

Intimacy and Relationship by Denise Cook

So what the heck is Intimacy, we hear this word bandied about and do all sorts of weird and wonderful things in our minds when we hear it.

In my experience in all the years of working with people the majority of folk believe that intimacy means SEX or should I say "intercourse"—although it can be an important part of intercourse, often its not. Let me say upfront that I believe that you can have SEX = Sacred Energy Exchange whether you have intercourse or not.

Intimacy is about an important piece of communication and deep connection with your self and with other. In relationship intimacy is an interpersonal process, involving confronting yourself and disclosing yourself in another's presence. Some times they will accept and validate you and sometimes they won't.

I explain Intimacy like this: "**In To Me You See**"--- if I really let you "IN" ----take the risk of sharing my deepest feelings, truths with you, good and not so pretty---I let you see who I am on the inside, then if you are willing, you let me "IN" and take the same risk.

Some times it's hard to believe you'll be loved if you are truly known.

Ideally never use this to hurt each other, as that would be abusive. Respect and honor this connection, it's a very trusting process to step into and some of us are better at risking this than others. Being intimate does not mean you get the response you want.

We all long for connection deep in our being not just with others, with ourselves too. I believe we get very confused about what being intimate is because most of us growing up don't learn how to share honestly about what is happening on the inside. Lots of families don't share with each other at this depth and certainly most parents don't role model this level of feelings communication to their children.

When we start to explore relationships we are ill equipped to create the very quality we long for, to be deeply connected to other. Both men and women learn by default that to get close to someone. We think we need have sex (intercourse) to be close. Nothing wrong with intercourse except it gets very boring or dangerous if there is a lack of communication and in ability to set boundaries. So we confuse Sex (intercourse) with intimacy and sometimes confuse sex with being loved.

On a personal note this is what I learned as I was growing up and I always felt there was some thing missing for me in relationship. It took going to a workshop on intimacy, love and sex for me to discover the ingredient missing was intimacy. I have learned that there is lots of love where intimacy lives---whether the relationship is with primary partner, family, and friends or at work.

I am much less lonely, more available emotionally, more content and joyful as a result of being authentic and sharing what's really going on at an intimate deeper level. Any challenge is possible to sort out without it becoming a struggle. When I haven't been intimate the relationship with other has not been what I wanted and I have had to move on sadly.

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