



Rosario Counseling & Associates

September 2012 E-News

Developing an Intimate Marriage

Relationships are developed. Just as a master gardener prepares the soil, scatters seeds, fertilizes, weeds and waters a garden we must also be gardeners in our relationships. An intimate partnership takes effort to tend to the emotional safety, psychological connection, physical affection and spiritual closeness of their beloved.

Whether a marriage is in good condition or struggling or it is never too late to transform a marriage.

Just as in a garden there are many different stages so too in any relationship there are levels of intimacy.

To make a **psychological connection** a couple must risk sharing and discussing one another's ideas. Individual needs are identified, respected and valued.

Emotional safety develops through transparency of one's hopes, cares, dreams, and goals. Attachment in the relationship develops as security increases.

Intimate Partnerships are created when we concentrate on caring for one another's needs, including sexually. Both husband and wife recognize the importance and value of a **physically affectionate** marriage. Touch is an intimate part of a vulnerable and trusting relationship.

A husband and wife are spiritual companions. Sharing a spiritual identity through praying together, reading and discussing the word of God creates **Spiritual closeness**. When this honesty and depth is mutually shared closeness naturally develops.

Intimate relationships are deliberate requiring intentional effort. An intimate partnership reflects emotional safety, psychological connection, physical affection and spiritual closeness.

If you would like to develop an intimate marriage our caring therapists can help. Call Rosario Counseling & Associates for an appointment today.



Robin K Rosario, MA, LPCS

Resources

[Making Love Last Forever](#)

Dr Gary Smalley

[Fall in Love, Stay in Love](#)

Williard F. Harley, Jr.

[The Language of Love](#)

Dr Gary Smalley & John Trent

[A Celebration of Sex](#)

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