# Intimacy Attitudes and Intimate Thoughts

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Northern Utah Marriage Celebration™ 2020

## Points to Ponder

- **Desire comes from doing.** You cannot crave something you don't understand, have never tried, implemented, or experimented with.  

- **Your personality and your identity cannot be blamed for negative attitudes about intimacy and unkind behaviors surrounding your couple relationship and intimacy.**

- **Don't get “All Tied Up” believing and maintaining thoughts and attitudes that are keeping you from improving the intimacy in your relationship.**

- **Listen to one another instead of societal “norms”**

- **What message are you sending to your partner by your attitude and behavior when it comes to your sexual relationship.**

- **It is important to validate your partner’s sexual reality.** Lack of validation leads to a lack of willingness to be sexually vulnerable.

- **Collaborative intimacy requires gaining understanding and information, brainstorming, more understanding and gathering information, experimentation, going back to brainstorming, more understanding and gathering information, more experimentation and sticking to it until you achieve a mutual decision.**

- **Move to the middle:** One of you may need to work on letting off your sexual accelerator (SES) and one of you may need to work on letting off your sexual breaks (SIS).