

## Great Intimacy Begins With You

Sara Adams

How can you have true intimacy with someone if you don't have intimacy with yourself first? There are five elements that create the great intimacy you are looking for in life: honor, trust, vulnerability, allowance and gratitude. If you do not have honor, trust, vulnerability, allowance and gratitude for yourself, do you have you, or are you always looking for the roadmap to prove you exist?

To **honor** you is to recognize the greatness that you are, even if it's hard for you to see it sometimes. Honor is about treating yourself with regard. It is not about disregarding or disrespecting someone else.

To **trust** you is to know that you tend to do this, this and this, and you're probably always going to do that. It's not about blind faith that someday you'll be the person with a well-organized sock drawer or a spotless desk. Recognize how you operate. You don't have to change your life to fit someone else's point of view. When you always have to be something for somebody else instead of being something for you, you don't trust you.

**Vulnerability** is the ability to be totally present without any point of view. It's about never putting up a barrier to who you truly are; being willing to see all the parts of you, the good, the bad and the ugly. Most of us spend our entire lives trying to prove how good we are, yet never believing it ourselves. Always trying to be right and good creates a barrier that keeps you and everyone else out of your life. If you're willing to be vulnerable you can create a place of openness that allows others to join your life and be a part of your life.

With **allowance**, everything other people say or do is just an interesting point of view and it has no relationship to you. You don't have to align and agree with them or resist and react to their points of view and they don't have to align and agree or resist and react to your points of view. When you have allowance for yourself, you are not judging you. You simply go, "Isn't it interesting I have that point of view? Isn't it interesting I chose that?" By not judging it, you can keep it or choose differently; you allow yourself that choice.

The more **gratitude** you have the more things can show up in your life. So what if you were grateful for you? Could more of you show up? When you don't have gratitude for yourself, you can't have it for another. Be grateful for all the things you do and be. Most importantly, be grateful you do not have to judge you.

Having honor, trust, vulnerability, allowance and gratitude for you, is the relationship you have to have with yourself. You can trust yourself to know what you have to do to honor you, whether anybody else approves of it or not. These five elements of intimacy can apply to any area of your life. If you had honor, trust, vulnerability, allowance and gratitude for it, would your relationship with money be different? What about your

relationship with your children, your job, your body? Right Relationship For You offers a different possibility for all of the relationships in your life. If you would like more information visit: [www.RightRelationshipForYou.com](http://www.RightRelationshipForYou.com).