

# DEEPENING YOUR RELATIONSHIP





# Intimacy

## Into – Me – See

The reason we are attracted to  
intimacy is simple:  
it provides a path to self-expression.  
  
It lets us out.

*Paul and Mary Blackburn*

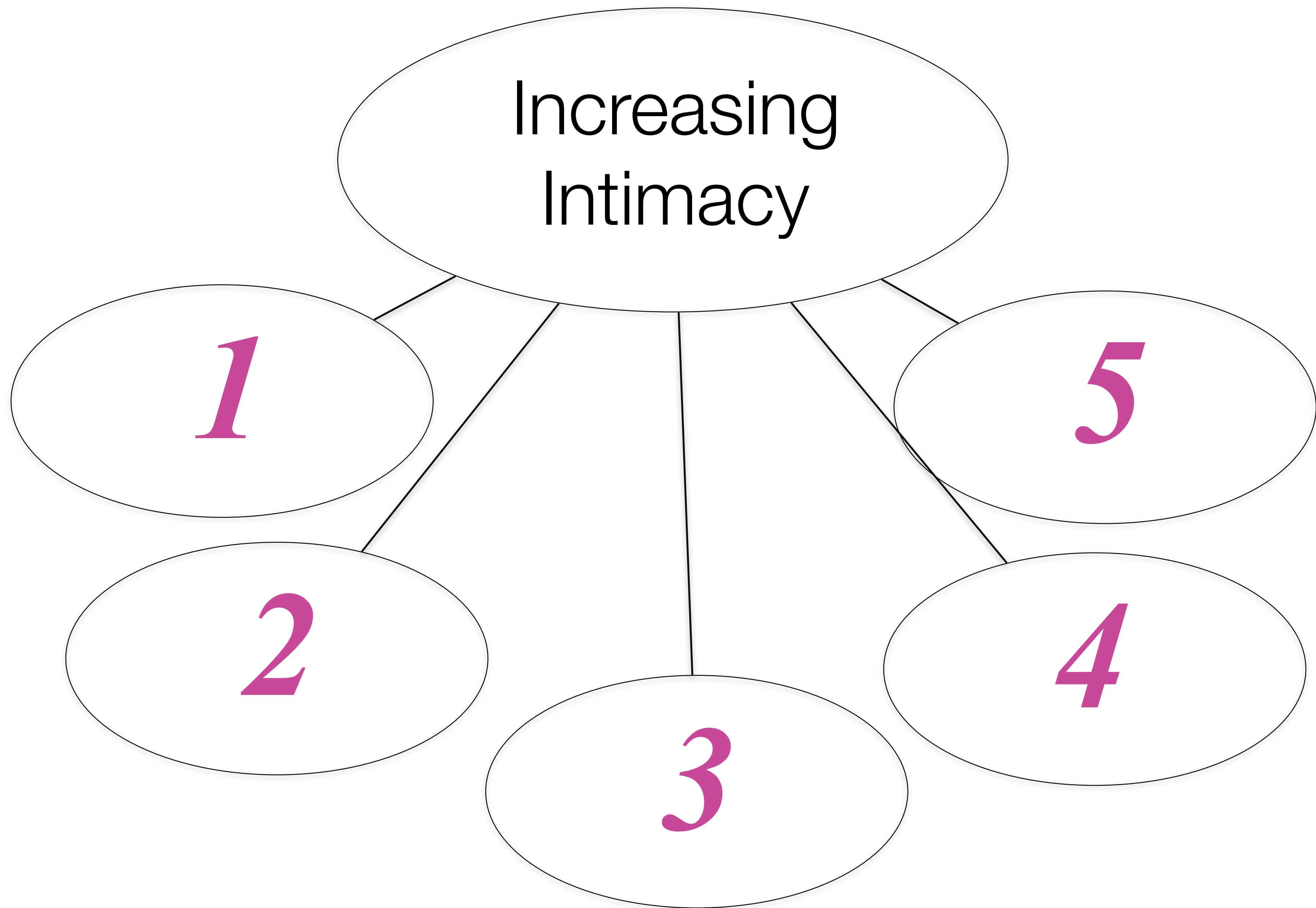
The practical reality is that daily life can be a barrier to developing intimacy with your partner.

We're pulled in all sorts of directions these days, being torn between work, social and family life.

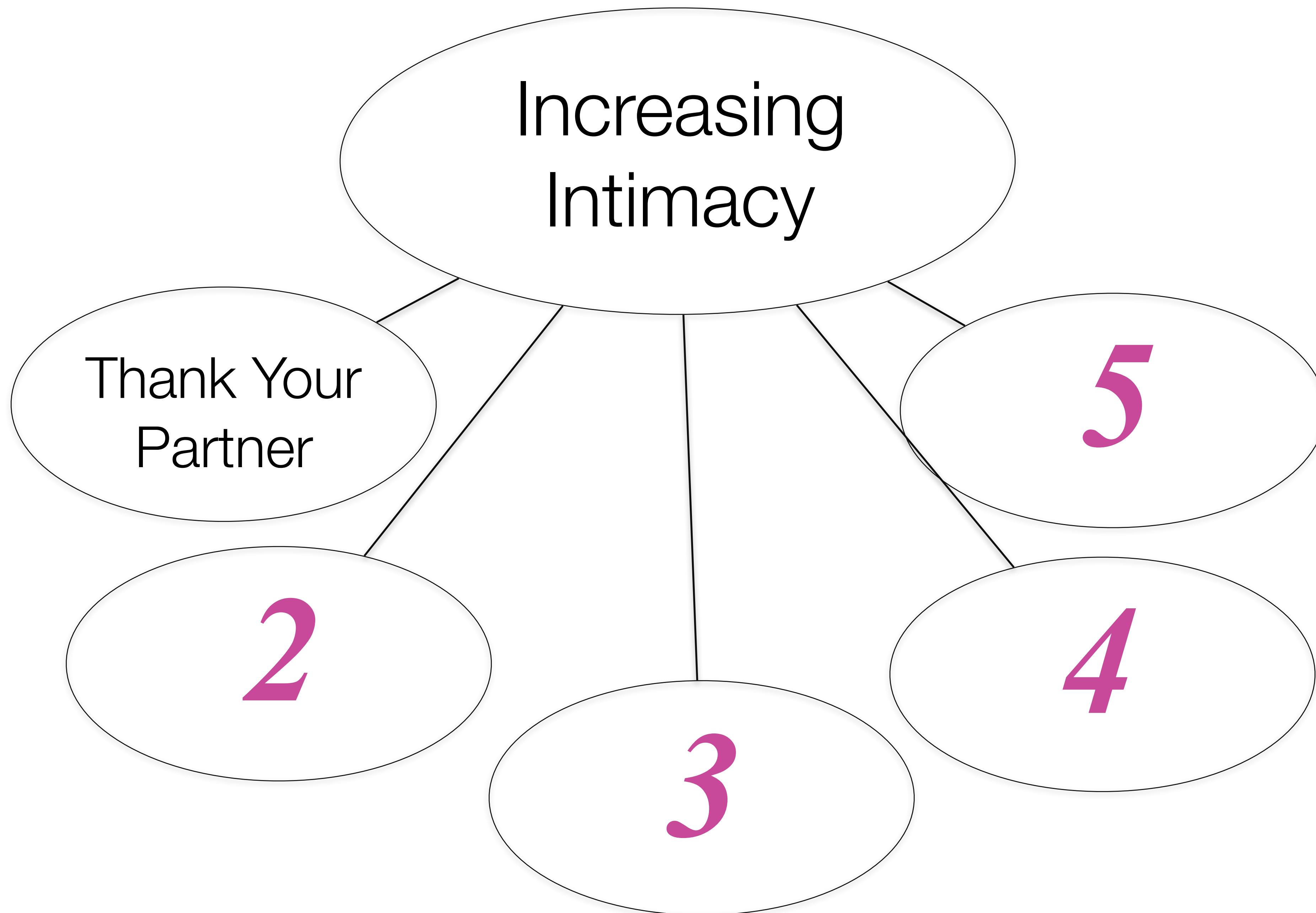
Often, our partner is low down the priority list, and then we wonder why our intimacy suffers.

As we grow and change, we must uncover new processes and techniques that put us into relationships with each other.

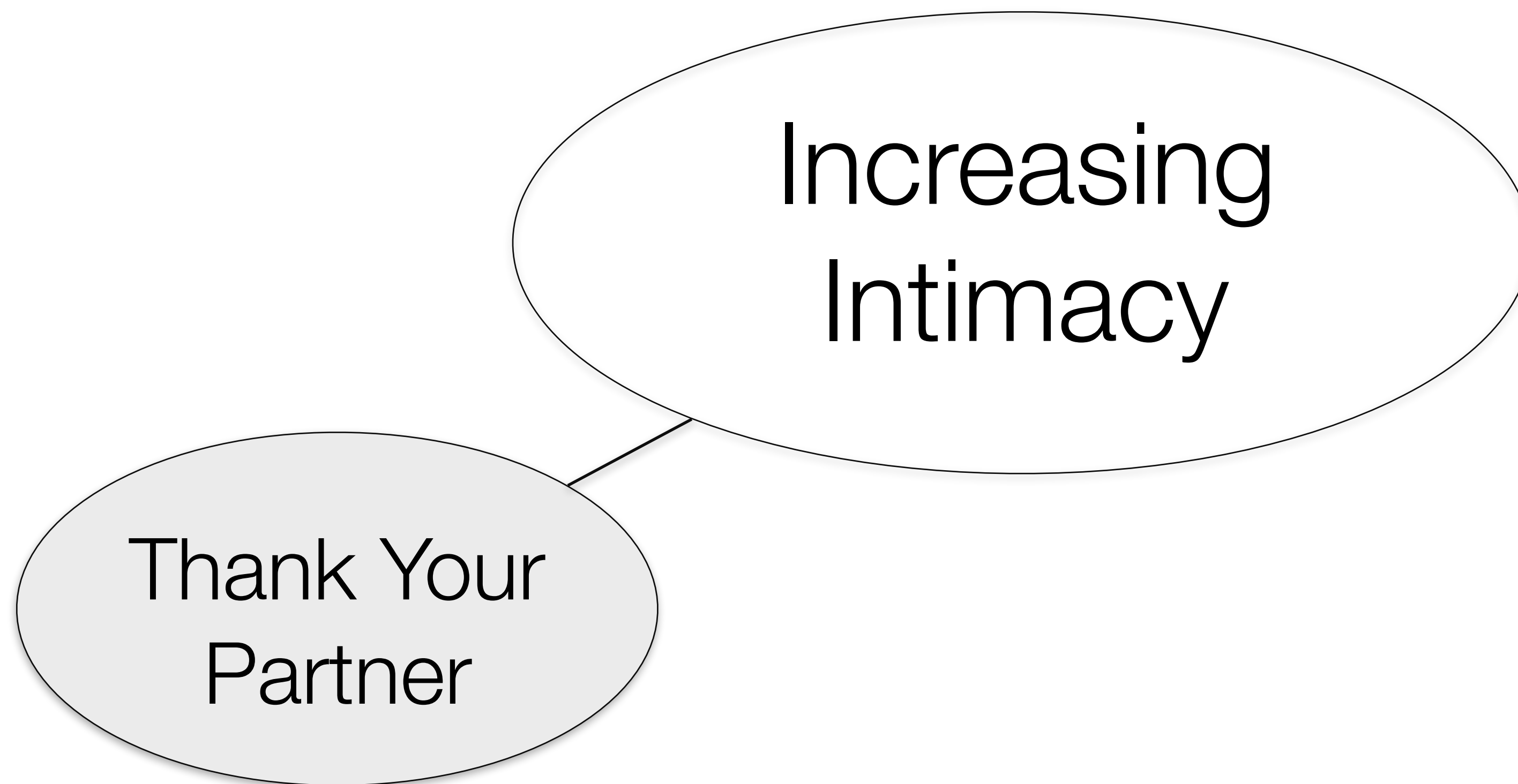
*Paul and Mary Blackburn*







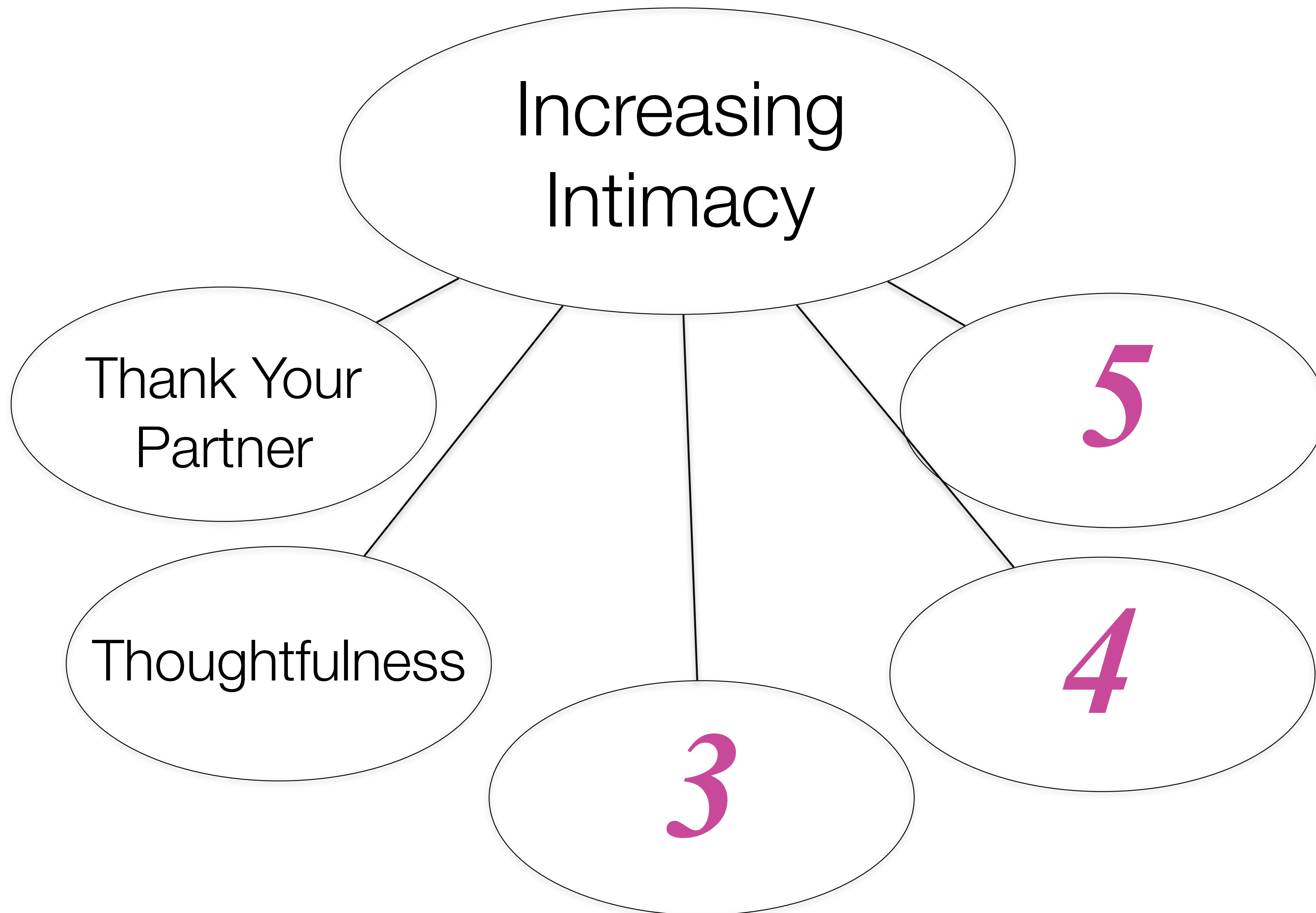


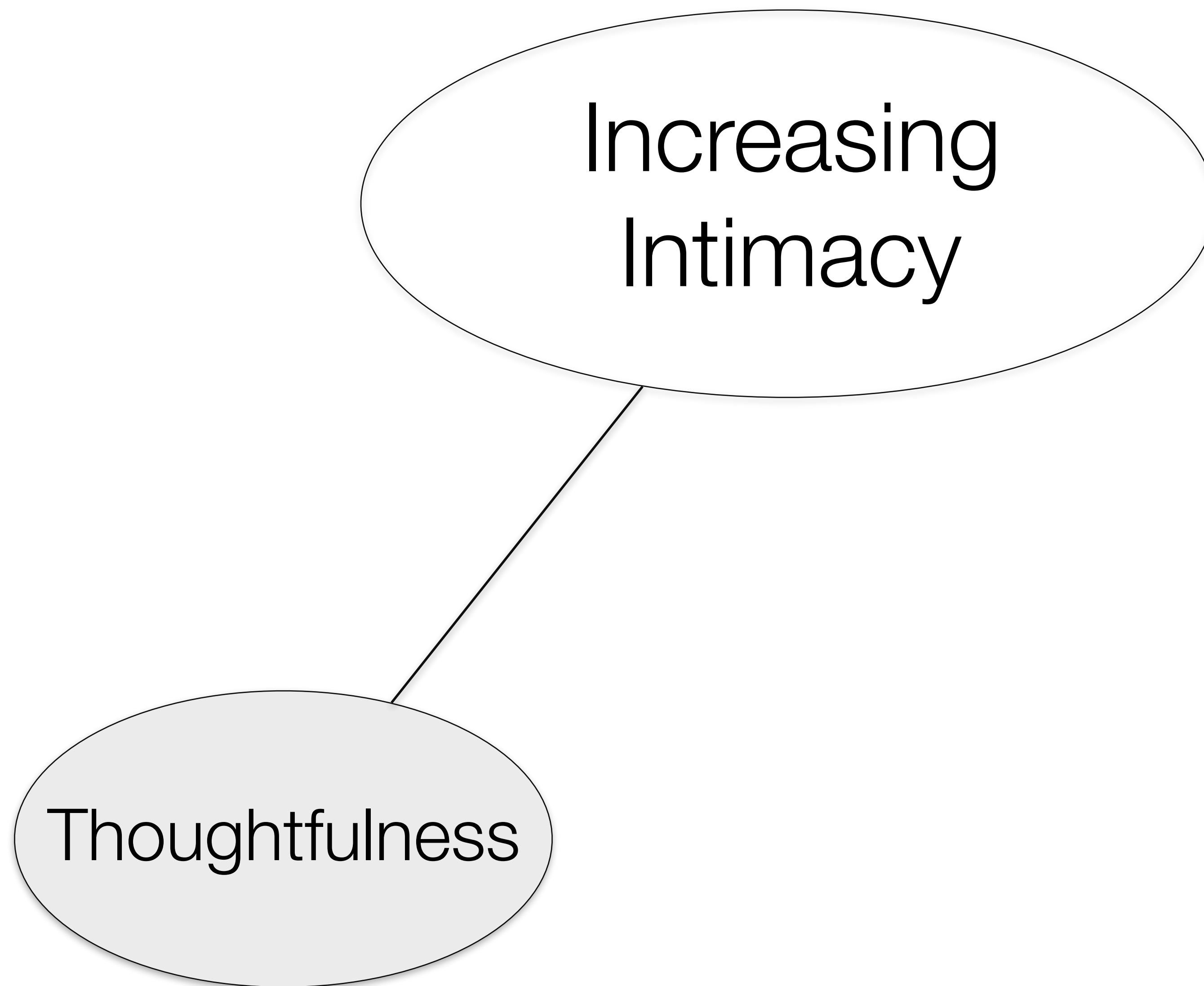


# Increasing Intimacy

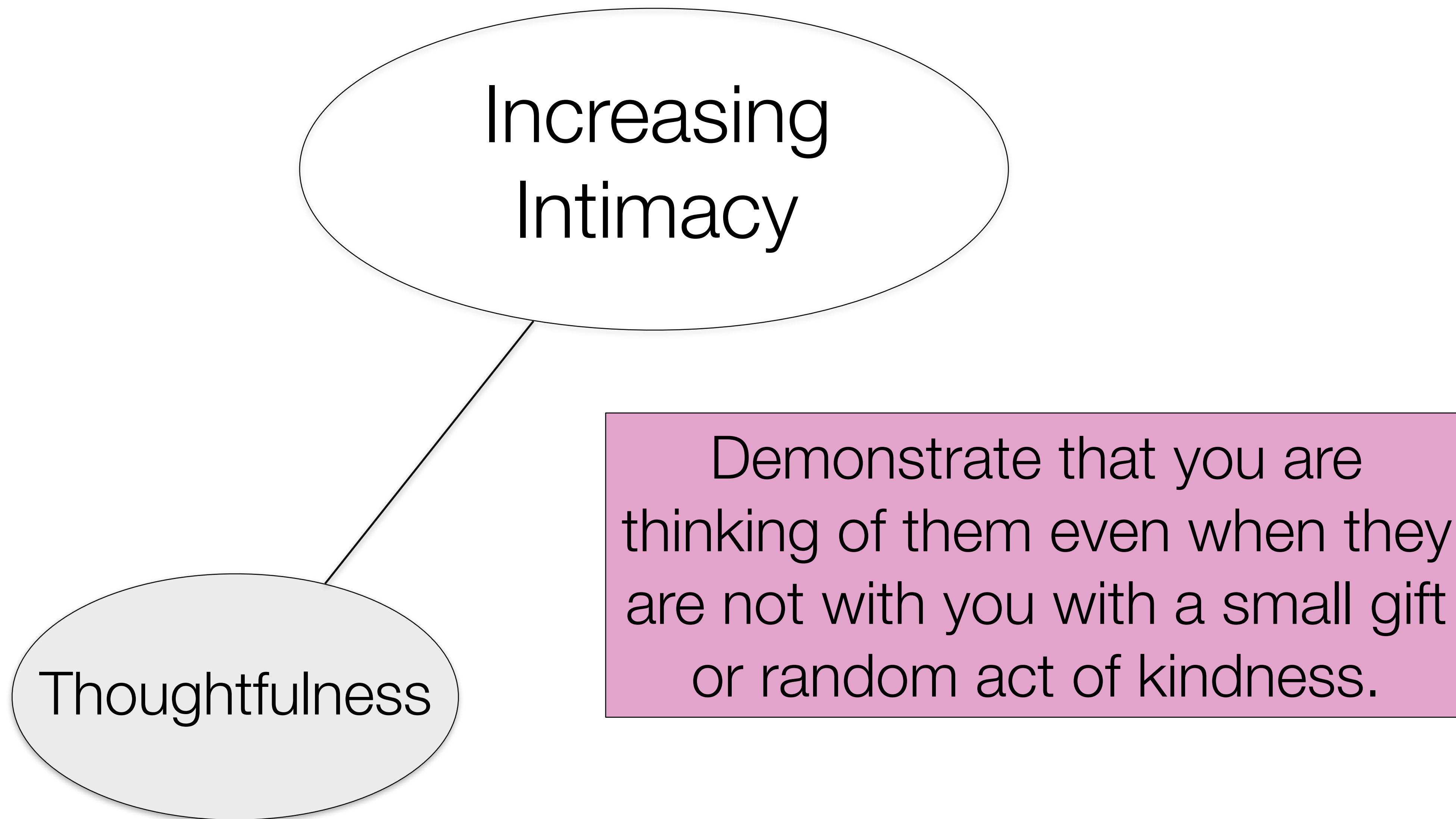
Thank Your Partner

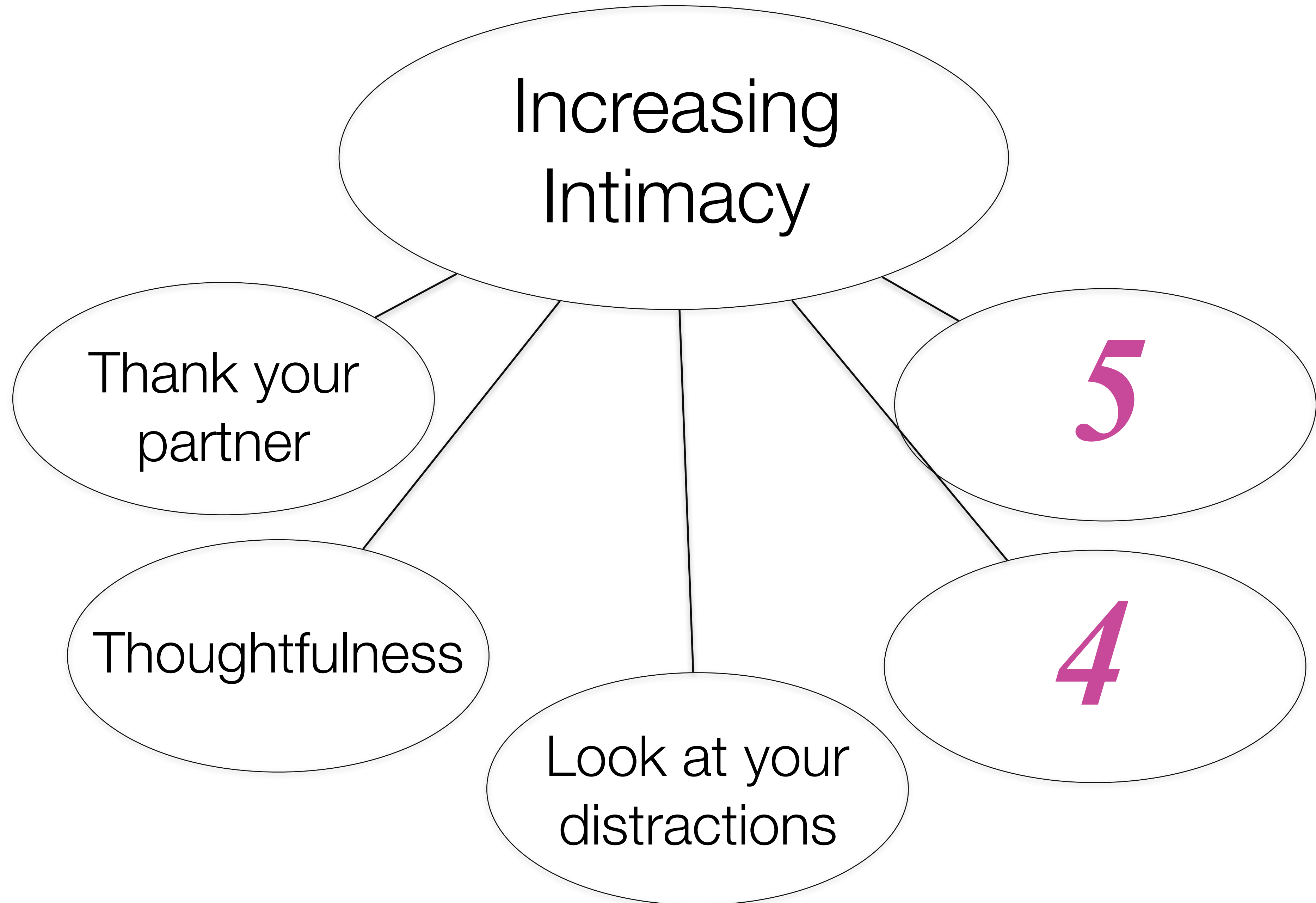
Take a moment to stop what you are doing, make sure your partner does too, look them in the eye and thank them for being in your life.

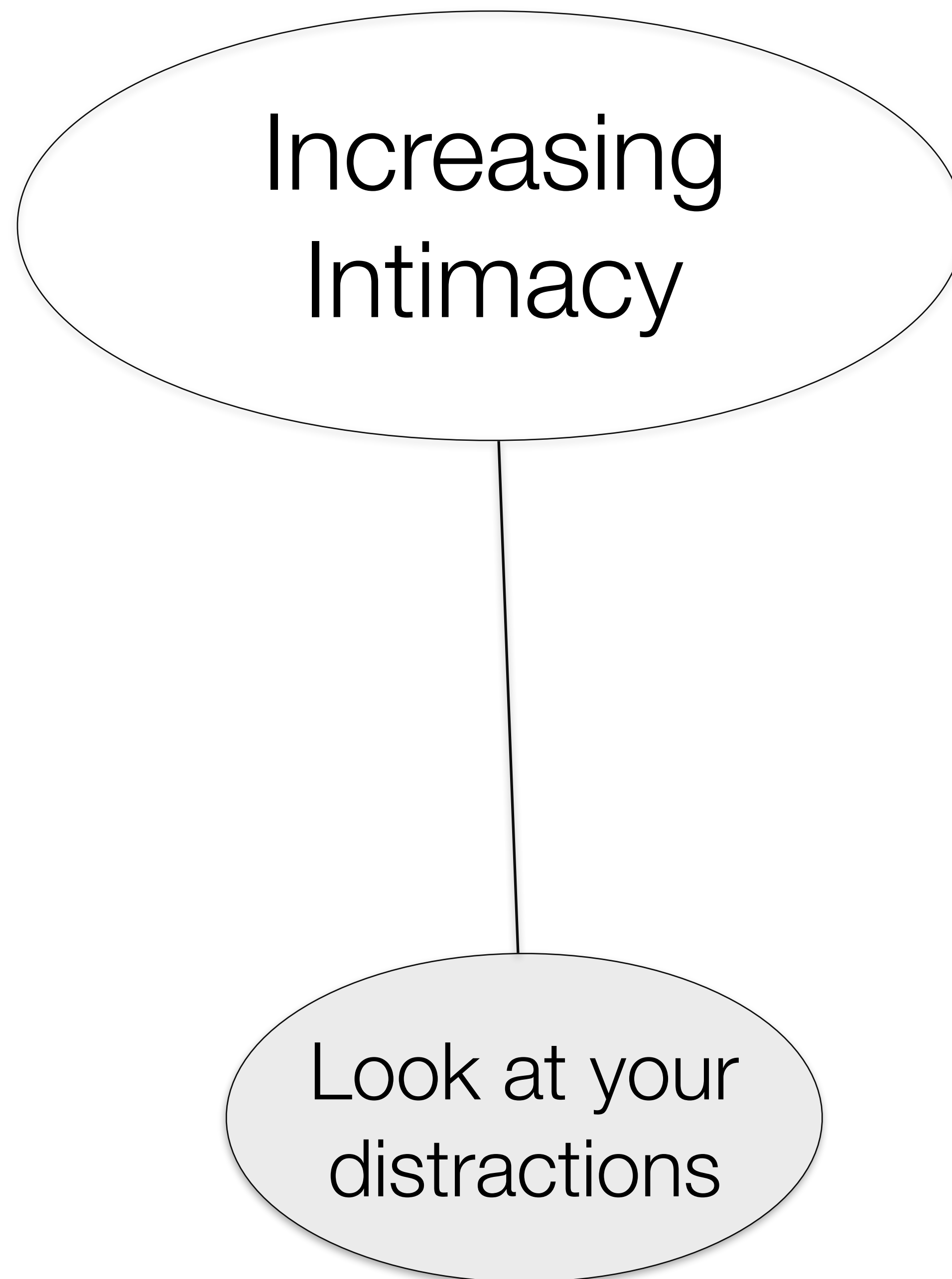










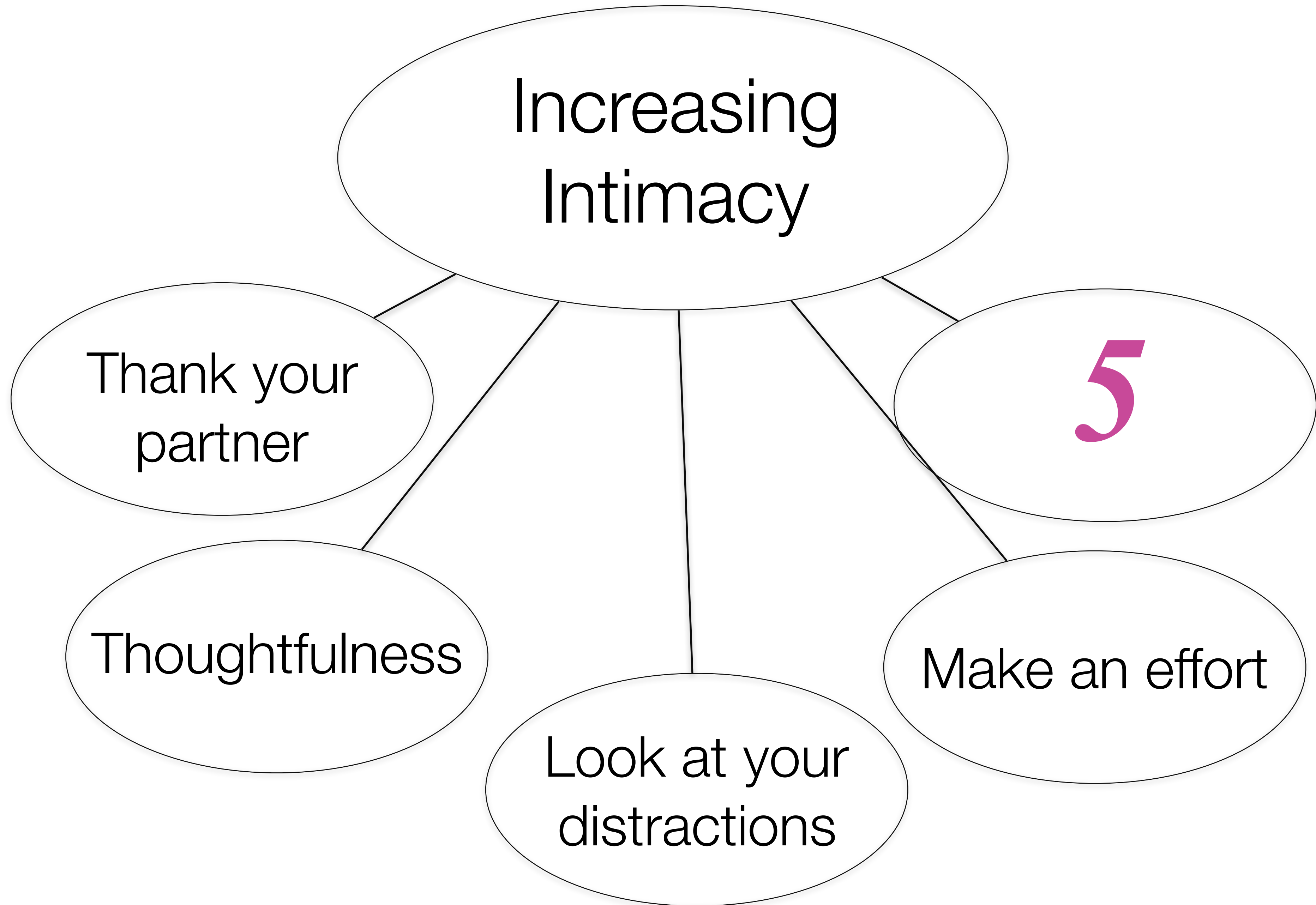


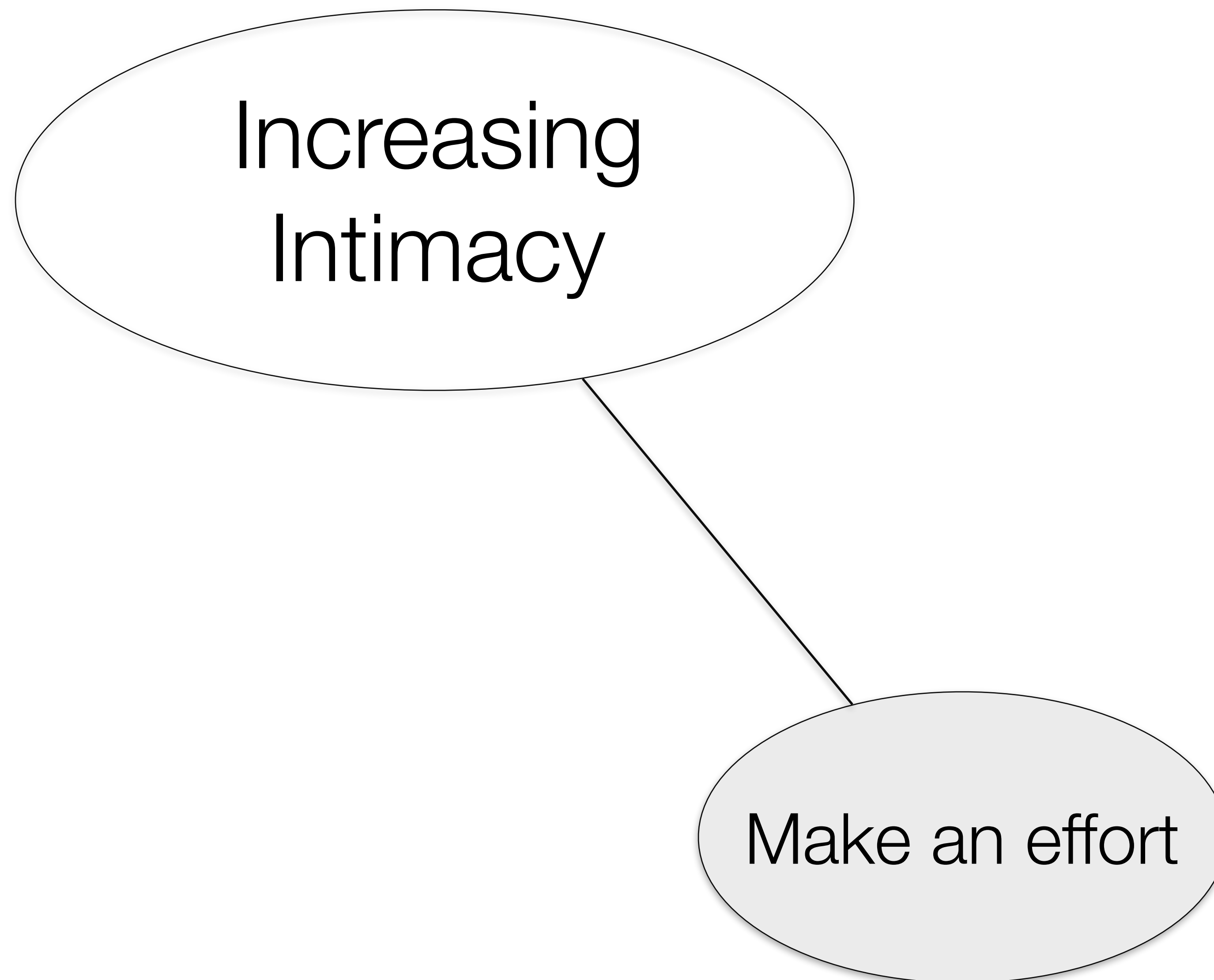
# Increasing Intimacy

Make a list of the things that you do that get in the way of intimacy. Have your partner do the same; exchange lists. Make changes.

Look at your distractions





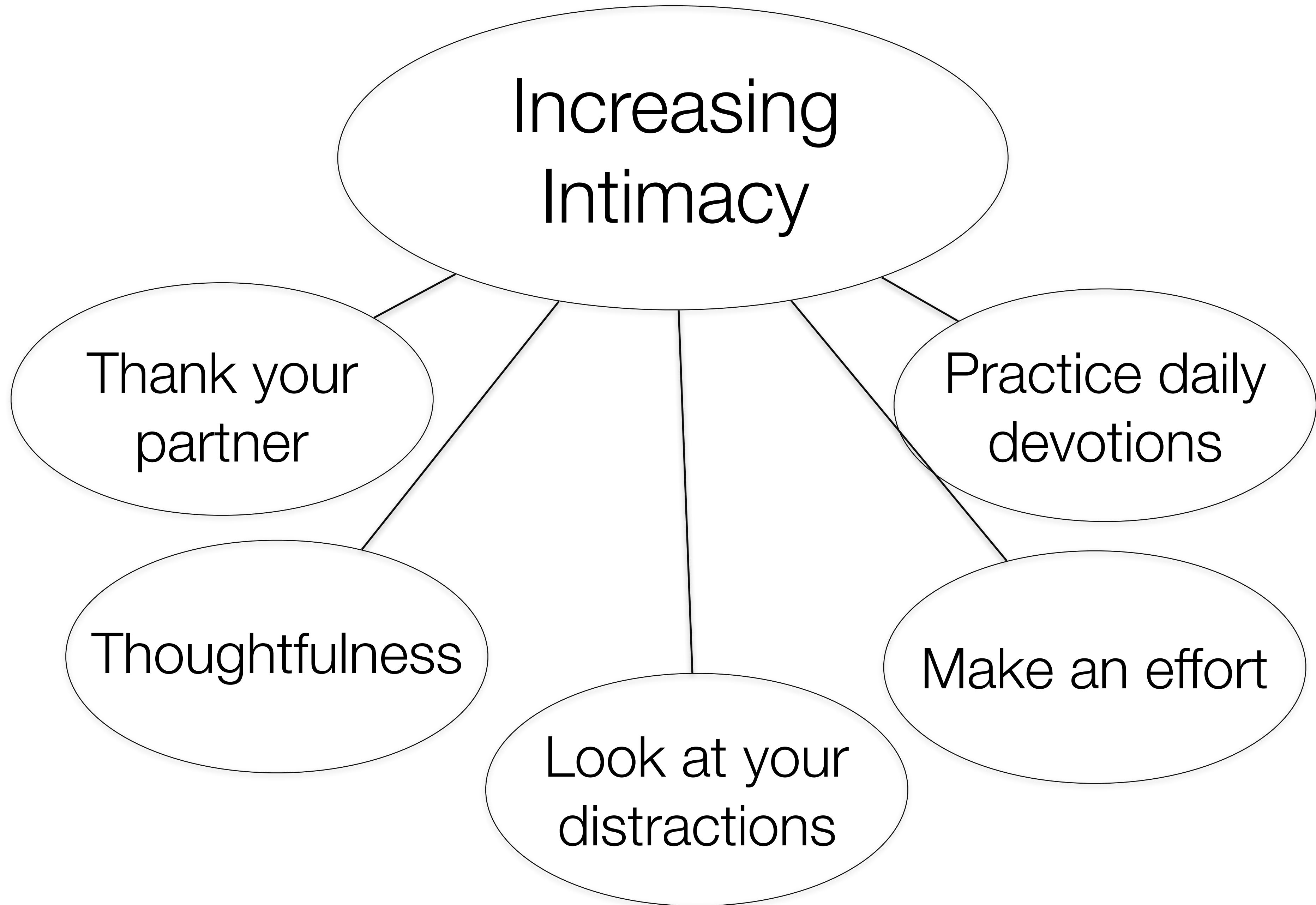




# Increasing Intimacy

Put time in your schedule for your partner demonstrate who is important in your life

Make an effort







Increasing  
Intimacy

Practice daily  
devotions



Increasing  
Intimacy

Practice daily  
devotions

Spend time each day looking into  
one another's eyes

...when we are free to be ourselves,  
when we are in a truly authentic, loving  
relationship, we can unearth and  
explore who we are without fear.

*Paul and Mary Blackburn*



<b>1</b>	Bring to mind at time when you felt completely connected at at one with your partner. What does 'intimacy' mean to you? What does it mean to your partner?
<b>2</b>	What barriers stop you feeling that way on a regular basis? How to you avoid intimacy with your partner? How does your partner avoid intimacy with you?
<b>3</b>	Make a plan to implement whatever changes you need to make so that you can feel that love and connection on a daily basis.