

Creating Intimacy...

Intimacy in marriage is the art of making your spouse feel wanted, valued, understood, supported, and deeply loved. Intimacy is both a feeling and a decision that starts with choosing to be intimate, followed by acting/being intimate; intimate feelings follow intimate behavior. The starting place is with emotional intimacy because it paves the way for all other forms of intimacy.

Intimacy is an art.

When life gets busy with work, kids, and commitments, intimacy can suffer. Everyone else's needs come first while yours suffer, especially time with your spouse, your most important commitment of all.

How do you keep intimacy alive when life gets crazy busy, especially like it does after becoming parents? Consider these tips to create/maintain all levels of intimacy.

Avoid this BIG Mistake

The big mistake most spouses make is forgetting that they were a couple before anything else happened like having kids or starting that insanely-busy career.

Remember that you're married and act like it. Everything else will come and go in your life except your relationship.

You were a couple before kids, and you'll be a couple after they leave home.

You were a couple before your career took off, and you'll be a couple when you change jobs or retire.

You must do whatever it takes to protect your marriage and put your relationship first.

One of the pathways to enjoying and maintaining intimacy in marriage is always making time for each other.

Create intimate moments

As you take on more responsibilities and commitments, time will be a limiting factor.

So when you don't have the time you want, wish for, or need, create intimate moments amidst the chaos. Give quick hugs often where you just hold each other for a few seconds; make meaningful, intimate eye contact; squeeze each other's hand gently.

Be intentional about enjoying intimate moments.

Reassure One Another

Create emotional intimacy by taking time to build each other up - let your partner know they're on your mind. It can be a text, call, voice audio, video...let them know how amazing you think they are and how happy they make you; remind them why you want to spend the rest of your life with them.

Flirt with each other

Stoke the fires of intimacy by sending flirtatious texts, writing love notes, or by complimenting each other in a flirtatious manner. Make them feel wanted.

Make time for conversation

What did you like talking about before starting your career or having kids?

Embrace the intimate-generating power of conversation.

Couples who stop talking, start feeling they have less and less in common.

If new parents, enjoy parenthood together

Parenting can create a sense of closeness and intimacy IF you're intentional about it.

Savor the milestones; cherish each special moment that parenting brings.

Yes, it's possible to bond even over diaper changes, potty training and other less glamorous parts of parenting!!

Schedule time together

Scheduling time and saying "no" to everything else is the ONLY way to get much needed "couple time."

Without spending time together, emotional intimacy will fade. Once emotional intimacy starts to fade, physical intimacy soon follows.

Couples always assume they'll do what needs to get done and then spend whatever time is left over together. **That does. not. work.**

Scheduling time for your spouse let's them know and feel that they are a priority in your life, and vice versa. The feeling of being wanted fuels intimacy in marriage. Always make time for your spouse even if it means saying "no" to someone else.

Which one of these tips would you consider trying this week to create more intimacy in your relationship?

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!