Relationship Revolution

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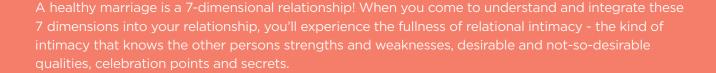
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Relationship Revolution **SESSION 2:**







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 / έρως / Erotic love
Inferior Frontal Gyrus	Helps direct pragmatic, intellectual thoughts about love and loyalty.	Pragma / πράγμα / Longstanding love



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.

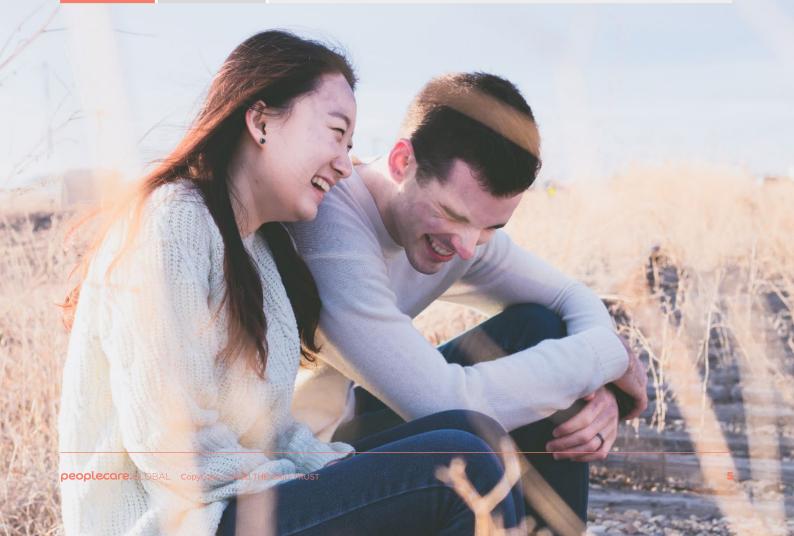






What's one thing you could do to enhance each dimension of love in your marriage?

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.



TAKE THE 21-DAY CHALLENGE



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

EMOTIONAL CONNECTION

DEEP FRIENDSHIP

PHYSICAL CLOSENESS

Example:

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

Example:

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

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.



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?

