



Emotional Intimacy

Emotional intimacy is accepting, loving and being friendly with our internal experience. It is about connecting with our body, experiencing and loving all of us. Emotional intimacy is about turning towards ourselves instead of turning away, and really experiencing ourselves. Connecting with all of ourselves. It's about reconnecting with our intuition and the messages our body gives us.

We can tend to “live in our head” and attempt to control our experiences intellectually, rather than feeling them with our body. This often happens due to our interactions with our families, caregivers and significant others in our childhood. From our childhood most of us would have experienced that some emotions are not acceptable. We may have internalised that people will love us if we have “approved” emotions, and not if we have unacceptable emotions.

For example, anger: some people feel it's not acceptable to be angry. When that person has an experience that would lead them to being angry, they would tend to move away from their internal experience, they would “switch the channel” and distract themselves from that experience. Perhaps they might use humour to deflect, to relieve the pressure. Or if they are a “people pleaser”, they may attempt to stay in positivity and happiness the whole time, regardless of their actual experience, until that effort simply becomes too much. We need to realise that life is a flow of ups and downs and that's ok. If we don't accept our emotions (the good and the bad) and we are always staying in control, “in our head”, then we can't sit with our internal world.

Why does that matter?

It's beneficial - necessary in fact - for us to allow our bodies to sit with emotions, to let them pass through us and out of us, rather than to suppress them and bottle them up, where they will only cause trouble for us down the track. When we don't allow our emotions to be felt, we go to our heads and judge everything and end up judging ourselves that we are not going to be accepted.

When we have emotional intimacy with ourselves, we can then create intimacy with our partner. This creates closeness, connection and brings the relationship together.

To learn how to develop emotional intimacy as an individual and find happiness in a relationship, contact Kath for your free relationship discovery session.

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