

Natural Healing Express Weekly

Column 340 Building Intimacy in Relationships, Part Two

Last week, we defined the different types of intimacy with those being: Behavioral, Spiritual Emotional, Physical and Sexual. This week we will discuss how to build intimacy. Building intimacy includes a lot of risk taking trust and time. Some relationships break apart when trust is broken. Others rebuild with more communication, risk-taking and trust. With any relationship skill, the first steps are about you! And, of course, you must consider your personal history and belief systems. What are your hopes for what will happen when you build intimacy with this specific person? What are your feelings about yourself right now? What are the worries and/or problems you have had in past relationships? What are your reason(s) you have for not getting close to other people? What health conditions do you have? What is your willingness to explore your relationships and make changes if needed? Is there a possibility that the other person involved may not be ready or able to build intimacy?

One of the key ways people share intimacy is talking. Talking allows two people the ability to share your likes and dislikes. It is also a time when two people can express their emotions. Intimacy is deepened when a person is open, honest and willing to trust other people. In order to accomplish this, one needs to be somewhat vulnerable, but perhaps the biggest key to accept whatever the outcome may be.

The best steps to achieve a great conversation include:

- 1.) Schedule time for conversation and do not allow anything to disrupt this time
- 2.) Write yourself a note if you are worried about how you will say something
- 3.) Listen closely when the other person talks
- 4.) Try to see his/her point of view
- 5.) Recognize the other person's feelings with EMPATHY, even if you don't agree with what they are saying.
- 6.) Share how you feel using "I" statements

7.) Trust your Partner to tell you how they feel or when something hurts

8.) Thank you partner for his/her time and investment in your relationship

More tips to help Build Intimacy: Keep a Good Attitude, Start Slowly, Remember Simple Gestures of Kindness and Keep Talking!

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural

Healing Express: Phone 815 990 8732 or 317 409 1500 email: skscham@aol.com Address -204 W Main

St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express