



MARRIED INTIMACY

Intimacy is a very important part of married life. It helps define who we are and how we relate to each other. When we, as a married couple, are in tune sexually we can truly live out God's command "and the two shall become one". Our couple sexuality can become the lubricant that helps all the other parts of our relationship run more smoothly.



Reflect and write on these questions in private. Share your responses with your spouse when appropriate.

1. If you had just one word to describe yourself what would it be?
2. If you had just one word to describe your spouse what would it be?
3. What physical feature of yourself do you like the most and why?
4. What physical feature of your spouse do you like the most and why?
5. Describe yourself looking in a mirror.
6. Describe your feelings about your body.
7. Describe your feelings about your sexuality.
8. What events in your past do you think influenced your sexuality as you now experience it?
9. Are you becoming freer as you grow in your self-awareness?
10. Are you willing to give up memories or hang-ups in order to grow sexually?
11. How honest are you about your sexual needs and would you like to be more open?
12. Is there anything you sometimes pretend to be that you are not?
13. What do you feel when you're alone and think about your spouse?
14. What do you need most from your sexual relationship with your spouse?
15. What would you like to change, if anything, in how you and your spouse relate sexually?
16. Rate yourself as to how loving you are on a scale of 1 to 10 and give an example to show this.
17. Describe how your body language may reflect your sexual mood.
18. Rate your comfort level with touch on a scale of 1 to 10.
 - a) with your spouse
 - b) with other people
19. What are your feelings as you answered these questions?
20. Are you satisfied with your answers to the above questions or are there areas in which you would like to change? Which ones?

INTIMACY IN MARRIAGE

Intimacy is not a demand, but a gift to be given and received.

Intimacy is not that which occurs only in sexual intercourse... indeed intimacy can be entirely missing from physical involvement.

Intimacy has to do with quality and health of the total relationship.

Intimacy involves: awareness, care, concern/openness, being with, and present to.

Intimacy has to do with sharing deepest needs and hopes ... with meeting another center to center ... with depth listening and depth vision... with joy of touching and embracing... with the capacity for a variety of mutually acceptable ways in which two persons can choreograph their relationship.