



Four Intimacy Ingredients

These four ingredients are required in a "recipe" for intimacy in each stage of marriage:

Affectionate Caring: "I care about you."

Emotional caring that reassures a hurting spouse or initiates verbal or physical affection. Doing things to meet each other's needs motivated by positive feelings for each other.

Can be hindered by: Unhealed hurt; Unresolved anger

Vulnerable Communication: "I trust you."

Risking openness about feelings, needs, and hurts, willing to trust that I won't be ignored, rejected, or hurt even more.

Can be hindered by: Fear

Joint Accomplishment: "I need you."

Closeness that comes from experiencing "we did it!" Includes sharing common interests, setting joint goals, or feeling mutual excitement over an important event, such as a baby's birth, a son's graduation, or a daughter's wedding.

Can be hindered by: Self-sufficiency

Mutual Giving: "I love you."

Doing things to meet each other's needs out of commitment and a sincere desire to help the other person feel loved. Each person thinking more highly of the other, seeking to show love in ways especially meaningful to the other person. Giving even when one doesn't feel like it.

Can be hindered by: Selfishness