

Intimacy Could Be A Sentence Away

Your Relationship Minute. I'm Douglas Johns.

Could intimacy and connection really be just a sentence away in your arguments? To be clear, it ain't always easy. Is it possible? Absolutely!

Relationships are “people growing machines”, says couples therapist David Schnarch. Like a mirror, our closest relationships reflect back to us both our strengths and our challenges; our hopes and our fears. Relationship invites us to stretch our concepts of self and other, together as a united couple, by jointly attending to the Unique Set Of Problems all relationships create.

Want to interrupt an argument with a bid for intimate dialogue? Reveal your vulnerable feelings about the fight to your partner; inquire into and acknowledge your partner's perspective as best you can; invite your partner to share more about their feelings on the fight. This process, what Dan Wile calls the platform, can be precarious so don't be surprised or deterred if you need lots of practice. Revealing your feelings without using them as an emotional cudgel against your partner takes skill. More on that later.

I'm Douglas Johns and I'm a couples therapist. Please like and subscribe. More at YourRelationshipMinute.com

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