



*Increase Emotional
Intimacy In Your
Relationships*



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Contents

Introduction to Intimacy In Relationship	5
Commitment to Intimacy	7
Do You Know How to Be Responsive?	12
Five Tips for Creating Passion in Your Relationship	14
Romantic Ideas to Add Passion to Your Relationship	16
What to Do to Stop You and Your Partner From Drifting Apart ...	18
The Three Keys to a Great Relationship	20
Favorite Quotes.....	22

Introduction to Intimacy In Relationship

Are you in a relationship and would like to know how to make it great? Here's something that may surprise you.

It is a basic human drive to have a great relationship with another person. Greatness in a relationship is one with deeply satisfying levels of intimacy, passion, trust, love, and sexual fulfillment. Although we seek this, remarkably few people ever achieve it. This is not surprising, given that we receive no training at all about relationships. Schools may teach something of the physical mechanics of sex, but we are not taught how the emotional aspects of a relationship operate and how to use them to create a truly great relationship.

As a result, most people suffer a great deal of pain in relationships. Things may start with a promise. The couple may even take the optimistic vow to stay together. Sadly, however, the vast majority of relationships end, often with bitterness and regret.

What is the secret to creating a great relationship? What exactly is emotional intimacy?

Emotional Intimacy Is...

- A sense of closeness to another person, like a real sense of two-way empathy.
- Seeing straight through you and enjoying the view.
- Trusting the connection.
- Sharing similar views about life or activities.

- Feeling safe with each other and safe enough to be real and vulnerable.
- Concern for the other, as for yourself, that one is happy and fulfilled.
- Having a firm sense of fairness with each other.

In Summary...

“The simplest and most understandable way I have ever heard intimacy described is by breaking the word down: in to me see. That is what intimacy is about — allowing another person to see into us, sharing who we are with another person.” Robert Burney M. A.

Nothing will have a greater impact on the happiness you experience in life than the quality of your intimate relationship. It makes total sense to have that as your highest priority. Make the commitment to yourself and your partner that you will make your relationship the most important thing in your lives. Create time to be alone together, do new and interesting activities, and communicate openly and honestly. This will be the foundation for a truly magical relationship, filled with deep intimacy, passion, and love, all of which deepen with time.

Commitment to Intimacy

Emotional intimacy is a general sense of closeness to another person. This doesn't just exist between lovers. Intimacy can also exist between friends and among family members.

Psychological intimacy is feeling like you can be open and honest with your partner. You can share thoughts and feelings that you wouldn't share in other relationships like friendships. What tremendous trust you would have with the person, who listens and accepts what you share without judgment.

Those who share emotional intimacy also have a common way of viewing the world. They describe their closeness to be like soul mates in the sense of sharing interests, values and most likely, have a similar core temperament.

Most of us agree that emotional intimacy is important, but what can you do if it's difficult for you to get close to others? Perhaps you are shy. Maybe you feel too overwhelmed to go out much or meet new people. Perhaps your business keeps you focused on work and you don't take time to create an intimate evening together or time to share.

When coaching a parent who is emotionally frustrated with a child, the first step we discuss is to remember a time when...you felt deeply connected to your child. You held your child in reverence, pride, or respect.

Create The Space

Remembering when you previously felt intimate creates the feeling again. Your biochemistry adjusts to your images and feelings. You are

creating feeling intimate and being responsive when you take a few minutes, close your eyes, and remember a different event and time. When you remember:

- Your heart opens
- You breathe easier
- You relax
- You feel happier

Then, you relate calmly, feel closer to your partner, and respond enthusiastically. Being this emotionally responsive IS intimacy and opens the door to better conversations and feeling more compassion with each other.

Follow these steps:

Consider the times you've been emotionally intimate with your partner.

Create a distinct image in your mind that reflects intimacy or the event.

Let those feelings flow down through your heart. Feel more deeply now.

When you can feel yourself relax and smile, you are ready.

Open your eyes and enjoy your time and conversation with your partner.

I Want to Feel Loving Again Now

Focus on those times when you've felt close and connected to someone. Remembering your past can help you gain confidence moving forward in the present and future. This brief meditation exercise also helps you be happier each time you use it.

1. Take a deep breath in through your nose slowly, and then release slowly. After 3 or 4 breaths, your eyes feel like they want to close.
2. Let your eyes close naturally. Change the breathing pattern to inhaling and exhaling slowly through your mouth.
3. Let your body just float for a while as you breathe.
4. Concentrate next on the image of a door you create. The door leads to your happy, restful place.
5. When you feel the nudge, open the door and go to your restful place. Experience the pleasurable thoughts, feelings, and sensations. Breathe in the pleasure and softness. Circulate the happy feeling through your body and outside of your body.
6. 4. When you are ready, open your eyes and wait until they focus clearly. Then, you are alert and notice how you are smiling and feeling trustful. You have a new, calm state of mind.

You can repeat this exercise any time you want to shift from a busy mind, rushed feelings, and overwhelm. This prepares you to be more intimate and present with your partner.

How To Enjoy Intimacy?

Enjoy intimacy on both the emotional level and the physical level. Many people believe that emotional intimacy starts with sexual activities and involves the physical only. However, that is not true; and the physical isn't a substitute for the emotional. Physical intimacy may not entail the emotional connection you need or seek.

Emotional intimacy is more like self-disclosure where you are willing to share personal information or reveal more about yourself. This is not a

time for confessions or truth telling, just sharing. One person reveals himself or herself to another. The listener truly listens and is responsive.

New To This?

For people who are dating or still developing the relationship, share snippets and snapshots of your feelings and thoughts. Don't dive into the whole story. When you are through sharing, stay silent, smile, and respect the space between you. Give the other person time to respond. Be attentive to words, but also listen for the emotional tone and underlying feelings.

Reveal yourself, even if you start small. While some of us may be more than willing to reveal personal information, others are reluctant to share anything of substance. Sharing builds trust and closeness. Lack of sharing is a roadblock to emotional intimacy.

If you're uncomfortable, start small and you develop more based on your comfort level and trust in the other person. Get into the habit of sharing your thoughts and opinions. When someone has earned your trust, share a little more on the emotional side.

Tread lightly. Trying to force intimacy can result in the opposite. When you share too much or ask questions that are too personal, you can put the other person on the defensive. Intimacy builds in subtle ways, as long as you are open and willing to let someone in.

Try getting a little more physical. Acting differently can change the way you feel. Hug the other person at a time you normally wouldn't. Hold hands or squeeze their arm as you walk by. It might feel strange at first, but it will help build that intimacy you're seeking. Research shows that each person will disclose more as the other person discloses more. This mutual affection grows into intimacy over time.

Comfortable With Disclosure?

The natural progression of self-disclosure moves from the superficial to more personal and includes deeper discussions over time. The foundation is building trust. The tools are conversation and responsiveness. Without your ability to be responsive, there is no progress in the self-disclosure process.

For partners who have been together for a time, self disclosure has the potential not only to deepen intimacy, but to recreate intimacy if the relationship feels stale. A couple that has built up resentments might use self-disclosure to dump by revealing all one's negative thoughts and opinions. Good luck with that attack tool! If you expected responsiveness and got none, then thank your partner for having strength and refusing to be a doormat. Have compassion, caring, and dump negative opinions elsewhere...like in a journal, or sharing with a counselor or therapist. Self-disclosure is not for:

- Attacking someone else's integrity
- Rehashing buried issues
- Relaying your opinions about the other
- Confessing to something because you feel guilty

Self-disclosure enhances acceptance and works best in that positive emotional atmosphere of compassion.

It can be challenging to expose yourself, but emotional intimacy is important if you want to have a happy and fulfilling life. At first, try taking baby steps. If the other person is responding positively, go a little further. Even if you feel closed off from the ones you love, you can create the intimacy you desire.

Do You Know How to Be Responsive?

“To listen well is as powerful a means of influence as to talk well.”

Chinese Proverb

Self-disclosure is the first part of the intimacy process, and responsiveness is the second part. Research shows that a partner sharing emotions elicits more responsiveness by sharing emotional materials than just sharing facts.

Intimacy itself seems to progress in depth and love in this way:

Relationships deepen as self-disclosure deepens. You would never share your dreams and passions for life with someone you did not trust. Relationships bloom when each person can share and feel accepted. A partner's responsiveness is the actual validation that what you feel is good and not judged. Trust in each other builds, and if trust stays a steady course consistently, each person also grows and a relationship strengthens.

Partners in active relationships have to make a commitment to be responsive. For persons with certain core temperaments like creative influencers and adaptive supporters, being responsive comes normally as part of their talents. Observant thinkers highly value intimacy and are slow to warm up to their eventual partners. Once they do, however, sharing and caring come easily. The persistent achiever, by nature of temperament, is not normally warm and responsive. The focus is on the goal and at the

action. However, any one of any temperament can learn responsive skills or emotional intelligence skills if they are willing.

Learn to Adapt Through Your Commitment to Intimacy

1. Create companionship through daily conversations. Make the conversations personal. This simple strategy offers powerful leverage for deeper intimacy.
2. Get face-to-face and be responsive by listening with empathy. Hear what your partner is saying in words and also in emotions.
3. Be aware of any judgmental thoughts if they arise. Let them pass and don't focus on them. Focus on your partner and follow the experience of the conversation.
4. Be empathetic, which is the experience of understanding another person's position from their perspective. You can relate to feelings and to the conversation.

Five Tips for Creating Passion in Your Relationship

1. A sign of affection such as a short kiss can go a long way.
2. Send your partner a message of love once a day. It could be an email or a text message. Tell them that you love them and have been thinking about them.
3. When you see your partner after a few hours, take a moment to greet them affectionately. Look in their eyes, give them a hug, and let them know you are pleased to see them.
4. Smile at your partner. It is very easy to get caught up with life and forget that a simple smile conveys warmth. Some couples literally don't smile at each other! Just smile or for no particular reason, send a message that you do care and that you are happy that they are around.
5. Do a small act of kindness each day. It could be as simple as doing a household chore that they usually do, or making them a cup of tea. Acts of kindness cost nothing; yet they exemplify a huge amount of appreciation.

**The message you are sending is: I want you to be happy.
I appreciate you.**

Many couples think that to create passion in their relationship they need to become a superstar lover in the bedroom. But real passion and intimacy are created everywhere else but the bedroom!

If you sow the seeds of appreciation with small acts of love in your everyday life, you will see the passion develop naturally. Use these five tips on a daily basis. Make them habits and watch the magic happen!

Romantic Ideas to Add Passion to Your Relationship

Most relationships go through periods where the passion and intimacy are at a low level. In fact, the majority of couples in long term relationships and marriages are believed to have levels of passion and intimacy that are way below what each partner would like. This is a tragedy, but why is it?

The relationship is too comfortable, and this is a good period of life for many couples. Comfort feels secure, deep, and rich. Sometimes, however, the couple might wonder what happened to the long walks, comfortable conversations, and even tenderness.

The main reason is that couples stop doing all the things they did early on in their relationship, the thoughtfulness and kind acts that helped to fuel the passion and romance. People stop putting so much effort into their relationship that they stop getting the results they want. So what do you do about it?

First, place your relationship to the highest priority in your life. When you do this, you will start acting in the ways you did when you first got together, and you will start getting the same results again. The results will be richer and more fulfilling too. Most important in romance are the small acts that show HOW you love your partner. Is your partner the most important person in your life? If you have that frame of mind, you can do the following:

~ Complement your partner in the morning before the day gets busy and you are off to work.

~ Give a kiss, a hug, or a touch as you pass by your partner. The warmth effect on skin is a gentle, silent way to honor your partner.

~ Smile while thinking loving thoughts. Your thoughts convey energy as much as your smile does.

~ Do something different in your daily routine like completing a chore that your partner would normally do. This could be carrying out the garbage, cleaning the kitchen, or even preparing a meal.

~ Plan a drive to somewhere different and suggest to your partner you both go there. If you are short on time, make it a short trip!

None of these suggestions involve spending any money. The passion and romance is at the heart of any relationship. Your thoughtfulness, or spontaneity, or kind action emphasizes your intention. Most people are overly focused on the business of parenting, working, and earning. Doing simple acts of kindness can be difficult to remember. However, if you can remember to do such small things on a consistent basis, you will see a great improvement in the amount of passion in your relationship.

What to Do to Stop You and Your Partner From Drifting Apart

Are you finding that you and your partner are getting more distant in your relationship? Is it in danger of falling apart? If so, here are some things to help you bring the passion and intimacy back into your relationship.

Couples in long term relationships, who suddenly realize that the passion and intimacy isn't what it once was, could use a recommitment ceremony. Couples become aware that over time that they have simply drifted apart. They may even be happy in all other aspects of their life, but know that they no longer have that magical spark of excitement they once shared.

Does any of this apply to you? If so, don't despair. If you want to hold on to your relationship — and take it back to where it used to be — then there are certainly things you can do that will make a big difference.

First, assess exactly where your relationship is at the moment. This list of questions can be answered together or individually, but do share your answers to open communication about intimacy:

1. Do you remember how we met and what our first impressions were?
2. Do you remember what we said to one another?
3. What was your first impression of me? Did you ever dislike me?
4. Do you have a favorite image of me?

5. What do you like best about me now?
6. What is your favorite way of spending time with me now?
7. Do you feel we get on well in most areas?
8. Do you feel a lack of passion? In what areas?
9. Do you see that our interests in this comfortable stage of life are too different?

Next, decide exactly what outcome you want. Do you want to stay together? Is the relationship of enough value to you to put in the necessary effort? There are no right or wrong answers to these questions. Often, the wisest thing to do is to realize what is working, what is not working, and make a commitment to change together, or not. Whatever you decide, to change your current situation will require some effort, so it is best to get clear on what you think is the best outcome.

1. Can we find common interests?
2. On a scale of 1 (low) to 10 (high) how committed are we to rekindling mutual interests, as well as passions?
3. If yes, where shall we start?

If you and your partner are in agreement with your thoughts about the relationship and where you would like it to go, you have a foundation to work from. You can start making progress to set about creating a relationship based on what you want, which is the truest of intimacy and passion.

The Three Keys to a Great Relationship

Although it is true that many things in a relationship change over time, there is one thing that every couple would want to keep alive — the passion and intimacy. Surveys have revealed, however, that while couples want this is their relationship, few actually manage to maintain it. In fact, more than 80% of relationships rate their intimacy and sex life as being less than what they would like.

A number of reasons contribute to this sad statistic. One main cause is that few adults ever learn how to create, maintain, and develop intimate relationships. Most people learn their intimate relationship skills from observing their parents' relationship or — even worse — from talking to their friends and peers.

There are three key habits to a great relationship. The few couples with great relationships that do manage to maintain the passion and intimacy have these in common.

1. Both partners VALUE their relationship as the most important thing. When couples realize the truth that nothing has more of an impact on their happiness than the quality of their relationship, they tend to make it their top priority. That means their decisions are based on the impact they will have on their relationship, and other problems are easier to solve together or don't influence the relationship in negative ways.

2. The couple works on their intimacy. It is a total myth that intimacy just happens naturally. Like everything else in life, it must be given some conscious work and attention if it is to thrive within each of you.

3. The partners make acts of intimacy into habits. Smiling at each other, touching, calling each other on the phone or texting when apart. These small acts of intimacy, when done habitually, make a positive impact on the quality of the relationship. These couples know that it is the cumulative effect of small things over time that determines the whole dynamic of a relationship.

If you are in a relationship and want to improve the levels of intimacy and passion with your partner, think back to the time when you first got together. What were some of the things you did then that you no longer do? You will see that the three keys above were all part of your relationship then. Make them a part of your relationship and see how things chang

Favorite Quotes

Nothing beats love at first sight except love with insight.

A wise lover values not so much the gift of the lover as the love of the giver.

-Thomas Kempis

The great thing about being married a long time is falling in love with the same person again ... and again ... and again.

To keep your marriage brimming, with love in the loving cup, whenever you're wrong, admit it, whenever you're right, shut up.

Respect is love in plain clothes.

To love and to be loved is the greatest happiness. - Sydney Smith

But there's nothing half so sweet in life as love's young dream.

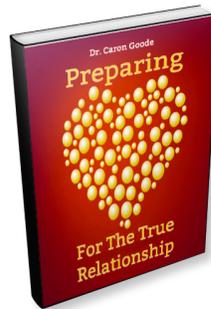
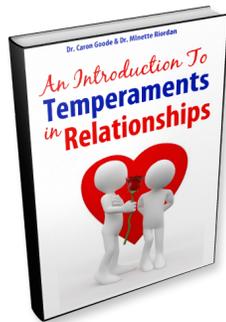
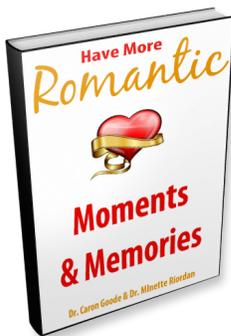
-Charles Lamb

There is a comfort in the strength of love: Twill make a thing endurable which else would upset the brain or break the heart-William Wordsworth

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