

# Maintaining Intimacy

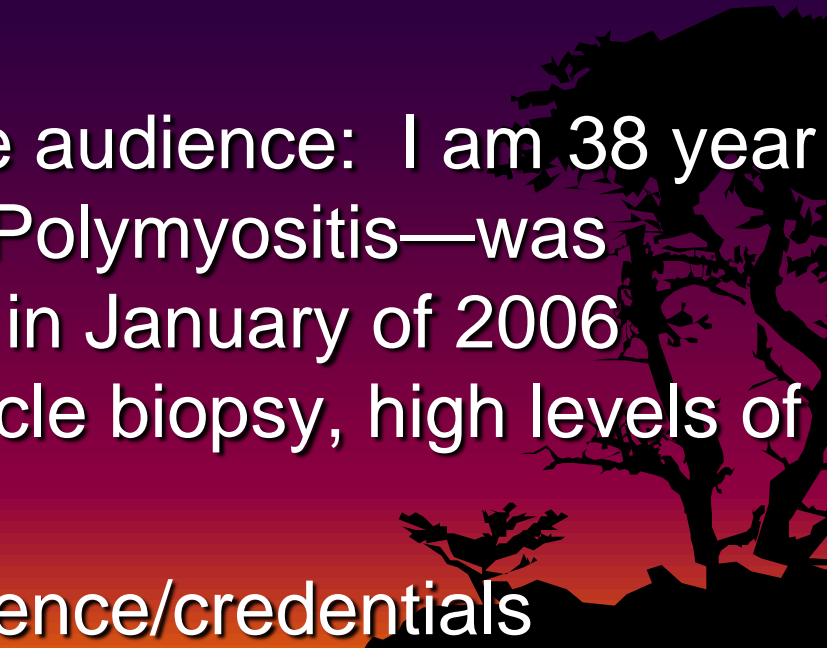
A silhouette of a large, leafy tree stands on the right side of the slide. The background is a gradient from dark blue at the top to bright orange at the bottom, suggesting a sunset or sunrise. The tree's shadow is cast onto the ground below.

Presenter:

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Counselor and Professor

# Introduction

- ❖ Introduce myself and express gratitude for the opportunity to speak at this conference
  - ❖ Identifying with the audience: I am 38 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
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- 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, where a thin line of light is visible. The tree's branches are dark and detailed, extending towards the top right corner.

# 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.



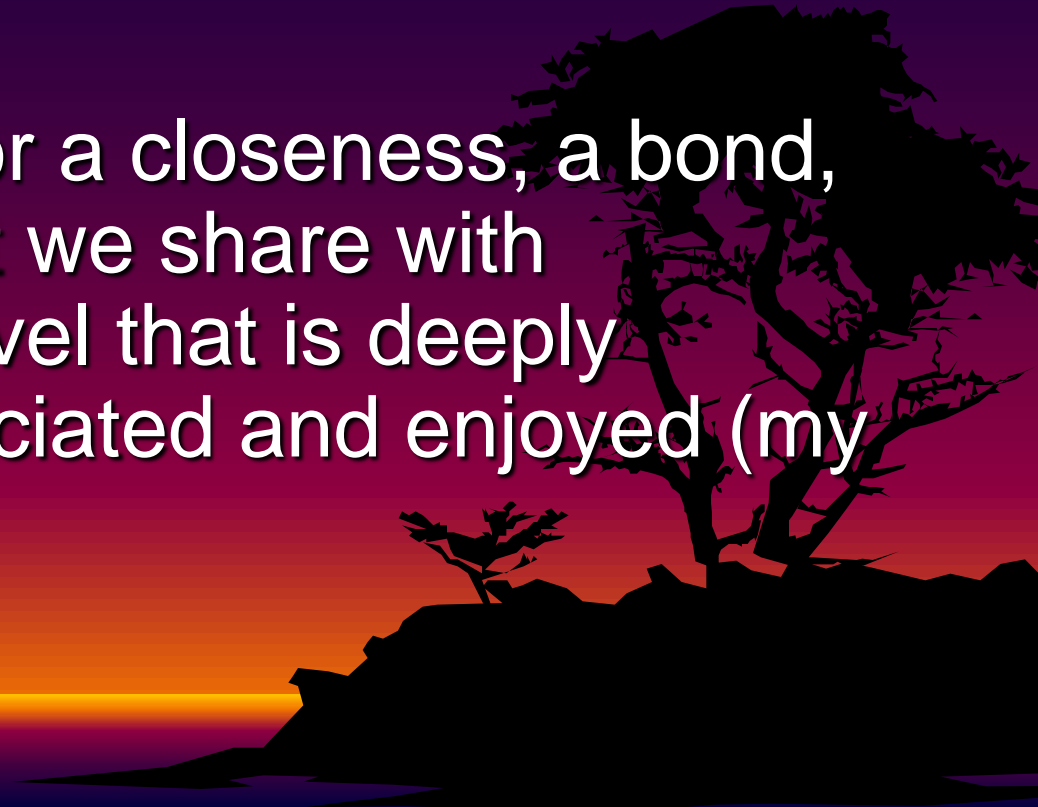
# Definition of Intimacy

- ❖ “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.”

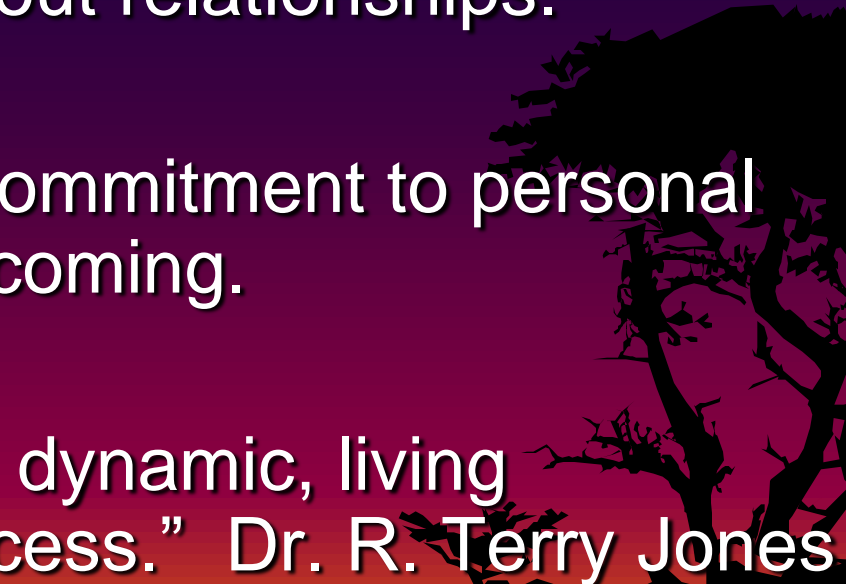
[www.romanceopedia.com](http://www.romanceopedia.com) Vincent

# 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 (my own definition).



# 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
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- A silhouette of a tree with a large, rounded canopy and a smaller, more spindly branch extending to the right. The tree is set against a background of a sunset or sunrise, with a gradient from dark blue at the top to bright orange and yellow at the bottom. The horizon line is visible, and the overall scene is framed by a dark blue border at the top and bottom.

# Five Types of Intimacy

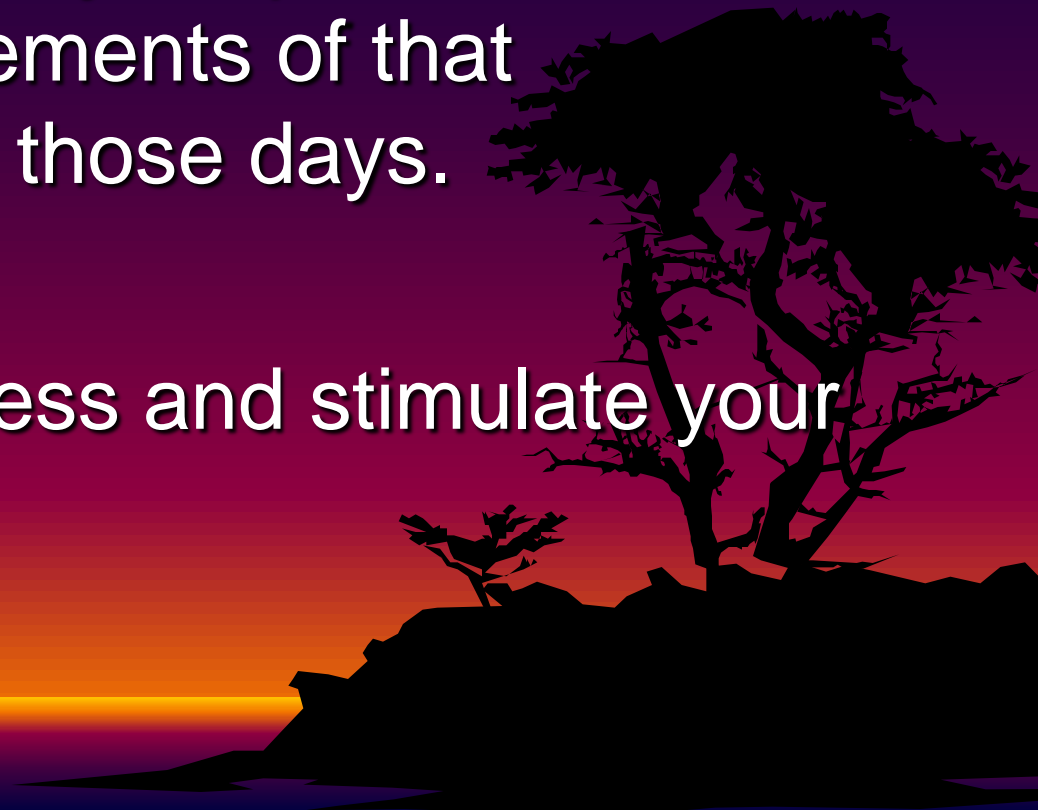
- ❖ Sexual Intimacy (way over rated) 😊
- ❖ Emotional Intimacy
- ❖ Spiritual Intimacy
- ❖ Physical Intimacy
- ❖ Intellectual Intimacy



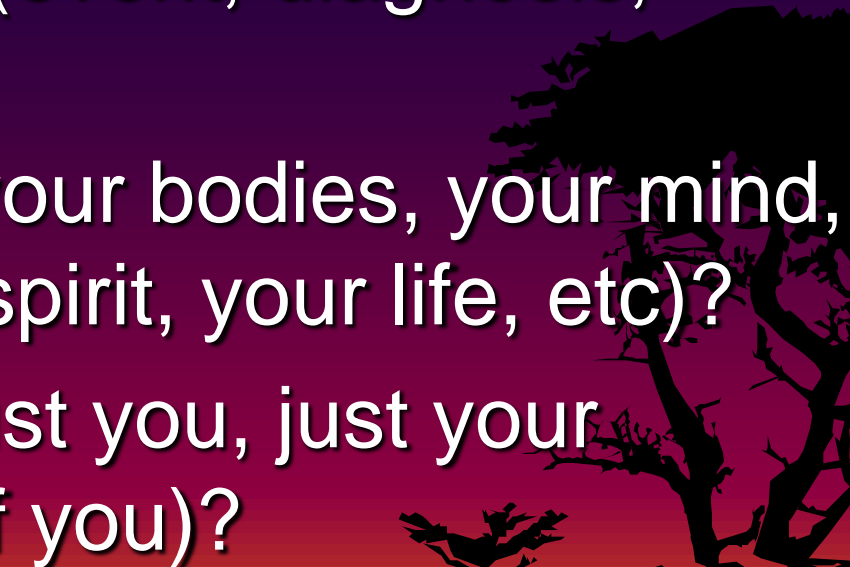


# The Possession of Intimacy

- ❖ 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.

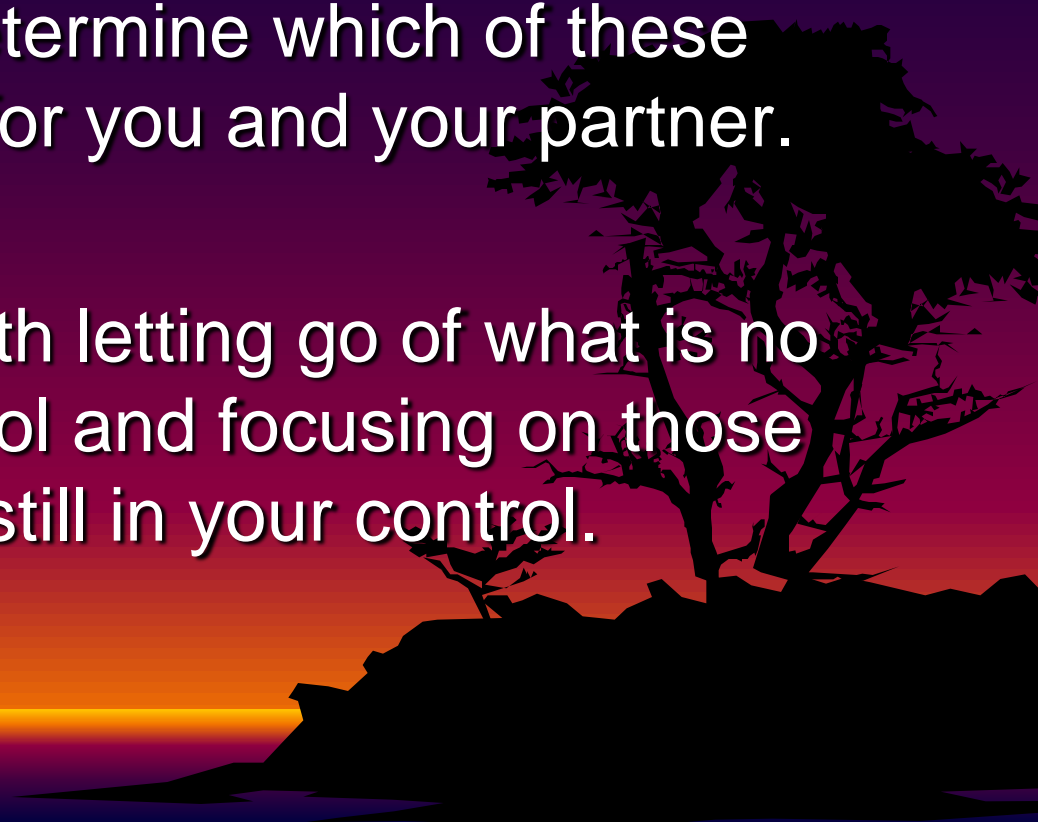


# The Loss of Intimacy

- ❖ 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)?
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- A silhouette of a tree with a large, rounded canopy and a smaller, sparser tree to its left. The background is a gradient of colors from dark blue at the top to bright orange and yellow at the bottom, suggesting a sunset or sunrise. The tree is positioned on the right side of the slide, partially overlapping the text.

# 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 your control and focusing on those intimacies that are still in your control.

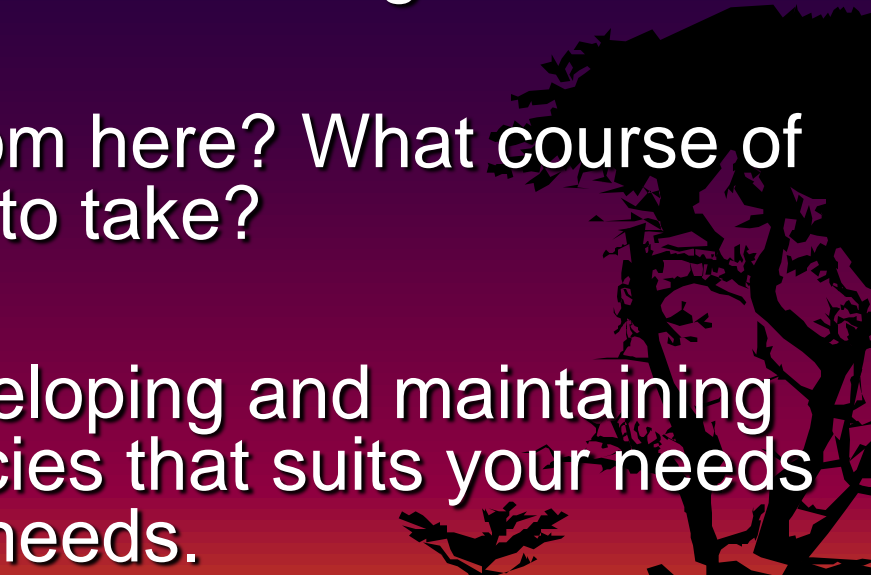


# Maintaining Intimacy

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



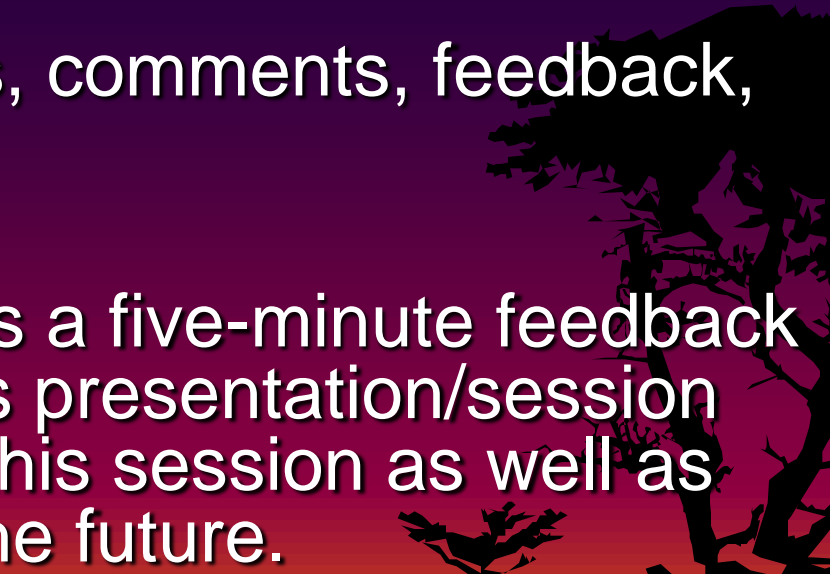
# Maintaining Your Intimacy (continued)

- ❖ 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.
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- 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 overall scene is peaceful and contemplative.

# 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

- ❖ Play the song called “Pretty Amazing Grace” by Neil Diamond to the attendees
  - ❖ 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.
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