



**Viktor Frankl
Marriage & Intimacy
Coaching**

With Rabbi Daniel Schonbuch, LMFT

Week 8

MARITAL CONNECTIONS INTIMACY WORKSHOP

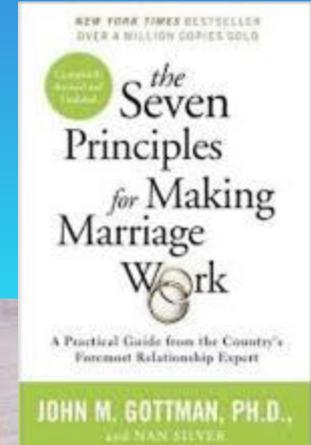
- What is Intimacy?
- What predicts satisfaction?
- Quality and Quantity
- The Torah and Sexual Pleasure (Onah)
- Knowledge/Arousal Feedback Loop

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Sex and the Relationship

- Sex
- Relationship
- Intimacy



What is Intimacy?

- A **close, familiar**, and usually **affectionate** or loving personal relationship with another person.
- Intimacy entails detailed **knowledge or deep understanding of the other person.**



Does Intimacy Predict Satisfaction?

- Closeness and intimate trust = more satisfying sexual relationship.
- 70% of women report that the quality of their sexual relationship was dependent on feeling friendship with their spouse.
- 70% of men also reported that the quality of their sexual relationship was dependent on feeling friendship with their spouse.

John Gottman,
Principles for Making Marriage Work

Quality and Quantity

- Sexual satisfaction is directly related to **marital satisfaction (i.e. Friendship)**.
- Relationship satisfaction is also intimately related to **sexual satisfaction and frequency**.

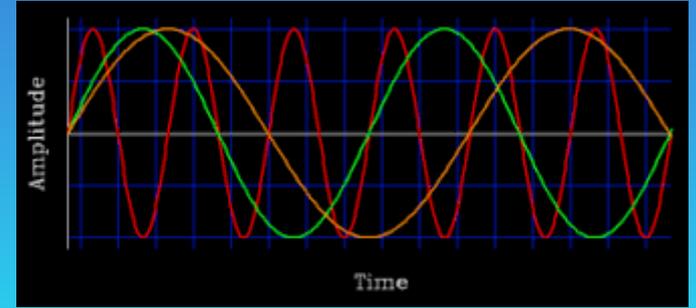


Relationship and Frequency

- Couples with a **greater frequency** of affectionate sexual behavior experience:
 1. Increased sexual and emotional satisfaction
 2. Fewer sexual concerns and difficulties
 3. Greater relationship satisfaction.

Frequency

- Young married couples tended to have sex approximately twice weekly.
- One study found that “young married men and women (ranging in age from eighteen to twenty-four) had sex 3.25 times a week”.



What is Intimacy?

- In-to-me, see?
- Intimacy: A close association with or detailed **knowledge or deep understanding.**
- “Adam knew Eve”  וְהָאָדָם יָדַע אֶת־חַוָּה
- Tanya Perek 3: “And Adam **knew** Eve,” implies **attachment** and **union.**”

What is Intimacy?

- Therefore, a man shall leave his father and his mother, and cleave to his wife, and they shall become one flesh.

כַּד עַל־כֵּן יַעֲזֹב אִישׁ אֶת־אָבִיו וְאֶת־אִמּוֹ וְדָבַק
בְּאִשְׁתּוֹ וְהָיוּ לְבֶשֶׁר אֶחָד:

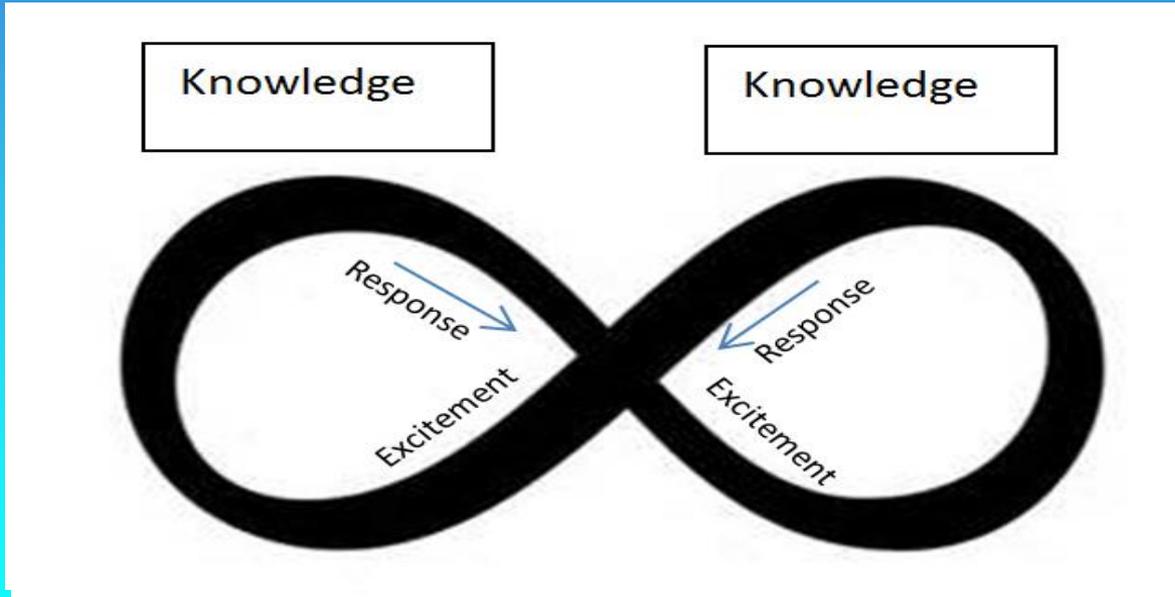
Attunement

י אִם־אֲחֵרֶת יִקְחֶלֶךְ שְׂאֵרָהּ בְּסוֹתָהּ וְעָנָתָה
לֹא יִגָּרַע:

- Mitzvah of “Onah”
- Onah is “a response to her,” implying emotional and physical attunement.
- Knowledge allows a person to achieve the mitzvah of Onah.



Knowledge/Arousal Feedback Loop



Intimate Awareness

- Learning to get know someone requires learning about their:
 - Spirituality
 - Mind
 - Emotions
 - Physical Pleasure



Infinite Pleasure

- People's bodies and stressors change over a lifetime.
- Since a person has a soul, they have an infinite "world" to be explored and to get intimate knowledge about.

SUE JOHNSON: SEX & THE BONDS OF LOVE



Exercise 1

- Appreciations
- Increasing Love Language
- Choosing More Affectionate Behaviors
- Love Maps
- Active Listening/ I Messages



Part 2: The Art and Science of Sex and Attachment

- ATTACHMENT THEORY
- 3 KINDS OF SEX: SHUT OFF, SOLACE, SYNCHRONY
- INCREASING EMOTIONAL AROUSAL

Topics we will Discuss

- Attachment theory and sexual development
- 3 Types of Sex
- Emotional Presence and Libido
- The Science of Orgasm
- Eroticism and Joy
- Getting to know one another



Sue Johnson on Intimacy



Attachment Theory

* Why do some couples have trouble experiencing intimacy?

* The answer to the question lies in understanding the nature of relationships and what scientists call **Attachment Theory**.

Attachment Theory

Attachment is:

“An **emotional bond** to another person and a lasting **psychological connectedness** between human beings”.

-John Bowlby



3 Kinds of Attachment Personalities

- Avoidant
- Anxious
- Secure



Sexual Satisfaction and Attachment

- Couples who report having a satisfying and long-term sexual relationship with their spouses overwhelmingly tend to have a Secure Attachment.

Avoidant

- Tend to be loners and regard relationships and emotions as being relatively unimportant.
- Tend to avoid or repress feelings.
- Their typical response to conflict and stressful situations is to avoid them by distancing themselves.



Anxious

- Usually self-critical and insecure.
- Seek approval and reassurance from others, yet this never relieves their self-doubt.
- Have feelings that they are going to be rejected making them worried and not trusting.
- Can become clingy and overly dependent with their spouse.

Secure Personality

- Strong sense of themselves and they desire close associations with others.
- Basically have a positive view of themselves, their partners and their relationships.

3 Kinds of Sex

- Sealed Off
- Solace
- Synchrony



Sealed Off

- Aims to reduce sexual tension and achieving orgasm.
- Sensation and performance focused.
- Relationship is secondary.
- Men tend to practice this kind of sex.



Solace

- Needs lots of reassurance.
- Get caught up in pleasing their spouse to win his/her approval.
- Concentration on cuddling and affection rather than abandoning themselves in love-making.

Solace

- Highly sensitive to signs of rejection.
- Often wind up pressuring their partner to have sex or getting into arguments about exactly why they are not feeling sexy.



Synchrony

- Emotional openness and responsiveness, tender touch and erotic exploration all come together.
- This sex fulfills, satisfies and connects.
- Not wild sexual technique, but a safe emotional bond.

Synchrony

- Tuned into each other as they coordinate the **sexual dance**, sensing each others inner state and **responding** to how arousal shifts and peaks.
- Emotional **safety** shapes physical synchrony and physical synchrony shapes emotional safety.



Source of Eroticism and Joy

- Synchrony Sex deepens bond with spouse and makes lovemaking a reliable source of eroticism and joy.
- Research tells us that sexual synchrony creates a secure bond and increases sexual relationship.

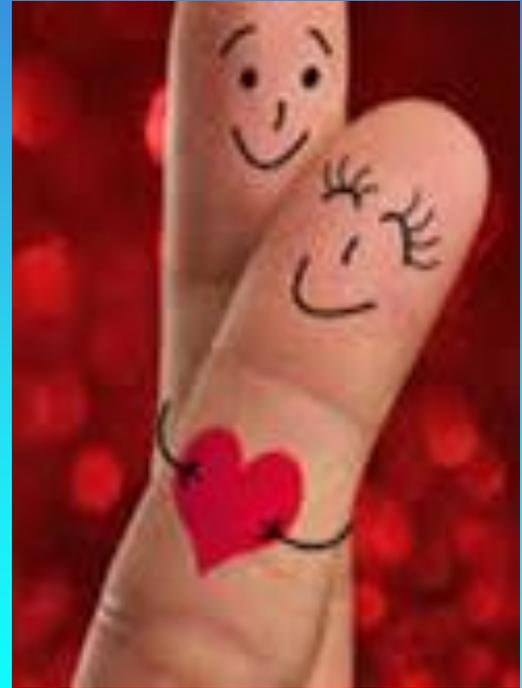
Doing the Tango

- Can more easily deal with the sexual differences and problems that inevitably come up in a long-term love relationship.
- The thrill in this kind of sex is like the **"safe adventure"** of **dancing tango** with a trusted partner.
- They are totally engaged in the dance and let the emotional and physical music **take them over.**

Emotional Presence and Libido

“Emotional **presence** and **trust** is the biggest **aphrodisiac (a stimulant for sexual desire)** of all and the thrill can last a **lifetime.**”

Sue Johnson



Arousal

“Every act of sex is an **exploration** of one’s own and the other’s body and mind, if attachment needs are not paid attention to, sexual arousal will be **compromised.**”

Sue Johnson

Technique

- **Focused attention** and full engagement in the moment, however, tend to heighten eroticism and **can override technique issues.**

(Klein-Platz, 2001)

Attachment and Orgasm

- Neuroimaging studies show that orgasm, at least in women, involves deactivation of the hippocampal regions of the brain associated with anxiety.
- This means women first have to feel safe before they can climax with their partner.

(Bartels & Zeki, 2004)

Sensation

- Arousal requires relaxation to take in stimulation and orgasm requires a tension and excitement but also an ability to let go and surrender to sensation.

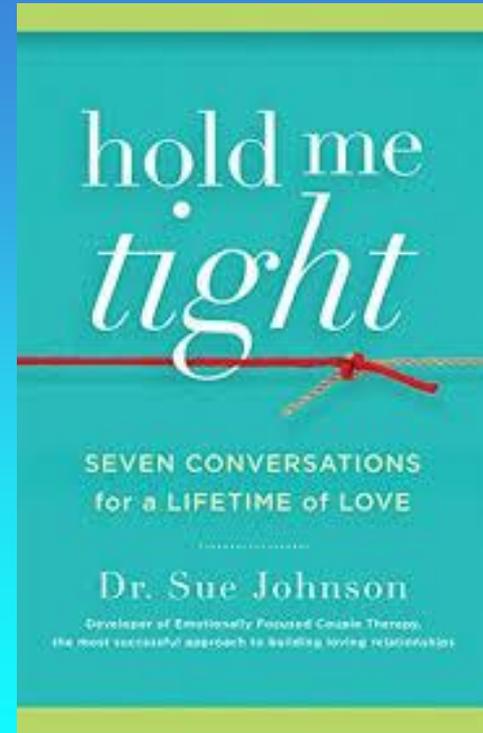


HOLD ME TIGHT CONVERSATIONS



HOLD ME TIGHT

- 1: Recognizing the Demon Dialogues
- 2: Finding the Raw Spots
- 3: Revisiting a Rocky Moment
- 4: Hold Me Tight — Engaging and Connecting
- 5: Forgiving Injuries
- 6: Bonding Through Sex and Touch
- 7: Keeping Your Love Alive



Exercise 2

- Attachment test - attachedthebook.com
- Suggest Hold Me Tight Discussions:
 - Demon Dialogue
 - Finding the Raw Spots
 - Bonding Through Sex and Touch

Exercise 2 Examples

- When _____, I do not feel safely connected to you.
- I tend to _____. (I move this way in our dance to try to cope with difficult feelings and find a way to change our dance). **(Demon Dialogue)**

Exercise 2 Examples

In this incident, the trigger for my raw feeling was _____.

On the surface, I probably showed _____.

But deep down, I just felt _____ (pick one of the basic negative emotions, sadness, anger, shame, fear).

What I longed for was _____.

(Find the Raw Spots)

Exercise 2 Examples

- What helps you begin to open up emotionally and physically to sex?
- What turns you on the most before and during lovemaking?
- How long do you expect pleasuring or foreplay and intercourse to last?

(Bonding Through Sex and Touch)