

Improving Intimate Relationships

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Introduction

Sex is not only a normal part of being human, it has the potential for being one of the most profoundly exciting and satisfying physical, relational and spiritual experiences we can have. Despite this, however, it's typically something we'd rather not talk about and it's often something that causes us a fair amount of worry or distress.

What causes this potentially beautiful part of our human experience to be so problematic? What can we do about it? This course is designed to help you answer these questions and hopefully enable you to find more joy and fulfillment in your sexual life. It consists of the following components:

MODULE 1: Communication

- Communicating with Yourself

 - Exercises to Improve Self-Communication

- Communicating with a Partner

 - Exercises for Communicating with a Partner

MODULE 2: Love and Intimacy

- Love

 - Exercises for Love

- Intimacy

 - Knowing Ourselves

 - Exercises for Knowing Ourselves

 - Revealing Ourselves

 - Exercises for Revealing Ourselves

MODULE 3: Sensuality, Sexuality and Soul

- Exercises for Sensuality, Sexuality and Soul

MODULE 4: Body Image

- Exercises to Improve Body Image

MODULE 5: Self-Esteem

- Exercises to Improve Self-Esteem

MODULE 6: Myths/Disempowering Beliefs

MODULE 7: Sexual Dysfunctions