

A HOUSE THAT GRACE BUILT

Chapter 6: Learned Intimacy Styles

INNER COURT 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.

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.

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

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

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

PEER FRIENDSHIP

- 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).