

Challenge YOUR Desire

Day 6

Hello to the last of my videos!

And today I'm covering non-sex topic. Interestingly, I am okay to admit to you that I feel intimacy is MORE important than sex itself. Yes, a sex educator and coach, is telling you it is okay not to have sex. However, intimacy should never be dismissed...

Intimacy plays a big part in our enjoyment of life, and how we receive and accept pleasure. It is where we get connection.

When we talk intimacy, the first thought might be to physical intimacy. However, there is also emotional intimacy – where you are comfortable sharing deep feelings with someone. Or intellectual intimacy – when people feel open to sharing ideas and opinions, even if they might disagree – we often feel this with our co-workers.

Intimacy can therefore be with yourself, with family and friends and with a partner. It is not all sexual in nature. Yet all levels of intimacy will have a positive effect on your sexual self.

What is interesting, is our experiences and lifestyles can change how we are intimate. I have found that the busier and more stressed we are, the more we need to be conscious and decide to be intimate. It might not come as naturally as we'd like.

I love hand-holding but I realised after having kids that I stopped doing it so much. I think because my hands were so pre-occupied with a buggy, or carrying their mountain of 'stuff' everywhere I lost sight of it. We became two people just

going in the same direction. I had to be conscious to bring it back into our lives.

Why is it so important? Intimacy is based on vulnerability, because with that comes a deeper connection and trust. However, we are not really taught to be vulnerable. Even the strongest of us need to have moments of vulnerability.

But fear surrounds intimacy, as much as it does around sex. We worry about sharing things and the 'what ifs'. What if when I tell him I want to try a dildo during our love-making he scoffs at me, or refuses because he isn't going to be replaced by a battery operated fake penis. What if I tell him that I don't like that position that we've been doing for 5 years and he thinks I love, will he be angry at me? What if I tell him I want some time in my week for 'me', will he think I'm being lazy, I mean I should be doing [enter job here]

I never told my husband about my masturbation habits for fear of him thinking I was replacing him, and that he might query why I was not involving him if I was horny. After all my needs tend to happen when he is asleep next to me, I have plenty of access to him no doubt he'd say 'just wake me up'. I needed to become more vulnerable and have a real conversation with him.

And that is what I did. And it changed a lot of things. I was no longer hiding part of myself. Then I opened up about my thigh dislike and explained how I felt, another layer. When I told him about my fantasies, another layer, another building block to our relationship, another strength! Having a conversation and listening is a form of intimacy, something we should all work on.

Before I get onto the action, I wanted to also mention how important it is for our children to see affection and intimacy from us. A cuddle is proven to bond us together, and why newborns are put straight to the mother chest, skin to skin. But it is also important for us to be seen being affectionate.

Before you ask, no I don't mean anywhere near sexual intimacy.

I mean the hand-holding, the cuddling. Children see their care-givers, not just parents, and learn from our 'doing' behaviour as much as what we say. And if we hide this part of ourselves, we teach them to hide it and be afraid of it too, that it needs to stay behind closed doors. In front of them it allows them to see commitment. I often cuddle and kiss my husband where my kids could see or walk in, and never make a big deal of it. In fact, my youngest often tries to squeeze in-between our cuddles to be included, he wants to be connected too.

Now, to the action for today, the last one!

It is to think about what intimate moments you like, and whether you can incorporate them into your daily life more often.

As I said, we have to make conscious decision most of the time to include these in our daily life, because there is always something else we should be doing. But if you are a cuddle person, get an extra cuddle in. If you relax and unwind best with a bath and candles, then plan that in your diary. Turn the TV off, put the phone down and spend 10mins having a conversation, check in! My view on intimacy is as much self-care as it is connection. It is taking the time to enjoy our surroundings. And it will have an impact on how you view sex.

And that takes me to the end of my emails and videos. I hope you enjoyed the last week, it has been great to get your comments and thoughts, and of course my inbox and Discord are still open.

I will drop an email over tomorrow with a short feedback request, if you do have time for this I would be really grateful, it will help me to continue to build this and my other services, it is a little about the feels you got and a little about the practicalities.

And if this has intrigued you to keep going, then my membership programme opening in just a few weeks is the place to be. Gentle continuous immersion into the world of sex and relationships. More coming out on that soon!

In the meantime, I hope you have a lovely weekend!