

Rivka Malka and Devora
Intimacy Class 1 notes

03-03-2021

Keep a notebook handy, and write down points for yourself, or things you want to speak with your spouse about, work out internally make this time your own.

Intimacy takes building blocks, we want to address pain immediately but we first must create the base and solid foundation to create the safety.

We will start with the foundation ,what is marriage, intimacy, the hashkafa of it all, and how I can accomplish it, so you can have lasting changes.

Put Hashem into your marriage

The "ME" "WE" "US"-

Set a differentiation between "me" and what I need to be whole enough to be part of a relationship.

We -You and I in relationship

You have to be a whole you, and I have to be whole me, in order for us to give to be a complete us

We need to develop a strong "me", and a strong acceptance of "you" and what we are trying to build together.

Don't personalize

The more you practice the more harmony you will have with your spouse.

Make your marriage your first priority

What does it mean to make your marriage whole?

True self-care addresses what you need, take an hour off and do something that gives you real pleasure, nourishes you in a way that another activity can't do and that is permanent, something which will create a domino effect. What will make you inside feel whole and more capable of dealing with life.

True nourishment will be a cycle

To allow me to completely me, I have to allow you to be completely you

Once we develop the "me" and the "you" the intimacy becomes so much better.

Intimacy- we are both building a special place together, I see you as you and what is giving to us.

Get comfortable with differentiation the drive for individuality and the drive for togetherness

We all have our own stories we create- different facts can create different stories within each of us.

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The more we surrender to this truth, that my story is my story and I am allowed to have it but it's just a story but we must remember we need to separate the facts from the story.

Our story is generally very painful to us, it's the presence of the yetzer hara and inner child wounds.

We shouldn't have accusations about ourselves or our spouse, because this is how Gd made each one of us.

We shouldn't blame ourselves or our spouse

Gd made limitations

Find a time to gently process through your feelings and then share this experience with another.

Intimacy-into me I see,

Request an action to take in togetherness

When you share do it without blame, finger pointing

Be careful of the word "I feel"-in can make the other person automatically feel bad try the story I tell myself...you don't want your spouse to feel attacked.

Sharing takes planning and boundaries, and maybe think about options beforehand.

This is a foundation for emotional and physical intimacy- you can't have one without the other and it starts with emotional intimacy.

When you share something intimate it needs to be honored so think about the time, and be willing to accept that the time may not be right now. You need to plan for when you can both be in the right headspace.

Don't lean your whole value on the other, ensure your "me" is still nourished

Radical adulthood

Do not personalize it, just because the other person is not reacting well it doesn't mean that reason is me. They aren't attacking me but rather their own frustrations they are venting.

There are so many other reasons why, it doesn't mean you are at all responsible.

Allow them the entitlement to be frustrated, don't make it into a massive blowout.

Your personal boundary of the "me" is that I am not going to personalize it

Don't allow yourself to feel attacked.

"Me" and "you" differentiate

No accusations and no attacking

We are all doing the best we can and we are worthy of our respect and love

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When I am going to address my spouse I am not going to blame them,
When a spouse attacks you don't pick up the accusation. For an accusation to stay you need to have room for the accusation to hurt you. Be "unhookable".

Accusations create the possibility for more accusations (either attacking the spouse back or your self)

Which means we need to increase our understanding that God loves us as we are, and we need to have self-love.

The beauty is in our differences and our individual quirks

Recognize just that you are beautiful in your quirks that they are beautiful in their quirks.

Keep you and your spouse on the same playing field, you are not perfect and you can't expect them to be perfect all of the time.

Remember our inner needs are different (male-female, as two people different backgrounds) we see this most in physical intimacy

Intimacy discussions are difficult and have potential to cause pain but also the potential to bring us so much closer together, these discussions will not generally occur during intimacy.

Physical intimacy holds so many sensitives

Integration-make a list of 5 of your quirks and then send some love to your own quirks, then make a list of your spouse's and then pour some love on it.

Do the same thing with your needs where you come from, and where your spouse comes from. Then put a boundary around those needs, what you need to be okay with.

Observe them and your differences, take stock of how you work and how they work.
This takes practice, tons of practice, the whole view of your life changes when you observe.

When you are in your own head for so long you can't even see them.

Notice without judgement.

Practice

1. Really noticing
2. Practicing the steps on how to talk about something important-recognizing the "me" and stating the facts, and separating your story from the facts, being able to communicate what you are feeling and being able to request your need.
3. Ask Hashem for the strength to follow through. If you can't do it yourself Hashem is the one who can help us get over the story you told yourself, the blockage, etc...

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We are doing the best we can with the tools we have and Hashem is the one who made us that way.

Physical intimacy

Use the above tools and at some point before our next class think about something that you would like to communicate to your spouse about and plan on when you are going to have that discussion.

1. make sure it's important enough to you that you do want to speak about
2. write down how you want to explain it in a clear kind way, and how you see it
3. write down what you think your spouse's reaction to what you think they are gonna say

After the conversation compare what actually happened to what you thought how your spouse would react.

The conversation is practicing a tool, do protect yourself and hold yourself. Don't start with the most important thing. This is an exercise-this isn't the time for massive vulnerability