

# INTIMACY ISSUES IN COUPLES

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## INTIMACY ISSUE #1--STRESS

- Safe home environment
- Support from family and friends
- Mental health challenges/addiction
- Physical health challenges
- Unemployment and underemployment
- Communication

## ANTIDOTE—LOOK AT THE COMMON DENOMINATOR

- Right-size your life
- Ask the un-obvious questions

## ANTIDOTE--ASK THE RIGHT QUESTIONS

- 1. Do you act against your conscious wishes?
- 2. Have you tried to cut back/quit but didn't ?
- 3. Have you lied to yourself or others about this activity?
- 4. Would you be embarrassed for others to know about your this activity?
- 5. Have you lost respect for yourself because of this activity?
- 6. Have you had to increase the level of involvement to get any pleasure?
- 7. Do you feel depressed or ashamed after you take part in this activity?

## INTIMACY ISSUE#2--ENTITLEMENT

*“Enough about me, what do you think about me?”*

## WHAT DO YOU MEAN BY ENTITLEMENT?

- 1. Belief that your whims, wants and wishes are more important than anyone else's
- 2. Highly reactive to non-compliance
- 3. Indignant when expected or asked to help others

## ANTIDOTE TO ENTITLEMENT

- Finding joy in sacrificing for others

## INTIMACY ISSUE #3--PROXEMICS

- Both cats are away...

## ANTIDOTE—BOLD BOUNDARIES

- Discuss the tough topics...

## INTIMACY ISSUE #4--THE PERILS OF CHOICE

- *“Darn, I could have had a lactose-tolerant, feline-friendly vegan!”*

## ANTIDOTE--PRESENCE

- Attunement
- Do one thing at a time
- Act on purpose
- Mindful living

## INTIMACY ISSUE #5—THE LOST ART OF CONVERSATION

- *“Is anybody listening?”*

## MONOLOGUE

- Versus dialogue

## ANTIDOTE—RU2

- Reflection
- Understanding
  - To the satisfaction of both

FROM HH THE DALAI LAMA...

- *When you talk, you state what you already know; when you listen you have the chance of learning something!*

## ANTIDOTE—LEVELS OF INTIMACY

- Level 1 Small talk, maintenance info
- Level 2 Subject of interest to one person
- Level 3 Subject of interest to both people
- Level 4 Dialogue with learning
- Level 5 Personal disclosure
- Level 6 Disclosure with vulnerability
- Level 7 Disclosure and vulnerability related to the relationship
- Level 8 Empathy, compassion, attunement. Limbic resonance



## INTIMACY ISSUE #6—SAFETY VERSUS ADVENTURE

- *“I want it all!”*

## ANTIDOTE—LET’S GET REAL

- Understanding yourself and others...
- (Therapist) addressing the tough issues.