

Week Two - Emotional Intimacy

Contributed by Christina

Emotional Intimacy

Emotional Intimacy. True friendship. Isn't that what being able to share our authentic self is? All of the dressings and pretense gone and our true selves accepted and loved unconditionally. Me being me with you being you. Is that what you have with your partner? Can you be yourself? Are you accepted for what you are or do you have to pretend to be someone else? And our stepchildren, where is the line between being allowing them to be authentic and not being able to tolerate their behavior? It's not always easy for me to see.

Meditation: This week let me be open to emotional intimacy with those important in my life. Help me to nurture the ability in my family by being a safe person to be authentic with. Our spouses have been hurt. Their children have been damaged. So have we. We all come with our own wounds. Help us to learn to set them aside and just be ourselves with one another. Help us to be trustworthy for one another.