“What’s love got to do with it?”

Dimensions of Intimacy
- Physical
- Emotional
- Intellectual sharing

What is Intimacy?
The dictionary defines “intimacy” as arising from:
- Close union
- Close contact
- Close association, or
- Close acquaintance
Intimacy is present in Friendships!

- Friendship:
  - Relationship of choice
  - Exists over time
  - Between people who share a common history

Triangular Theory of Love

- All loving relationships can be described according to three dimensions:
  - **Passion**
  - **Commitment**
  - **Intimacy**

Dimensions of Loving Relationships

- **Intimacy** - trust, caring, honesty, supportiveness, understanding, and openness (think SELF DISCLOSURE).
- **Commitment** - loyalty, devotion, putting the other first, needing each other.
- **Passion** - excitement, sexual interest and activity, extreme longing (think ROMANCE).
Triangular Theory of Love

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<thead>
<tr>
<th>Love Type</th>
<th>Intimacy</th>
<th>Passion</th>
<th>Commitment</th>
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<tbody>
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<td>Nonlove</td>
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<td>Liking</td>
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<td>Empty love</td>
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Love is...

- Eros (sexual)
- Ludis (game)
- Storge (friends/family)
- Mania (obsessive)
-Pragma (practical)
- Agape (selfless)
Maintaining Commitment in an Intimate Relationship

- Support our partners (encouragement, listening, courtesy)
- Reassure our partners
  - Of our love/feelings
  - Of value of relationship
- Work on the relationship
  - Current relationship (managing conflict, expressing trust
  - Creating a future (making plans, doing things together)
- Behave with integrity
  - Honesty, trustworthiness, faithfulness