

Relationship Revolution

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Your Intimacy

ACTIVITY SHEET

A healthy marriage is a 7-dimensional relationship! When you come to understand and integrate these 7 dimensions into your relationship, you'll experience the fullness of relational intimacy - the kind of intimacy that knows the other persons strengths and weaknesses, desirable and not-so-desirable qualities, celebration points and secrets.



SESSION OBJECTIVES

The Relationship Revolution program is designed to help you:

- (a)** understand the different dimensions of love
- (b)** how different drives can pull us in different directions
- (c)** activate emotional, friendship, and physical forms of intimacy

Intimacy Ignition

The term “intimacy” often evokes a single thought – “sex”. However, neuro-biological research has revealed that intimacy is more complex than you may realise. In fact, relational intimacy is intertwined with different dimensions of love.

HORMONE / BRAIN FUNCTION	ACTION	LOVE DIMENSIONS
Vasopressin	The fuel that powers friendship - drives the connection between people who share a common bond.	Philia / Φιλία / Friendship love
Oxytocin	Binding hormone released by the pituitary gland in response to physical contact and sexual arousal between two people.	Eros / έρωας / Erotic love
Inferior Frontal Gyrus	Helps direct pragmatic, intellectual thoughts about love and loyalty.	Pragma / πράγμα / Longstanding love

ANCIENT GREEK PHILOSOPHERS CONSIDERED LIFE TO BE LIKE A CHARIOT THAT'S PULLED BY TWO HORSES: ONE CALLED 'PASSION', THE OTHER, 'INTELLECT'. IN MARRIAGE, OUR TASK IS TO TAME BOTH HORSES SO THEY CAN RUN TOGETHER.



Dimensions of Love

Because there are multiple dimensions to love, relationship problems often occur when our different drives pull us in different directions. Erotic love may draw a person one way, and pragma another. Without knowing it, Greek philosopher Plato was referring to the pull between oxytocin driven thoughts and more rational thoughts, when he described life as a chariot pulled by two horses called Passion and Intellect! Our task in marriage is to tame both horses so they run together.



Philia / Φιλία /	✓	Ludus / λυδός /	✓
We get along really well	<input type="checkbox"/>	We are playful with each other	<input type="checkbox"/>
We enjoy each other's company	<input type="checkbox"/>	We still enjoy flirting with one another	<input type="checkbox"/>
We laugh and have fun together	<input type="checkbox"/>	We tickle or affectionately tease	<input type="checkbox"/>
Pragma / πράγμα /	✓	Eros / έρως /	✓
We're committed to staying married	<input type="checkbox"/>	We are passionate about our love life	<input type="checkbox"/>
We've got shared goals for marriage	<input type="checkbox"/>	We're sexually attracted to each other	<input type="checkbox"/>
We take marriage sanctity seriously	<input type="checkbox"/>	We have a healthy sex life	<input type="checkbox"/>
Philautia / φιλαυτία /	✓	Storge / στοργή /	✓
We love each other as we love our self	<input type="checkbox"/>	We're naturally caring for one another	<input type="checkbox"/>
We take care of our looks and hygiene	<input type="checkbox"/>	We're loving in good times and in bad	<input type="checkbox"/>
We take care of our health as a gift	<input type="checkbox"/>	We're loving in sickness and in health	<input type="checkbox"/>
Agape / αγάπη /			✓
We love each other with unselfish concern, compassion and kindness			<input type="checkbox"/>
We look out not only for our own interests but also for each other's interests			<input type="checkbox"/>
We love without any strings attached. It's not transactional, it's transformational love			<input type="checkbox"/>



What's one thing you could do to enhance each dimension of love in your marriage?

PHILIA	Friendship & fraternal love	EXAMPLE: Have a weekly "coffee catch up"
LUDUS	Flirtatious & playful love	
PRAGMA	Longstanding & pragmatic love	
EROS	Erotic love & attraction	
PHILAUTIA	Self-love & care of self	
STORGE	Familial or parental love	
AGAPE	Unconditional universal love	

Categories of Intimacy

Each of the seven dimensions of love typically fall into one of three relationship intimacy categories: 1. Emotional Connection, 2. Deep Friendship, and 3. Physical Closeness.

Marriages are at their strongest when each of these forms of intimacy are prioritised and practiced. In the end, true intimacy is knowing the best and the worst about your spouse - and loving them all the same.

A photograph showing a person's feet resting on a patterned rug on a sandy beach. The person is wearing dark clothing. In the background, the ocean waves are visible, and a small rock formation is in the distance under a clear sky.

Intimacy is not an 'event'.

EMOTIONAL CONNECTION, DEEP FRIENDSHIP AND PHYSICAL CLOSENESS FORMS OF INTIMACY CANNOT BE ENGENDERED BY PARTICIPATING IN ONE-OFF ACTIVITIES. RATHER, INTIMACY IS BEST CULTIVATED BY ENGAGING SMALL DAILY RITUALS.

TAKE THE 21-DAY CHALLENGE



What's one intimacy ritual you could engage every day over the course of three weeks?

EMOTIONAL CONNECTION

Example:

Tell your spouse "I love you" on a daily basis (looking them in the eyes, and saying their full name)

DEEP FRIENDSHIP

Example:

Over dinner, find out what the celebration and frustration points were in your spouse's day

PHYSICAL CLOSENESS

Example:

Before leaving for work every morning, give your spouse an affectionate 6-second kiss



KNOWING YOU, KNOWING ME

Clinical research shows couples who regularly map what's happening in their partner's lives, not only report greater levels of happiness within their relationship, but also tend to weather relationship-storms (disagreements, misunderstandings, conflict) more effectively. As you take a greater interest in your spouse's thoughts, concerns, desires and dreams, you charter a course towards greater emotional, friendship and physical intimacy.



How well you know each other's preferences? Take turns in answering the following questions about your spouse. Once complete, ask them to reveal the correct answers.

HER PREFERENCES (for him to answer)

<input type="checkbox"/>	OR	<input type="checkbox"/>
<input type="checkbox"/>	Coffee	Tea
<input type="checkbox"/>	Country	City
<input type="checkbox"/>	Camping	Hotel
<input type="checkbox"/>	Sweet	Savoury
<input type="checkbox"/>	Ocean	Snow
<input type="checkbox"/>	Book	Film
<input type="checkbox"/>	Comedy	Adventure

HIS PREFERENCES (for her to answer)

<input type="checkbox"/>	OR	<input type="checkbox"/>
<input type="checkbox"/>	Summer	Winter
<input type="checkbox"/>	Mornings	Nights
<input type="checkbox"/>	Beach	Mountains
<input type="checkbox"/>	Movie	TV Series
<input type="checkbox"/>	Inside	Outside
<input type="checkbox"/>	Nike	Adidas
<input type="checkbox"/>	Read Blog	Podcast

Time to Discover

Cultivating intimacy is a process of discovery. Successful couples are life-long learners of what's important to their spouse. However, discovering what's on your spouse's mind, in their heart and on their radar (future dreams), requires the kind of questions that illicit more than a one-word answer.



EMOTIONAL CONNECTION

Take turns in asking each other the following questions. Record your spouse's answers:

Q: What stressors are you currently facing that we haven't discussed?

Q: What's working well for you at the moment?

DEEP FRIENDSHIP

Q: In what areas could I show you more appreciation?

Q: Is there any support you need that I can provide?

PHYSICAL CLOSENESS

Q: How can I communicate physical affection in ways that you desire and appreciate?

Q: In what ways would you like me to be more physically affectionate in public/private?

