

# Creating the Space for Relational Intimacy

*Intimacy:  
Related to Mind Blindness  
and Mind Sight*

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## Goals

1. To understand the barriers to intimacy
2. To see what is required for connection
3. To help you discover the self-worth of yourself and others – intrinsic value, preciousness

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## How to Change

1. See it
2. Believe it
3. Act on it

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## Barriers to Intimacy

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## Relational Intimacy

- ◆ Speaking to be known
- ◆ Listening to know

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Mind blindness\*

\*Daniel J. Siegel, MD

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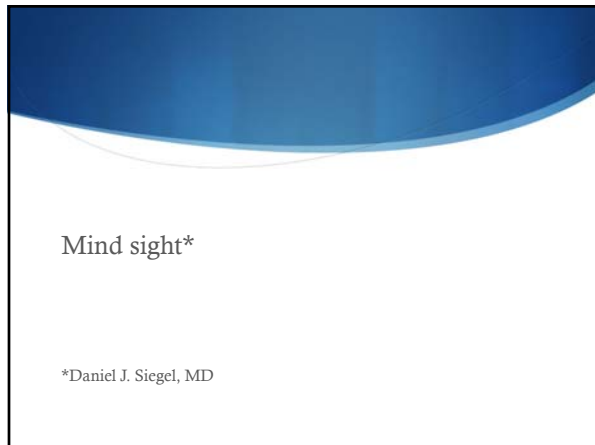
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Mind sight\*

\*Daniel J. Siegel, MD

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Connection  
Requirements

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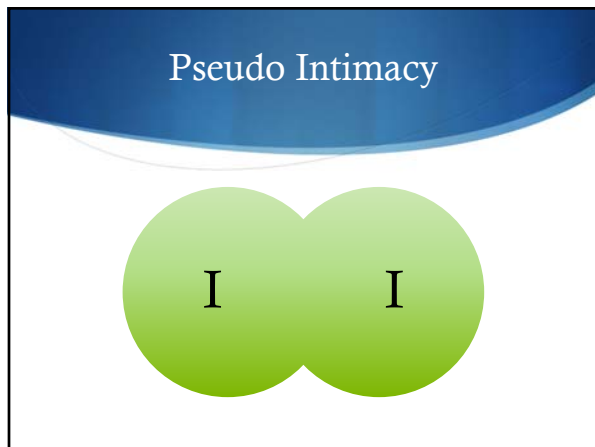
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Relational Intimacy:  
2 Basic Ideas

◆ Paradigm I

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Relational Intimacy:  
2 Basic Ideas

◆ Paradigm II

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Intrinsic Value of  
Yourself and Others

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## Value



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## Intrinsic Value



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But some of us lost  
the parent lottery

What do you do then?

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## Possibility of loss by age 8

### ◆ Still Phase Experiment – Insecure Attachment

- ◆ I'm not good enough
- ◆ I'm not smart enough
- ◆ I'm not rich enough
- ◆ I'm not thin enough
- ◆ I'm not pretty enough

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## Developing Mind Sight

The development of mind sight occurs only  
when I fully embrace my intrinsic  
value—my sense of being precious

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## Relational Boundary

Soul Gaze

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## My Prayer of Loving Kindness

*May I be filled with love and kindness.*

*May I be well in body, mind and spirit.*

*May I be safe from all inner and outer harm.*

*May I truly be happy, free, and filled with light.*

*May I come to know that I am precious.*

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## Recommended Reading

- ◆ Daniel J. Siegel, MD., *Mindsight: The New Science of Personal Transformation*
- ◆ Pia Mellody, *The Intimacy Factor: The Ground Rules for Overcoming the Obstacles to Truth, Respect and Lasting Love*
- ◆ Jack Kornfield, *Guided Meditation: Six Essential Practices to Cultivate Love, Awareness, and Wisdom*

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