



# Living Life LOUD

## Month 1 – Theme Call INTIMACY JANUARY 2016

### What Is Intimacy?

Intimacy is \_\_\_\_\_.

We can have all three types of intimacy, two of the three, or just one. Different relationships may \_\_\_\_\_.

Intimacy is predicated upon \_\_\_\_\_ – valuing each other. Without \_\_\_\_\_, intimacy is not possible.

### Let's look at the three types of intimacy:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Misconceptions

1. It's \_\_\_\_\_, not a \_\_\_\_\_.

2. Intimacy is about \_\_\_\_\_.

3. Intimacy either \_\_\_\_\_; you can't do anything to influence its creation.

**Challenges:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**Payoff:**

**So What Do We Do?**

1. \_\_\_\_\_

We must learn to \_\_\_\_\_.

We must find \_\_\_\_\_.

We must choose \_\_\_\_\_.

We must work on \_\_\_\_\_.

2. \_\_\_\_\_

3. \_\_\_\_\_

Remember – you don't have to do this all at once. Changes you make in one area will carry over into other areas as well. Start small and build. Small changes made consistently over time will create BIG results!

*You matter. Your stories matter.*

# RESOURCES

[The Dance of Intimacy](#) by Harriet Goldhor Lerner

[The Gifts of Imperfection](#) by Brené Brown

[FOUND: Rediscovering Your Dreams, Your Voice, and Your Life in 15 Minutes a Day](#) by Lain Ehmman

## TED Talk:

[How the Internet Enables Intimacy:](#)

