

TOUCH ALWAYS TURNS INTO SEX
RECLAIMING THE POWER OF NON-SEXUAL TOUCH



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ALL ROADS LEAD TO ROME



LOOK FAMILIAR?



ALL ROADS LEAD TO ROME

- Vacuuming leads to Rome
- Asking about my day leads to Rome
- Opening my door leads to Rome
- Telling me “please go have a full day off with your girl friends, I’ll watch the sick kids” leads to Rome.
- Sitting close to me on the couch leads to Rome.
- Basically, anything that looks or smells unusual leads to Rome.

THE CONSEQUENCE

- Neutral acts of intimacy or care are robbed of their value.
 - “Don’t open my door if all you want is Rome”
 - “Don’t sit close to me if all you want is Rome”

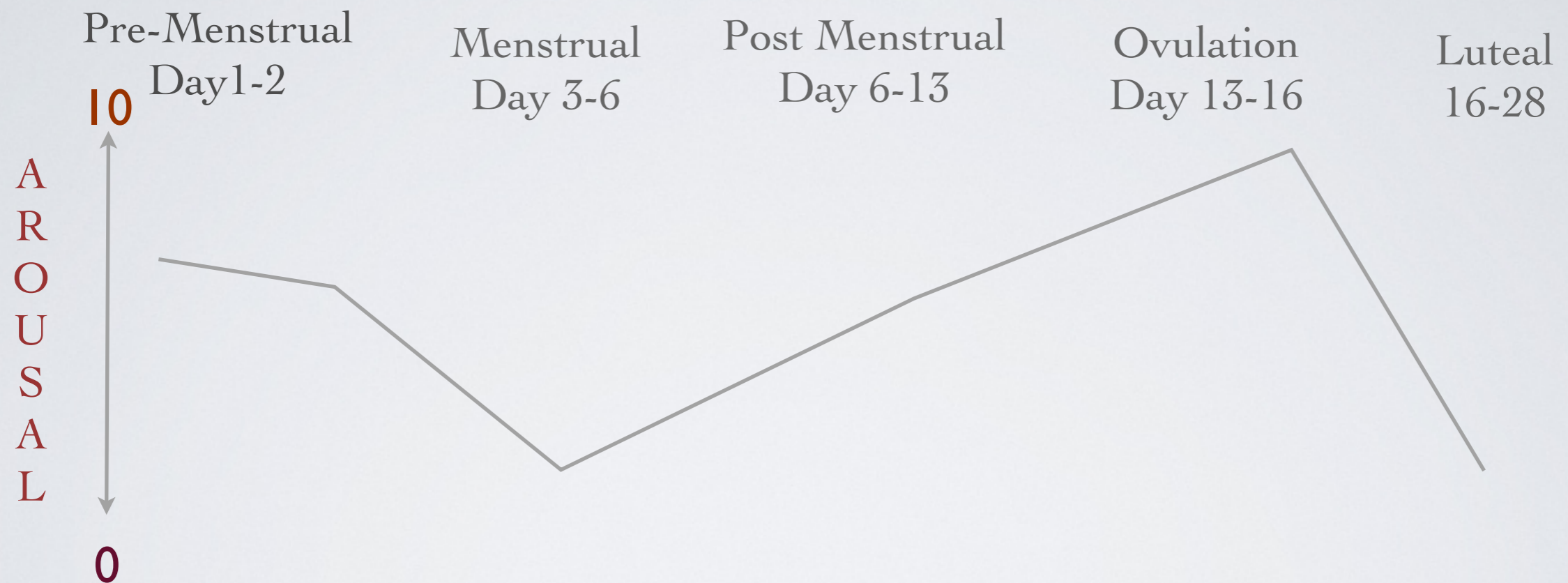
THE PROBLEM

- According to research there are 13 types of intimacies

ONLY ONE OF THEM IS SEXUAL

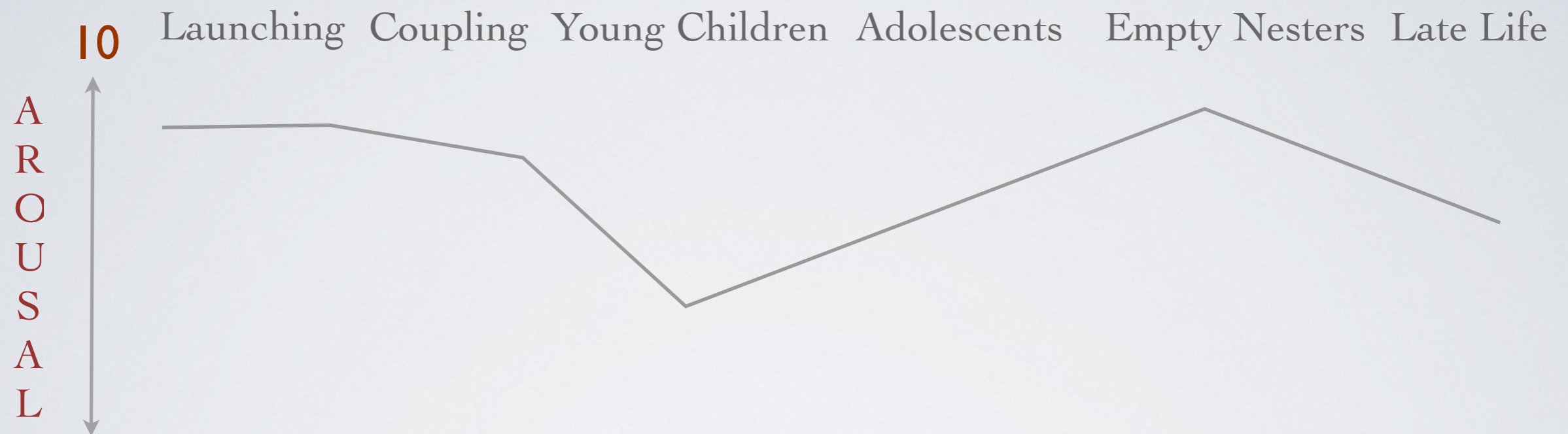
WHY SEX IS ONLY 1 OF 13

It honors the natural rhythms and the female cycle



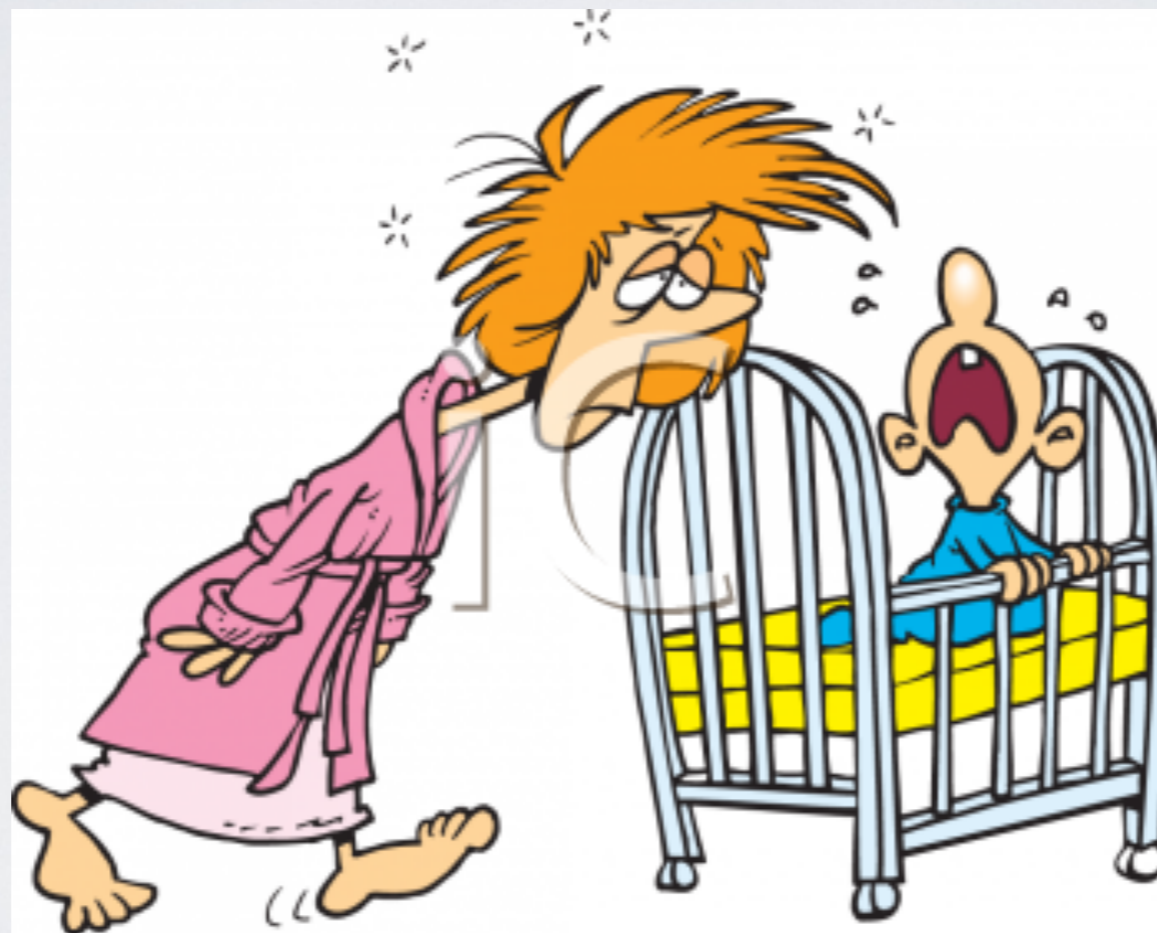
WHY SEX IS ONLY 1 OF 13

It honors the natural life cycle



WHY SEX IS ONLY 1 OF 13

It honors the unexpected



WHAT ARE THE OTHER 12 TYPES OF INTIMACIES?

- **I. Spiritual Intimacy**

- Experience intimacy with each other through oneness with God.
 - Praying together
 - Doing devotions together
 - Sharing your spiritual growth together

WHAT ARE THE OTHER 12 TYPES OF INTIMACIES?

- **2. Work Intimacy**

- Sharing common tasks together
 - Doing the dishes together
 - Working in the yard together
 - Paying bills together

WHAT ARE THE OTHER 12 TYPES OF INTIMACIES?

- **3. Intellectual Intimacy**

- Closeness through the sharing of ideas
 - Thoughts on politics
 - Thoughts on current social issues
 - Thoughts on how schools should protect kids from violence.

WHAT ARE THE OTHER 12 TYPES OF INTIMACIES?

- **4. Relational Intimacy**

- Relating through experiences of fun and play
 - Bowling together
 - Water fights
 - Laughing with each other at a movie

WHAT ARE THE OTHER 12 TYPES OF INTIMACIES?

- **5. Emotional Intimacy**

- Sharing and being tuned into emotions
 - Identifying and sharing (through conversation or experiences) 5 core emotions
 - Hurt
 - Sadness
 - Fear
 - Shame/Guilt
 - Joy/Peace

WHAT ARE THE OTHER 12 TYPES OF INTIMACIES?

- **6. Crisis Intimacy**

- Closeness in coping with problems and pains
 - Emergency room visit with a child
 - Finding out together creative ways to pay the bills
 - Supporting mom when she broke her hip

WHAT ARE THE OTHER 12 TYPES OF INTIMACIES?

- **7. Conflict Intimacy**

- Understanding through struggling with differences
 - Talking about and resolving who is responsible for what
 - Talking about and resolving where we go for Christmas
 - Talking about and resolving how to parent

WHAT ARE THE OTHER 12 TYPES OF INTIMACIES?

- **8. Creative Intimacy**

- Sharing in acts of creating together
 - Re-designing a room in the house
 - Taking a pottery class with each other
 - Overcoming an obstacle together

WHAT ARE THE OTHER 12 TYPES OF INTIMACIES?

- **9. Commitment Intimacy**

- Planning for togetherness today and in the future
 - Once a day
 - Once a week
 - Once a month
 - Once a year

WHAT ARE THE OTHER 12 TYPES OF INTIMACIES?

- **10. Aesthetic Intimacy**

- Sharing experiences of beauty
 - Taking a walk together
 - Watching a sunset together
 - Going to an art museum together

WHAT ARE THE OTHER 12 TYPES OF INTIMACIES?

- **11. Communication Intimacy**
 - Feelings of openness in sharing all of life
 - Talking about the kids
 - Sharing your experience at the mall
 - Sharing how you dropped your coffee all over the seat of the person sitting next to during your board meeting.

WHAT ARE THE OTHER 12 TYPES OF INTIMACIES?

- **12. Physical Intimacy**

- All loving touch that is non-sexual
- Holding hands
- Hugging
- Kissing

RECLAIMING THE POWER OF NON-SEXUAL TOUCH

- The act of touching floods our body with oxytocin, a “bonding hormone”.
 - Makes people feel secure and trusting toward each other
 - Lowers cortisol levels (stress hormone)
 - Lowers blood pressure
 - Lowers activity in the part of your brain that registers pain
 - Strengthens your immune system
 - Increases performance (NBA)

5 SIMPLE STEPS TO RECLAIMING NON-SEXUAL TOUCH

- 1. Identify non-sexual touch days, times, or places that both partners agree will be absent of sex.
- 2. Share with your partner that non-sexual touch without sex does not mean you are rejecting them. Remind them of this.
- 3. Initiate touch in locations that are not conducive to it turning into sexual touch (car, doctors office, basketball game, mall).
- 4. Reflect on and talk about the pleasure you are receiving from non sexual touch (“I find myself calming down just holding your hand”).
- 5. Initiate touch during comings and goings.

RESOURCES

- For presentation and a worksheet on the 13 dimensions of intimacy go to:
 - www.freetoattach.com click on trainings.