

### What is Intimacy?

Relational Recovery views intimacy as a practice between two individuals who choose to share their lives in a healthy way. Sharing takes place within the five domains of our existence: Intellectual, Emotional, Physical, Sexual, and Spiritual.

#### Core Beliefs of Relational Recovery

1. Intimacy is the conjunction of truth and love.
  - It is a spiritual practice in which individuals choose to live in the truth without another, which means living with integrity and authenticity.
2. Intimacy is a practice...it is in the doing.
  - Your capacity for intimacy will increase to the degree that you do it. You can learn about self-esteem and boundaries, but nothing will change unless you practice intimacy.
3. Each person has inherent worth and the right to be treated with respect.
  - In those moments when you are unable to feel loving toward your partner, you must be respectful.
  - If you commit never to be disrespectful, this alone is an act of love and may transform your relationship
4. MYTH: People in good relationships never fight.
  - This fallacy is repeated in every aspect of our culture.
  - Real intimacy is the collision of your imperfections with those of your partner, while still holding one another with love and respect.
5. People in good relationships know how to manage the heat not avoid it.
  - “Hot couples need cool skills”
6. Staying in a dysfunctional relationship is a choice.
  - The one who says “can’t” is really saying “won’t”
  - No one is a victim (except in extreme circumstances).