

Four Pillars of Intimacy

This is directly from the book by David Wexler, PhD "Men in Therapy"

Emotional Security and Safety

Freedom from physical violence, from threats of infidelity, threats of abandonment

Freedom from humiliation or emotional abuse

Trust in maintaining privacy and confidentiality

Personal Knowledge and Emotional Intimacy

Knowing the details of the other person's everyday life and history

Recognizing the personal vulnerabilities of the other person

Knowing what is genuinely meaningful and rewarding to the other person

Expressions of Affection

Genuine communication that "I like you"

Everyday expression of physical affection, of verbal affection

Playfulness and humor together

Shared meaningful and rewarding activities

Sex and Passion

Compatibility of sexual drive and sexual behaviors

Deeply connecting sexual experiences

Consistent personal attraction

There are many ways we experience intimacy. She feels like she is offering plenty of intimacy and all he notices is that she does not want to have sex as much as he does.

We are both being “good partners” and our needs are being unmet.

Take the pressure off of sex and the more likely you are to have sex.

Help label the many ways you can be intimate- otherwise it all boils down to sex.

Help him see how abundant the relationship is (grateful/appreciative) in each of these areas.

If you want more emotional and physical intimacy, these are important to understand and work with. Give us a call and see how we can help you get the emotional connection, the affection and intimacy that you want in your relationship. 585.544.5342