

THRiIVER

YOUR INTIMACY INVENTORY

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Understanding Your Intimate Self

If we desire to have more intimacy in our relationships, we first need to understand that there are many aspects of our relationship that need to be addressed, and so we need to explore them more fully.

We experience tremendous frustration when we feel that our partners don't get us. We are left feeling misunderstood, unappreciated and that there is misalignment in our relationship.

The problem with this statement is that we assume that our lovers can read our minds - the truth is we don't even know ourselves at times. If we don't truly understand ourselves, how can we expect others to understand us? If we want to become more intimate with our partners, the first step is to understand our own intimacy.

The Intimacy Inventory enables us to explore our behaviors and patterns and understand where they stem from. It is designed to encourage us to ask questions about ourselves that enable us to look internally at our beliefs regarding intimate relationships.

Understanding these aspects of ourselves is the first step in developing a successful and intimate relationship. If we don't understand our own foundations, we can't expect to build a successful relationship from this base.

Think of answering these questions as holding a mirror close up and dissecting various parts of yourself so that you are able to deeply and truly understand your intimacy and relationship desires. Starting to think about these things can be difficult, but it's an important first step in achieving more fulfilling relationships.

It all starts with us, so complete this exercise on your own. In a later resource I will share exercises to complete with your partner. For now our goal is to develop an understanding of your intimate nature and why you are the way you are in a relationship context.

Your Intimacy Inventory: 10 Questions To Ask Yourself

1. What positive attributes or qualities do I bring to the relationship?
2. What bothers me about my partner or relationship that I have not communicated?
3. What I like to experience when it comes to intimacy or sex?
 - tenderness
 - softness
 - closeness
 - intensity
 - aggression
 - transcendence
 - spiritual connection
 - rebelliousness
 - a release
 - surrender
 - dominance
 - abandon
 - unboundedness
 - freedom
 - giving
 - receiving
 - being taken
 - possessing
4. Which of the love languages would I like to receive from my partner?
Place them in your own order from 1-5
 1. receiving gifts
 2. quality time
 3. words of affirmation
 4. acts of service
 5. physical touch

5. How comfortable am I in communicating my intimate and sexual wants and dislikes with my partner?
6. Where do the patterns (trends) I experience stem from? (My parents, commercialisation of love, previous relationships)
7. What do I believe I have brought from my previous relationships into this one?
8. How comfortable am I in communicating my emotional wants and dislikes?
9. What is a hard conversation for me to have around intimacy and sexuality?
10. When do I feel most free in my relationship?

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Please share your intimate experiences with me

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