

- 1 **CHAPTER 6:**
Learned Intimacy Styles
- 2 **Inner Courts of Intimacy**
 - The inner court of temple was reserved for sacredness and holiness – purification and cleanliness was of the utmost priority
 - The inner circle of our intimacy is designed for sacredness just the same.
 - Each human relationship is designed by God to somehow reflect an attribute of His character.
- 3 **The Importance of Human Intimacy**
 - The sacred role of our inner court are meant to be people who know us, love us and have our best interest at heart.
 - God created the family system and our spiritual communities to house these special places in our heart where we can be validated and affirmed in our specific purposes and identity
 - The most damaging thing in our hearts occurs when the people intended for these places of intimacy enter our lives contaminated and unhealthy.
- 4 **Influence of Intimacy/Attachment**
 - Parents influence our relational styles
 - Moms and dad's each contribute to certain aspects of our intimacy development
 - When roles are abusive, detached, or neglected, holes and breaches occur
 - Alternative strategies are formed to bring connection when authentic connection through love was not fostered
- 5 **Parenting Intimacy Breakdowns**
 - A parent is absent due to death, divorce or abandonment.
 - The gender role of intimacy is absent - a parent is physically present, but emotionally and spiritually detached.
 - A parent tries to fill their own intimacy needs through us inappropriately.
 - A parent abuses us physically, emotionally, sexually or spiritually
- 6 **Intimacy with Ourselves**
 - Understanding self-protection and compartmentalization is important
 - This occurs when the internal child checks out due to trauma and inability to cope and an imposter external person begins to do life disconnected to that traumatized child.
 - We must comprehend the different "versions" of our ourselves throughout life and see when and how we may have self protected more significantly.
 - Through inner healing, a merging process takes place where we become one, while person rather than have fragmentation occurring within
- 7 **Peer Friendships**
 - Our intimacy styles learned in family of origin will first be displayed in outside friendships
 - If our family was unhealthy we will be more prone to rely on outside friendships
 - If we have rejection patterns, we will be more prone to connect in unhealthy ways to find acceptance
 - In this generation there is a heavy reliance of friendships in the teen years because of the absence and dysfunction of the family system. (Breeding ground for codependence).
- 8 **Dating**
 - How we learned to connect and draw closer to the opposite sex through dating is reflective of our ability to be in long-term committed intimacy roles.

- If we dated out of brokenness, we were prone to connect to people quickly, and often were drawn by physical attraction or emotional need.
- If physical touch and sexual relations were introduced, an unhealthy soul tie formed, thus we were unable to continue to build the relationship in any form of healthy way. Once sex is introduced, all healthy intimacy ceases.
- We will fall for an "ideal" and be overcome by an unhealthy desire, only to have to piece through and deal with the character issues of that person later down the line.