

5 EASY FIXES FOR COMMON INTIMACY FAILS



www.JodiErin.com

Copyright 2016 Jodi Erin Rabinowitz

5. The Problem: Comparison.

You are comparing your relationship to things you see on Facebook, on TV, and to the idealized representation of what a relationship is supposed to look like in your head. Who could live up to all that? It is incredibly discouraging for your partner to be trying to connect with you when you are connecting with an idealized version of who you wish your partner was. And that just leads to frustration. Your partner will never be the ex who left you in college. They will never be Ryan Gosling. They will never live up to the ideal you have in your mind.

The fix:

If it was easy to stop comparing, you would have done it already. What is it that these idealized figures do for you? How do they turn you on in a way that your partner does not? I feel the most important question to ask yourself is, “How does this fantasy make me feel about myself?” Once you have the answers to these questions, you should have a better idea about why you are comparing. You may discover that the reason you were comparing has much more to do with the way you feel about yourself and not your partner.

4. The Problem: Mind-reading.

You are making assumptions about what your partner thinks, feels, and needs. One of the main reasons that you might do this is because deep down you wish your partner was able to read your mind. This way you would not have to communicate difficult things to them. In addition, there is a sort of romanticism about knowing your partner so well that you do not need to verbally communicate your needs. Even couples that have been together for decades and know each other very well are still guilty of attempting to mind-read at times. We will never fully know someone and therefore assuming that you know what your partner is thinking sets you up for major miscommunication.

The fix:

Most people could benefit from an increase in communication in every area of their lives. If you're having trouble communicating your needs to your partner think about what might be blocking you from sharing your true self. Are you afraid of rejection? Are you worried your needs are too great? Whatever is blocking you needs to be worked through so that you can communicate more clearly. And if you feel that it is important to have a partner that knows your needs so deeply without communication, think about why. Just because you need to ask your partner to do something does not mean that they do not want to do it or that they love you any less.

3. The Problem: Distraction.

Our world is full of distractions. We have full computers, music players and worldwide connections on our phones. It is very easy to become distracted by our surroundings and forget to connect intimately and deeply with other people. This is especially true after you have been together for a long time. It becomes painfully obvious to your partner when you are distracted while with them. This makes them feel less important and it diminishes the powerful connection that is possible between partners.

The fix:

Make a deal that certain times of the week or day are technology-free. During that time make it a point to pay attention to your partner and to do things together that make you feel closer. This can be anything like playing a sport together, going for a hike in the woods, or practicing Tantric or meditative sex. Also discuss ideas around becoming less distracted during other times. This can be something like a “technology safe word” that you use when you need to connect with your partner and they are on the phone. Another tactic is to always turn off your phones at a certain time of night.

2. The Problem: Judgment.

This refers to judging yourself and judging others. It is really hard to have intimacy in a relationship if there is no trust. And it is very hard to trust someone if you are worried about their judgment. Additionally, judging yourself for certain desires causes major barriers to connection. Being unable to connect to yourself or to your partner seriously damages intimacy.

The fix:

Work actively to not judge your partner or yourself. If there is something that you are having difficulty accepting about yourself or your partner, seek some guidance or help to assist working through that block. If there is something in particular that causes you to jump to judgment, take some time to think about where that judgment comes from. Whose voice is carrying out the judgment? Is it yours or is it someone from the past or from society? What are you gaining from this judgment? Is it protecting you or holding you back? Usually judgment comes from somewhere else and not from within. This is because ultimately judgment comes from fear and we come from love.

1. The Problem: Not being vulnerable.

If you work really hard to connect intimately with your partner but you are not being vulnerable and authentic, there will always be a barrier in the way of true intimacy and connection. Vulnerability is sexy. Vulnerability encourages others to be vulnerable. When someone feels unable to show their partner their vulnerable side that is usually a sign of deeper problems in the relationship. And that often subconsciously makes a person withdraw and not want to connect intimately.

The fix:

Take a moment to wonder about where this block comes from. Have you always had a difficult time being vulnerable with a partner or is this a new feeling? What is the fear around showing your partner your authenticity? When you think about being vulnerable with your partner, how does it make you feel? Is it exciting or terrifying? Is there something you're afraid for your partner to see? If the answer does not come to you easily or if the answer is distressing it may be helpful to enlist the help of a counselor or coach to help you work through this.

Intimacy takes work. It is not an end goal or destination. It is something to work on constantly with your partners and with yourself. But the result of the hard work is incredible connection, support and happiness, and usually incredible sex.