

# Survive and Thrive: How to Overcome an Intimacy Famine

In today's fast-paced world, it's easy for couples to find themselves in an intimacy famine. The demands of work, technology, and other distractions often leave little time for nurturing deep connections and maintaining a satisfying level of closeness. However, with a little effort and the right tactics, it is possible to not only survive but thrive in an intimacy famine.

## Defining the Intimacy Famine

An intimacy famine refers to a period in a relationship where the emotional or physical connection between partners diminishes to a significant extent. Whether it is due to stress, lack of communication, or external pressures, an intimacy famine can cause emotional distress and strain the bond between partners.

## Recognizing the Signs

The first step in surviving an intimacy famine is recognizing the signs. Often, it begins with a decrease in affectionate gestures, such as hugs, kisses, or holding hands. Communication may become surface-level, lacking depth and emotional connection. A sense of emotional distance and detachment slowly creeps into the relationship, leaving both partners unfulfilled and disconnected.

## Out of Touch: How to Survive an Intimacy Famine

by Michelle Drouin(Kindle Edition)

★★★★☆ 4.9 out of 5

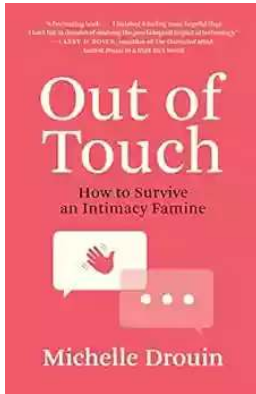
Language : English

File size : 568 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled



Word Wise	: Enabled
Print length	: 283 pages
Paperback	: 72 pages
Item Weight	: 7 ounces
Dimensions	: 8.5 x 0.17 x 8.5 inches
X-Ray for textbooks	: Enabled



## Reconnecting With Your Partner

To survive an intimacy famine, it is crucial to reconnect with your partner and rekindle the spark that brought you together in the first place. Here are some effective strategies:

### 1. Open and Honest Communication

Communication is the foundation of any successful relationship. Take the time to express your feelings, desires, and concerns openly with your partner. Create a safe and non-judgmental space to encourage open dialogue and active listening. Honest communication fosters understanding and paves the way for intimacy to flourish.

### 2. Quality Time Together

Make a deliberate effort to spend quality time together, free from distractions. Set aside dedicated moments to connect with your partner, such as date nights or weekend getaways. Unplug from the digital world and focus solely on each other. Engage in meaningful conversations, participate in shared activities, and create lasting memories.

### **3. Foster Physical Intimacy**

Physical intimacy is a powerful bonding tool. It helps couples feel connected, desired, and loved. Explore new ways of expressing physical affection, such as cuddling, massaging, or trying new experiences together. Discuss your desires and boundaries, and aim to create a safe and consensual environment where both partners can explore their needs and desires.

### **4. Prioritize Emotional Connection**

True intimacy goes beyond the physical realm. Cultivate emotional connection by showing empathy, support, and understanding towards your partner. Take the time to understand their perspective, validate their emotions, and be present in their lives. Emotional vulnerability deepens the bond and creates a strong foundation for a thriving relationship.

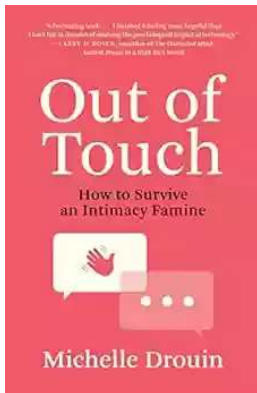
### **5. Seek Professional Help**

If you're struggling to make progress on your own, don't hesitate to seek professional help. Relationship therapists or counselors can provide guidance, tools, and insights to overcome the challenges of an intimacy famine. They offer a neutral perspective and facilitate open communication between partners, helping you navigate difficult situations and find a path towards greater intimacy.

### **Embracing the Journey**

Surviving an intimacy famine is not an overnight process. It requires dedication, effort, and patience from both partners. Embrace the journey and commit to nourishing your relationship. Celebrate small victories along the way, and remember that setbacks are normal. With perseverance and a shared commitment to growth, you can overcome an intimacy famine and create a deeper, more fulfilling connection.

In a world where intimacy can be easily neglected, it's crucial to take proactive steps to sustain and enhance your connection with your partner. Recognize the signs of an intimacy famine, and take action to reconnect and strengthen your bond. By prioritizing open communication, quality time, physical intimacy, emotional connection, and seeking professional help if needed, you can thrive even in the face of an intimacy famine. Embrace the journey and watch your relationship flourish.



## Out of Touch: How to Survive an Intimacy Famine

by Michelle Drouin (Kindle Edition)

★★★★☆ 4.9 out of 5

Language : English  
File size : 568 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 283 pages  
Paperback : 72 pages  
Item Weight : 7 ounces  
Dimensions : 8.5 x 0.17 x 8.5 inches  
X-Ray for textbooks : Enabled



A behavioral scientist explores love, belongingness, and fulfillment, focusing on how modern technology can both help and hinder our need to connect.

Millions of people around the world are not getting the physical, emotional, and intellectual intimacy they crave. Through the wonders of modern technology, we are connecting with more people more often than ever before, but are these connections what we long for? Pandemic isolation has made us even more alone.

In *Out of Touch*, professor of psychology Michelle Drouin investigates what she calls our intimacy famine, exploring love, belongingness, and fulfillment and considering why relationships carried out on technological platforms may leave us starving for physical connection. Drouin puts it this way: when most of our interactions are through social media, we are taking tiny hits of dopamine rather than the huge shots of oxytocin that an intimate in-person relationship would provide.

Drouin explains that intimacy is not just sex—although of course sex is an important part of intimacy. But how important? Drouin reports on surveys that millennials (perhaps distracted by constant Tinder-swiping) have less sex than previous generations. She discusses pandemic puppies, professional cuddlers, the importance of touch, "desire discrepancy" in marriage, and the value of friendships. Online dating, she suggests, might give users too many options; and the internet facilitates "infidelity-related behaviors." Some technological developments will help us develop and maintain intimate relationships—our phones, for example, can be bridges to emotional support. Some, on the other hand, might leave us out of touch. Drouin explores both of these possibilities.



## **The Ultimate Guide to New Addition Subtraction Games Flashcards For Ages 3-6**

In this day and age, countless parents are searching for innovative and effective ways to help their young children develop essential math skills. It's no secret that...



## **The Ultimate Guide for the Aspiring Pianist: Unleash Your Inner Musical Prodigy with Downloadable Mp3s from Dover Classical Piano Music**

Are you a beginner pianist feeling overwhelmed by the sheer amount of music available to you? Do you dream of tickling the ivories with the grace and skill of a concert...



## **Wow Robot Club Janice Gunstone - The Mastermind Behind the Magic**

Robots have always fascinated us with their ability to perform tasks beyond human capabilities, seamlessly blend into our lives, and open up new...



## **Ideal For Catching Up At Home: CGP KS2 Geography**

Are you looking for the perfect resource to catch up on your child's geography lessons at home? Look no further! CGP KS2 Geography is the ideal tool to help your child excel...



## The Ultimate Pictorial Travel Guide To Vietnam: Explore the Hidden Beauty of this Enchanting Country

Discover the rich history, breathtaking landscapes, and vibrant culture of Vietnam through this captivating and comprehensive travel guide. ...



## Unlocking the Secrets of Compact Stars: Exploring Equation of States with General Relativistic Initial Data

Compact stars have always been a topic of fascination for astronomers and physicists alike. These celestial objects, also known as neutron stars or white...



## Unveiling the Hidden Gem: Google Places Goliath Valley Mulford

Are you tired of visiting the same old tourist attractions and craving something unique and off the beaten path? Look no further than Google Places Goliath Valley Mulford – a...



## Essays Towards Theory Of Knowledge: Exploring the Depths of Understanding

Are you ready to delve into the fascinating realm of knowledge? Do you want to expand your understanding of various subjects and explore the depths of...

