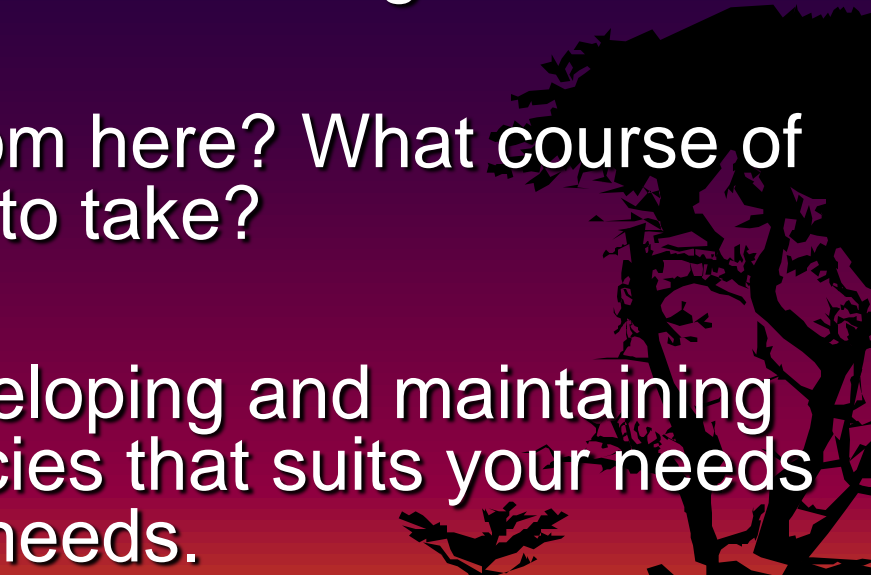


# Maintaining Intimacy

- ❖ Evaluate what kind of mates you are to each other considering the circumstances.
- ❖ Soul mate
- ❖ Love mate
- ❖ Life mate
- ❖ Sensual mate
- ❖ Spiritual mate
- ❖ How many of the above mates do you find in your mate?



# Maintaining Your Intimacy (continued)

- ❖ Based on what kind of a mate you both are to each other, determine what kinds of intimacies you want to share together.
  - ❖ Where do we go from here? What course of action do you want to take?
  - ❖ Techniques on developing and maintaining the intimacy/intimacies that suits your needs and your partner's needs.
- 
- A silhouette of a tree with a large, rounded canopy stands on a rocky outcrop. The background is a vibrant sunset with a gradient from orange at the horizon to purple and blue at the top. The tree's shadow is cast on the rock below it.

# Goal Setting

- ❖ Members of the audience are to think of three things you are going to start doing when you get home to maintain intimacy.
- ❖ Pass out index cards and have attendees write down their three goals and take the cards home with them.

# Closure

- ❖ Audience questions, comments, feedback, input, etc.
- ❖ Audience completes a five-minute feedback form on me and this presentation/session listing strengths of this session as well as improvements for the future.

