

Marriage



MARRIAGE PART 24 - EMOTIONAL INTIMACY/INTELLIGENCE

Probably one of the greatest challenges that many marriages face and will face, is connecting with one another on an emotional intimate level, being emotionally intelligent, where we are able to;

1. Be in tune with our feelings and be able to clearly express how we feel and what it is we are experiencing and going through.
2. Resonate, relate and have empathy within us for what our spouse is going through, supporting them emotionally in this.
3. Be vulnerable and transparent, with no walls up.
4. Knowing what to say and what not to say in any given moment.
5. Knowing what to do and what not to do in any given moment.
6. Just get one another and know you are safe within this.

These are the elements which go into us becoming and being an emotionally intelligent, mature husband or wife. Some of these may or may not come naturally to us, depending on our past, our upbringing, and what we have experienced ourselves personally.

A big part of being emotionally connected and intelligent comes from the way we have been brought up.

If our parents or caregivers modelled this kind of emotional intelligence with one another, and with us as children, then there is a good chance we will find ourselves able to demonstrate this kind of intelligence. It's not a guarantee but it creates a higher possibility that we will have both the capacity and confidence to model this in our own relationships.

If those who raised us were not emotionally available to us as children, we may in fact find ourselves unable to be emotionally available to our spouse and in fact our children as well. There is a huge difference between being physically present and emotionally present.

Many marriages and relationships struggle due to a lack of emotional intimacy and it is this lack, that can be the cause of couples separating, especially if either spouse finds this emotional intimacy with another of the opposite sex.

As a general rule of thumb women tend to be more emotionally intelligent than men, hence when a man who is emotionally intelligent presents himself, this can be a highly attractive quality to the woman. Being emotionally available and present is a very important part of any healthy relationship.

Being aware of this fact, it is essential that both the husband and the wife have a desire to grow in this emotional intelligence together.

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Here are some ways to grow in emotional intelligence or intimacy

1. On a daily basis share with one another the highs and lows of the day
2. Be vulnerable together sharing your inner fears and insecurities with one another
3. Don't hide things under the carpet and hope they will go away - bring them into the light
4. Share with your spouse what you need in this area and don't expect them to know
5. Give constant reassurance to your spouse of how you feel about them and what they mean to you
6. Give one another permission to make mistakes and learn from them, knowing that mistakes are not failures but opportunities to learn and grow.

Part of being in a marriage covenant with one another is being committed to growing together in all areas of our married life, of which emotional connection/intelligence plays a big part.

QUESTIONS

1. How much value do you place on being emotionally intelligent?
2. Why is it so vital we know how to engage on an emotional level with our spouse?
3. Why is being emotionally available so important to developing a healthy marriage?
4. How easy do you find being vulnerable in your relationship and why?
5. Why is giving one another permission to make mistakes so vital to our growth in this area?

Watch the accompanying You Tube videos here: https://youtu.be/7J9lLRe_i0