

Conversation #5 – Intimacy and Touch Handout

Research on intimacy and touch shows that couples who touch each other more release more Oxytocin, the “cuddle hormone” that lowers blood pressure and increases relaxation. Touch can be a great resource for couples in bridging closeness when words are hard to grasp. Research on couples with great sex shows that the goal is not intercourse but closeness. Couples who focus only on performance and intercourse tend to have less satisfying sex. Couples who focus on intimacy and closeness and make it a high priority to dedicate uninterrupted time together are more satisfied. These couples tend to be nonjudgmental, show empathy and acceptance, and are willing to take risks.

In general, Women like men who:

- express themselves during sex or show their enjoyment in some way.
- who are honest about their own challenges and willing to take responsibility for them
- who understand orgasms are problematic
- who want to be emotionally and physically close after sex
- who listen to feelings and are affectionate
- who understand that touching nonsexual areas before sexual areas is important

Men like women who:

- can say what they want or show it by demonstrating how and where they want to be stimulated
- show enjoyment or pleasure when intimate
- don't criticize or judge
- will touch and play with their soft penis long enough
- who can be patient, flexible, and nonjudgmental when there are problems and be prepared to have a good time no matter what the penis does.

All of us like to hear words of appreciation, like to know we can give our partner pleasure, feel empathy from our partner, and see our partner be able to be fully present.

Recommended Reading:

The New Make Sexuality by Bernie Zilbergeld, Ph.D.
Sexual Awareness by Barry and Emily McCarthy
Sensate Focus by Linda Weiner

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<http://www.carolynmcintyre.com/hold-me-tight-workshop-for-couples-in-brooklyn/>