

Radical Intimacy



Radical Marriage Your Relationship as Your Greatest Adventure



Radical Marriage

Your
Relationship
as Your
Greatest Adventure



David and Darlene Steele



Radical Intimacy

If you have a boring relationship, it means you're not being intimate enough.



Radical Intimacy

- ❖ Radical intimacy means sharing your private thoughts, feelings wants, and needs in a close emotional and physical relationship.



Radical Intimacy

- ❖ Radical intimacy means sharing your private thoughts, feelings wants, and needs in a close emotional and physical relationship.
- ❖ Radical intimacy is transparent.



Radical Intimacy

- ❖ Radical intimacy means sharing your private thoughts, feelings wants, and needs in a close emotional and physical relationship.
- ❖ Radical intimacy is transparent.
- ❖ Radical intimacy holds nothing back.



Radical Intimacy

- ❖ Radical intimacy means sharing your private thoughts, feelings wants, and needs in a close emotional and physical relationship.
- ❖ Radical intimacy is transparent.
- ❖ Radical intimacy holds nothing back.
- ❖ Radical intimacy is emotional, physical, and spiritual.



Radical Intimacy



Radical Intimacy



Radical Intimacy



Radical Intimacy



Radical Intimacy

Is not like jumping
in the deep end



Radical Intimacy

Is not like jumping
in the deep end



Is like peeling an
onion



Radical Intimacy

10 Strategies of Radical Intimacy

How high, far, and deep do you
want to go?



Radical Intimacy

Strategy #1:

Create Safety for Yourself



Radical Intimacy

Strategy #1:

Create Safety for Yourself

- ❖ Identify, communicate, and protect your boundaries.



Radical Intimacy

Strategy #1: Create Safety for Yourself



- ❖ Identify, communicate, and protect your boundaries.
- ❖ Be assertive



Radical Intimacy

Strategy #1:

Create Safety for Yourself



- ❖ Identify, communicate, and protect your boundaries.
- ❖ Be assertive
- ❖ Be proactive as well as reactive



Radical Intimacy

Strategy #1:

Create Safety for Yourself

Radical Action #1:

Identify and request one behavior you want from your partner that would help you feel safe to share your deepest needs and desires.



Radical Intimacy

Strategy #1:

Create Safety for Yourself

Radical Action #2:

Next time you catch yourself tolerating something that bugs you, make a conscious effort to speak up and make a request.



Radical Intimacy

Strategy #1:

Create Safety for Yourself

Radical Action #3:

Watch how often you hold back from telling your truth about your needs and change that pattern.



Radical Intimacy

Strategy #2:

Create Safety for your Partner



Radical Intimacy

Strategy #2:

Create Safety for your Partner

- ❖ Accept your partner for who they are



Radical Intimacy

Strategy #2: Create Safety for your Partner

- ❖ Accept your partner 100% for who they are
- ❖ Own your reactions and judgments



Radical Intimacy

Strategy #2:

Create Safety for your Partner

Radical Action#1:

Check in with your partner about how emotionally safe and accepted they feel with you.

Listen with compassion and without defensiveness



Radical Intimacy

Strategy #2:

Create Safety for your Partner

Radical Action#2:

Initiate a conversation with your partner about what would help them feel safe to share their deepest needs and desires.



Radical Intimacy

Strategy #3: Continually Take Risks



Radical Intimacy

Strategy #3: Continually Take Risks

❖ If it's scary, you're doing it right.



Radical Intimacy

Strategy #3: Continually Take Risks

- ❖ If it's scary, you're doing it right.
- ❖ Take small risks and build up to bigger ones.



Radical Intimacy

Strategy #3: Continually Take Risks

- ❖ If it's scary, you're doing it right.
- ❖ Take small risks and build up to bigger ones.
- ❖ Don't wait "until the time is right"



Radical Intimacy

Strategy #3: Continually Take Risks

- ❖ If it's scary, you're doing it right.
- ❖ Take small risks and build up to bigger ones.
- ❖ Don't wait "until the time is right"
- ❖ Catch yourself holding back and staying safe.



Radical Intimacy

Strategy #3:

Continually Take Risks

- ❖ If it's scary, you're doing it right.
- ❖ Take small risks and build up to bigger ones.
- ❖ Don't wait "until the time is right"
- ❖ Catch yourself holding back and staying safe.
- ❖ Share everything, no matter how trivial or embarrassing.



Radical Intimacy

Strategy #3:

Continually Take Risks

Radical Action #1:

Next time you catch yourself having a thought, feeling, need, fantasy or desire and not sharing it with your partner, make a conscious effort to share it anyway.



Radical Intimacy

Strategy #3:

Continually Take Risks

Radical Action #2:

Identify and share an emotional need that you've never disclosed before, because you weren't aware of it, didn't think it was important or realistic, or were embarrassed to talk about it.



Radical Intimacy

After you've taken the easy risks...

...all that's left are the ones that feel really hard.



Radical Intimacy

Strategy #4: Rituals



Radical Intimacy

Strategy #4: Rituals

❖ Rituals are routines in your relationship



Radical Intimacy

Strategy #4: Rituals



- ❖ Rituals are routines in your relationship
- ❖ You both know when, where, and how



Radical Intimacy

Strategy #4: Rituals



- ❖ Rituals are routines in your relationship
- ❖ You both know when, where, and how
- ❖ Can be consciously created!



Radical Intimacy

Strategy #4:

Rituals

Radical Action #1:

If you haven't already, create a daily check-in ritual to share about your day (what happened outside of you) and your experience (what happened inside of you)



Radical Intimacy

Strategy #4:

Rituals

Radical Action #2:

Co-create one new daily connection ritual that would deepen and enhance your on-going intimacy.



Radical Intimacy

Strategy #5: Text Messaging



Radical Intimacy

Strategy #5: Text Messaging

- ❖ Writing is a highly intimate activity



Radical Intimacy

Strategy #5: Text Messaging



- ❖ Writing is a highly intimate activity
- ❖ Share your most intimate thoughts and feelings spontaneously as they occur to you.



Radical Intimacy

Strategy #5: Text Messaging



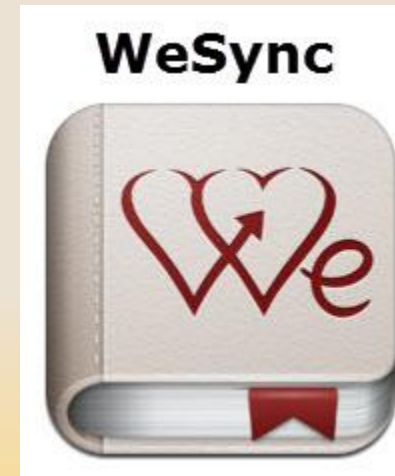
- ❖ Writing is a highly intimate activity
- ❖ Share your most intimate thoughts and feelings spontaneously as they occur to you.
- ❖ Can be on paper, electronic, or both



Radical Intimacy

Strategy #5: Text Messaging *Radical Strategy #1:*

Download and try using a secure mobile app for couples.



Radical Intimacy

Strategy #5:

Text Messaging

Radical Strategy #2:

At least once per day send your partner a message by text, email, or voicemail about something you'd like to share or talk about during your check-in or connection ritual.



Radical Intimacy

Strategy #6: Tell Your **WHOLE** Truth



Radical Intimacy

Strategy #6: Tell Your **WHOLE** Truth

- ❖ There is more to your truth than you are consciously aware of.



Radical Intimacy

Strategy #6: Tell Your **WHOLE** Truth

- ❖ There is more to your truth than you are consciously aware of.
- ❖ Expand sentences into paragraphs and pages



Radical Intimacy

Strategy #6:

Tell Your **WHOLE** Truth

Radical Strategy #1

During your connection ritual, take the time to dig deep and expand your sharing-

What does this mean to you?

Where does it come from?

What's it like having it or not having it?

Why is it coming up now?



Radical Intimacy

Strategy #6:

Tell Your **WHOLE** Truth

Radical Strategy #2

While your partner is sharing with you, support them to tell their whole truth by asking-

Is there more?

What else can you share with me about this?

What does this mean to you?

Where does it come from?

What's it like having it or not having it?

Why is it coming up now?



Radical Intimacy

Strategy #7: Reinforce Your Commitment



Radical Intimacy

Strategy #7: Reinforce Your Commitment



❖ We all need
reassurance



Radical Intimacy

Strategy #7: Reinforce Your Commitment



- ❖ We all need reassurance
- ❖ Remind yourself and your partner that you're not going anywhere.



Radical Intimacy

Strategy #7:

Reinforce Your Commitment



- ❖ We all need reassurance
- ❖ Remind yourself and your partner that you're not going anywhere.
- ❖ Words AND actions, especially when times are tough



Radical Intimacy

Strategy #7:

Reinforce Your Commitment

Radical Action:

Share with your partner how much you love them, what you appreciate about them, how lucky you feel to be with them, how you look forward to growing old together.

Really pour it on and (authentically) gush!

Do this at least once per month.



Radical Intimacy

Strategy #7: Positive Response



Radical Intimacy

Strategy #7: Positive Response



❖ Never say “No,” instead, what can you say “Yes” to?



Radical Intimacy

Strategy #7: Positive Response



- ❖ Never say “No,” instead, what can you say “Yes” to?
- ❖ No-one likes rejection



Radical Intimacy

Strategy #7: Positive Response



- ❖ Never say “No,” instead, what can you say “Yes” to?
- ❖ No-one likes rejection
- ❖ Promotes emotional safety



Radical Intimacy

Strategy #7: Positive Response



- ❖ Never say “No,” instead, what can you say “Yes” to?
- ❖ No-one likes rejection
- ❖ Promotes emotional safety
- ❖ Positive attitude = positive relationship



Radical Intimacy

Strategy #7:

Positive Response

Radical Action #1

Make it a game to practice your “positive response skills” by taking turns asking for the most outrageous things, and finding something you’re able to say “Yes” to.



Radical Intimacy

Strategy #7:

Positive Response

Radical Action #2

Commit to each other your intention to never say “No” and support each other when you slip up (and you will!) by asking “What can you say ‘Yes’ to?”



Radical Intimacy

Strategy #9: Self Management



Radical Intimacy

Strategy #9: Self Management

- ❖ Practice
non-judgment



Radical Intimacy

Strategy #9: Self Management

- ❖ Practice non-judgment
- ❖ Take ownership of your experience



Radical Intimacy

Strategy #9: Self Management

- ❖ Practice non-judgment
- ❖ Take ownership of your experience
- ❖ Consciously choose your reaction to your thoughts, feelings, & judgments



Radical Intimacy

Strategy #9:

Self Management

Radical Action:

Practice ownership by prefacing your statements by labeling what they are:

“I judge...”

“I want...”

“I need...”

“In my opinion...”



Radical Intimacy

Strategy #10:

Push Your Upper Limit



Radical Intimacy

Strategy #10: Push Your Upper Limit

- ❖ Dream beyond what you think is realistic.



Radical Intimacy

Strategy #10:

Push Your Upper Limit



- ❖ Dream beyond what you think is realistic.
- ❖ Continually allow yourself to experience intimacy, happiness and fulfillment.



Radical Intimacy

Strategy #10: Push Your Upper Limit



- ❖ Dream beyond what you think is realistic.
- ❖ Continually allow yourself to experience intimacy, happiness and fulfillment.
- ❖ Go where your energy wants to go



Radical Intimacy

Strategy #10:

Push Your Upper Limit



- ❖ Dream beyond what you think is realistic.
- ❖ Continually allow yourself to experience intimacy, happiness and fulfillment.
- ❖ Go where your energy wants to go
- ❖ There are always many reasons for "No," and usually only one reason for "Yes"



Radical Intimacy

Strategy #10:

Push Your Upper Limit

Radical Action #1:

Continually ask yourself-

“What do I REALLY want?”



Radical Intimacy

Strategy #10:

Push Your Upper Limit

Radical Action #2:

When you ask your partner what they want, don't accept "I don't know" for an answer.



Radical Intimacy

Strategy #10:

Push Your Upper Limit

Radical Action #3:

When your partner asks what you want, don't respond with "Whatever YOU want."

(Return to Radical Action #1!)



Radical Intimacy

10 Strategies

Create safety for self

Create safety for partner

Continually take risks

Rituals

Text Messaging

Tell your whole truth

Reinforce commitment

Positive response

Self-management

Push your upper limit



Radical Intimacy

Make your life together
your greatest
adventure



Radical Marriage

Your Relationship as Your Greatest Adventure

www.RadicalMarriage.com



Thanks for joining us!