

MARRIAGE

# COURSE

DISCOVER

# DEEPER

# *Intimacy*

IN YOUR MARRIAGE

MODULE 2

THERE'S MORE THAN 1 TYPE OF INTIMACY IN MARRIAGE?



FIRST  
things  
FIRST®

# THERE'S MUCH *More*

There's actually a lot more to building intimacy in your marriage than just great sex.

## IT'S BEEN SAID THAT...

Sex is \_\_\_\_\_ of intimacy.

It's an important \_\_\_\_\_, but it's only \_\_\_\_\_.

Numerous studies show that \_\_\_\_\_, such as \_\_\_\_\_ are the single most important source of life satisfaction. (SCIENTIFIC AMERICAN)

## THERE ARE SIX DIFFERENT TYPES OF INTIMACY *you should know.*

Let's get started getting to know them...

### 1. INTELLECTUAL INTIMACY

*This is when your marriage feels safe to share your thoughts and opinions. Your relationship is strong enough for the two of you to have spirited discussions about all kinds of things, knowing you love each other and that being willing to share your deepest thoughts brings you closer. You both are willing to let your guard down in an effort to know each other at a deeper level.*

## TAKE A *Moment*

### A FEW WAYS TO ENHANCE INTELLECTUAL INTIMACY:

- Regularly share things with each other that are rolling around in your brain. What do you think about when you have a moment to process or daydream?
- Practice having conversations on topics you know you disagree on. Make a goal of seeking to understand your spouse's perspective on the issue. Don't try to change each other's mind or do anything other than listen.
- Ask a lot of questions - be curious about what your spouse thinks and feels.

## INTELLECTUAL INTIMACY

# Activity

If you aren't sure what to talk about, try answering some of these questions and explain the why behind your answer.

- If you weren't in your current profession, what would you be doing?
- When I retire, one of the things I want to try is...
- My whole life, my biggest fear has been that I will...
- My biggest challenge in life right now is...
- If I could change one thing about myself right now, it would be...

**DON'T FORGET TO ASK, "WHY?"**

# 2.

## EXPERIENTIAL INTIMACY

This is best described as all of the shared experiences you have racked up through the years—good, bad, hilarious, fun, adventuresome, challenging, sad, etc. that make you who you are as a couple.

### TAKE A Moment

#### A FEW WAYS TO ENHANCE EXPERIENTIAL INTIMACY:

- Plan a trip together, go for a bike ride, or take a hike together in a new location.
- Create a timeline of your marriage. Include touchstone moments, all the highs and lows, hallenges, bad arguments, moves, birth of your first child, a trip, etc.
- Discuss disasters or tense moments that happened in your past that you both laugh about now.

### EXPERIENTIAL INTIMACY

## Activity

#### REMEMBER WHEN...

The way you complete the sentence could be a super fun memory or a hard thing that happened. Think flat tire in the pouring rain, in the middle of nowhere and... you get the picture. Here are a few prompts to get you started:

- We went on that trip and...
- We had that party with all of our friends and...
- Everybody came over to our house for the holidays and...
- The electricity went out for days after that storm and we...
- We were so poor we...
- It made me so sad when we...



# 3.

## EMOTIONAL INTIMACY

*At the heart of this is trust, openness, and vulnerability. Author and speaker, Brené Brown says, “without vulnerability there is no intimacy.” One of the challenges most of us face is we armor up to go out into the world, and then we find it hard to take off the armor when we get home. If you want intimacy, you have to be willing to take the armor off.*

### TAKE A *Moment*

#### A FEW WAYS TO ENHANCE EMOTIONAL INTIMACY:

- *Be willing to be vulnerable with each other.*
- *Be curious about each other.*
- *Be an understudy of your spouse.*

# 4.

## SPIRITUAL INTIMACY

*This is about sharing spiritual beliefs and practices together. Spiritual intimacy is formed when spouses are willing to share spiritual questions or struggles with each other or discuss their thoughts or feelings about spirituality with their spouse. You have to have a willingness to listen to each other as you each process your needs, thoughts and feelings. In the end both spouses should feel supported in their spiritual journey by each other.*

## TAKE A *Moment*

### A FEW WAYS TO ENHANCE SPIRITUAL INTIMACY:

- *Go out in nature for an extended time is a spiritual experience (Walk/Hike/Bike)*
- *Volunteer together*
- *Do a devotional together*
- *Pray or have moments of silence together.*

# 5.

## PHYSICAL INTIMACY

*You might be thinking this is all about sex, and it is for some people, but not everyone. Physical intimacy is more about what you do physically to increase connectedness. For some, intimacy can lead to sex. For others, sex builds intimacy, but sex is not the same thing as physical intimacy.*

### HERE ARE SOME EXAMPLES OF WHAT PHYSICAL INTIMACY CAN LOOK LIKE:

*It's the look your spouse gives you from across the room that only you would know the meaning of, hand-holding, any secret nicknames you have for each other that you don't use in front of others, a caress of the cheek, a flirtatious smack or pinch on the behind, a sweet hug, a neck rub, laughing at jokes you've heard hundreds of times (or at least it feels that way), a passionate kiss that's just that—a kiss, a hand on your spouse's thigh when you sit down next to them on the couch - anything between the two of you that creates a loving, emotional connection and draws you towards each other.*

**TAKE A  
Moment**

**A FEW WAYS TO ENHANCE PHYSICAL INTIMACY:**

- *Share with your spouse the things they currently do that make you feel cherished and loved.*
- *Are there other things you would like them to do that would also make you feel connected?*
- *If you don't feel like you're super great at physical intimacy, explore possible reasons for this and potential ways around it. It could be that one of you isn't super touchy feely and the other is all about the hug. Just having the conversation about what speaks love to you can help build intimacy.*
- *Take time to be curious. If you are struggling with physical intimacy in your marriage, try to understand why. It's possible hurt from the past, stress, illness or something else may be keeping the two of you from growing in this area of intimacy.*

**6.**

**SEXUAL INTIMACY**

*This one may feel self-explanatory. And it is... sexual intimacy is defined as... well. Having sex. And doing sexual things with each other. Here's the kicker: most people go into marriage thinking sexual intimacy will come easily, but they don't think about the fact that each of them could be coming into marriage with different perspectives about sexual intimacy. This is why having conversations about what you like and dislike, what you're open to exploring and not up for, what feels good and what doesn't, is super important.*

**BELIEVE IT OR NOT, IT'S THE ONGOING  
CONVERSATIONS ABOUT *sexual intimacy***

*that help you continue to grow closer and have better sex over time.*

## TAKE A *Moment*

### **A FEW WAYS TO ENHANCE SEXUAL INTIMACY:**

- *Make time for conversation to talk about your sex life.*
- *Anticipate being together and remind each other of what's ahead that evening or at some point during the week. Create anticipation! Your best sex might start by how you leave the house for the day. Foreplay might be at 6am for what's gonna take place at 10pm.*
- *Take a survey of your bedroom for things that could be a distraction for sexual intimacy. The typical culprit is TV or smart phones, but there could be other things like clutter, children close by, etc.*
- *Create a sense of adventure by making a list of all the places you would secretly like to have an intimate encounter.*
- *After you drop the kids off at school, go back home and spend some time together. (Hey, adults can play hooky, too.)*
- *Create an email address just for the two of you – No discussion about the children or picking up dry cleaning. This space is reserved for flirting, sweet love notes, sharing, foreplay, creating anticipation and talking with the one you love. \*This is especially helpful if you don't want the kids to read your texts.*
- *Remember this – A child's most important need is to have their parents together. So many parents tend to the needs of their children before they tend to the needs of their marriage.*
- *Save the best of yourself for your mate – It's easy to give your best at work and to your friends. Make sure you're giving your best to your mate, too.*