

Manresa Link 15th September 2018.

Intimacy

Boundaries

Skills

Healthy Relationships.

MANRESA LINK 2018

Aims of inputs

- For own benefit in personal life;
- For your own benefit as spiritual director;
- For the benefit of people you accompany;
- Know where I am on the journey.
- Have resources for the journey.

Language as Empowerment.

People who left religious life:

1. Did not look for help in time;
2. Did not have language, concepts, overview of affective maturity;
3. Did not know how to talk about themselves
4. The person they went to didn't know how to talk about sexuality.

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Heard along the way.

- Are you weak enough....?
- Contented Chastity (12 step programme).
- Neither pride nor shame (stroke survivor).
- Wise people learn slowly.
- "They gave us a football".
- "I cannot run and I don't like cold showers".

Different words... same reality.

1. Affective Maturity (Pastores Dabo Vobis)
2. Psychosexual Maturity (Luisa Safiotti)
3. Healthy Sexuality (Fiberg & Laaser)
4. "Successful" Celibacy (Richard Sipe)
5. Psychosexual Development (Ferder & Heagle)

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Psychosexual Maturity (Luisa Safiotti)

1. Ability to acknowledge & accept our sexuality without guilt or denial
2. Ability to pursue intimacy without motivation toward genital union
3. Intimate relations with people of both sexes are direct, honest, non-manipulative
4. We love individuals, not abstract "humanity"
5. Intimate relationships are rooted in awareness of our body, sexuality, mind, emotions, spirit.

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Dimensions of psychosexual development. (Ferder & Heagle)

1. *Physical*
2. *Cognitive*
3. *Emotional*
4. *Social*
5. *Moral*
6. *Spiritual*

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Dimensions of Healthy Sexuality. (Friberg & Laaser)

1. **Personal – At home with identity as a sexual person**
2. **Relational – Good relationships at different levels**
3. **Behavioural – Make good choices; Addiction free**
4. **Physical – Comfortable with my body; Care for it.**
5. **Spiritual – Spirituality and sexuality are friends**

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[John Jay College of Criminal Justice](#)

What is human formation about?

- Self-knowledge
- interpersonal relationships
- emotional maturity
- human sexuality
- psychosexual development and integration,
- meeting the challenges of celibacy and chastity".
- Quotation from the [John Jay College of Criminal Justice](#) of the [City University of New York](#)

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Our more powerful need

- "For human beings, the more powerful need is not for sex *as such*,
- but for relationships, intimacy, acceptance and affirmation".

Rollo May.

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We can not live without love.

"We can thrive without marital sex

as long as our human need for intimacy is fed through

- relationships with God
- and close relationships with women and men,
- friends and colleagues who treasure our friendship".

Gerdenio Sonny Manuel S.J.

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Boundaries

- **Knowing where you end and where others begin.**
- **"You stay on your side of the road & I'll stay on mine"**
- **Boundaries (yours & mine) can be violated.**
- **Know your own boundary issues & learn from them.**

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Boundaries 1

- **Physical & sexual – space, touch, time & place.**
- **Emotional – doormat, bully, invader, manipulator etc.**
- **Reality – perceptions, issues, beliefs, opinions, values.**

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Boundaries 2

- **Information (self-disclosure) how much is it safe to reveal? Respect privacy.**
- **Needs & wants: I may not be able to meet your needs & wants & vice versa.**
- **Rights – mine & others; assertiveness.**
- **Responsibilities – mine & others.**

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Where boundaries and intimacy meet.

- Physical
- Emotional
- Intellectual
- Spiritual

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Intimacy described

- **The capacity to come close enough to another person so that I can possibly be changed by the relationship.**
- **(Sean Sammon cfc)**

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Different types of intimacy

1. Genital
2. Physical non-genital
3. Psychological
4. Intellectual
5. Emotional
6. Social
7. Spiritual
8. Celibate.

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Capacity (skills) for intimacy

1. Trust & honesty,
2. Vulnerability,
3. Self-disclosure,
4. Response to the other's self-disclosure,
5. Courage to take risks,
6. Awareness of needs of self and of the other
7. Communication skills. (Assertiveness).
8. Emotional Intelligence.

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Building self-intimacy

- Self knowledge
- Self compassion
- Self acceptance
- Self forgiveness
- Self esteem

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Skills for Emotional Competence

- awareness of one's emotional state;
- skill in discerning others' emotions;
- skill in naming emotions;
- capacity for sympathy and empathy;
- skill in adaptively coping with unpleasant emotions;
- awareness of the relationship between the type/quality of relationship and the immediacy and genuineness of emotional display (i.e. boundaries);
- capacity for emotional self-efficacy.

• Carolyn Saarni

Self-Knowledge - St Teresa of Avila.

- No matter how exalted the soul may be, nothing is more necessary than self-knowledge.
- Without it everything goes wrong...
- Knowing ourselves is something so important that I wouldn't want any relaxation in this regard, however high you may have climbed the heavens".

Healthy Intimacy

- Openness
- Trust
- Authenticity
- Exposure of vulnerability
- Mutuality
- Oneness and separate - ness

What deepest level of relationship is appropriate for us?

- **Intimate:** close, connected feelings in a loving relationship.
- **Companionate:** non-romantic love, communicate deeply in a committed friendship.
- **Secondary:** committed relationships that can include touch or physical contact (e.g., hugs), emotional vulnerability, and communication, but not genital sex, e.g. friends, colleagues, primary and extended family members.
- **As Jesus loved** Martha, Mary, Lazarus, John.

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Is it anybody else's business what I do?

- I must be accountable to others for what I do.
- Can I talk to somebody about my situation?
- **Secrets are not healthy.**

Ability to experience healthy sexuality

- Depends on ability to be close to/intimate with
 - God
 - Ourselves
 - Others.

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Capacity for relationship

- Intrapersonal Intimacy – self awareness
- Interpersonal Intimacy (pastoral)
- Intimacy with God.
- Intimacy demands significant sacrifices

(Erikson)

Intimacy with God - Prayer

A heart to heart conversation

“Talk concretely to God about what is happening in your

- heart
- mind
- body”

(William Barry SJ)

Intimacy with God

- A heart to heart conversation with God by whom we know ourselves to be loved.
- “Talk concretely to God about what is happening in your heart, mind and body”

• William Barry S.J.

Spirituality and Sexuality

Sex is not just something that is

- Pleasurable ...
- Joyful...
- Drawing people closer together.
- It has great responsibilities...
- and gives people an experience of God.

The Joy of being a Woman Ingrid Trobisch

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Spiritual Dimension of Psychosexual development

- Affirming the presence of God and the sacred in our sexual feelings and expressions;
- Coming to recognize that sexuality and spirituality are not enemies, but friends.

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Flesh and Word

"Most people do not understand the fleshing of the Word to mean that now the experience of God has to do with:

- the body as well as the soul,
- the kitchen as well as the cathedral,
- physical pleasure as well as spiritual pain,
- human passion as well as contemplative prayer".

Daniel J O'Leary
Already Divining the Hidden Spring Within.

Table and Bed.

- "God's love is not lessened when human love is raised. Nor is the Church diminished when the table and bed of the marital home are regarded as altars to God's glory too".
- (O'Leary p 32).

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The Eros of God

- Von Balthazar, the theologian of beauty, wrote about Incarnation as "the fleshing out of God's eros, God's jealous, ravenous and loving desire for us".

• (O'Leary p 138).

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Psychosexual development: (Ferder & Heagle)

Physical dimension.

- **The genetic, biological hormonal factors**
- **that influence our sexual response**
- **from our conception**
- **and throughout our lives.**

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Psychosexual development:
Cognitive dimension

- **Accurate and adequate sexual knowledge;**
- **The positive perception of our bodies;**
- **Beliefs that reverence myself and others.**

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Psychosexual development
Emotional Dimension

- **Being "at home" with our body;**
- **Being aware of and comfortable with our sexual feelings;**
- **Having healthy feelings toward others.**

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Psychosexual development
Social Dimension

- Relating to others in un-self-conscious ways;
- Having the capacity for self-disclosure;
- Being able to sustain friendship and intimacy.

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Psychosexual development
Moral Dimension

- Valuing attitudes & actions that are necessary for ongoing sexual integration;
- Expressions of our sexuality in ways that are faithful, healthy, and other-enriching;
- Behaviors that are consistent with our life commitments.

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Don't settle for less.

- "We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea"

C.S. Lewis, The Weight of Glory: And Other Addresses (New York: HarperCollins, 2001), 26.

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Ten elements that support celibate living.
(Richard Sipe).

1. Work
2. Prayer
3. Community
4. Service
5. Attention to physical needs
6. Balance
7. Security
8. Order
9. Learning
10. Beauty

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Guiding elements in formation for celibacy.
(Thomas Krenik)

1. Internalisation of religious values
2. Pattern of contemplative prayer
3. Capacity for solitude
4. Age appropriate psychosexual development.
5. Capacity for intimacy
6. Experience of community support
7. Accountability to others

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Skills/Limitations for celibacy. (Falkenhein)

- Skills for dealing with sexual attraction and falling in love.
- The ability to cope with loneliness and experience solitude.
- Ability to draw support & accountability from others.

Accountability

- Where do I want this to go?
- Who do I trust enough to be fully open with?
- Sexual secrets to be brought into the light

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Accountability

- A good rule of thumb in assessing one's level of honesty concerning a particular behavior is to ask oneself:
- "Am I willing to talk about this with another person?"

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John Jay Report USA

"Changes that were made in human formation programs in seminaries corresponded with the dramatic decrease of sexual abuse incidents in 1985".

Eight skills for celibate living (Martin Pable)

1. Self-knowledge
2. Enjoyment of one's own company
3. Prizing one's sexuality
4. Caring presence
5. Appropriate confiding
6. Developing good friendships
7. Setting boundaries
8. Generativity

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Affective Maturity: Pastores Dabo Vobis

- Affective maturity...is the result of an education in true and responsible love
- Affective maturity presupposes an awareness that love has a central role in human life
- A love that involves the entire person, in all his or her aspects - physical, psychic and spiritual.

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