

Revised Edition

PASSAGE TO INTIMACY

Uniquely Effective Concepts and Skills from the dynamic
Internationally acclaimed PAIRS Program



Lori H. Gordon, Ph.D.
with Joan Friedman

"PAIRS is unique because it is the first all-inclusive program for couples that focuses on health instead of on problems."

Virginia Satir, Ph.D.

Renowned journalist, Emily Bernard, author of *Couples Family Therapy: How Psychotherapy*

Passage To Intimacy A Practical Guide To Repairing And Rekindling Your Most Important Relationship

Lars Steinig



Passage To Intimacy A Practical Guide To Repairing And Rekindling Your Most Important Relationship:

Passage to Intimacy Lori Heyman Gordon, Virginia M. Satir, 1993 The intimacy course hailed by Good Morning America The Today Show People magazine and Newsweek contains practical tools to enrich repair deepen or rekindle intimate partnerships Part of the successfully proven PAIRS Program Line drawings The Library Journal, 1993 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **Library Journal**, 1993 **The Publishers Weekly**, 1993 *Subject Guide to Children's Books in Print* 1997 Bowker Editorial Staff, R R Bowker Publishing, 1996-09 **Subject Guide to Books in Print**, 1996 A Journey of Relationship Repairs William a Martinez, 2024-02-09 Is your relationship feeling a little stale Are you struggling to connect with your partner the way you used to If you re ready to rekindle the spark The Journey of Relationship Repairs is the book for you In this guide you ll find everything you need to rebuild your relationship and make it stronger than ever From improving communication to building trust this book covers all the important aspects of a healthy partnership You ll also find practical exercises and activities that will help you reconnect with your partner on a deeper level In addition to the exercises and activities you ll find tips on how to create lasting change and avoid common pitfalls You ll also learn about the science behind healthy relationships so you can understand why certain behaviors are important And to top it all off you ll get access to a bonus section filled with even more resources and tools The Journey of Relationship Repairs is the comprehensive guide you need to heal your relationship and create a happy future together *Reviving* Elisha Daniel, 2025-05-09 Book Description Do you feel like roommates instead of romantic partners Has the spark in your relationship faded into silence routine or emotional distance If you re longing to reconnect but don t know how or even where to start *Reviving* is your compassionate practical guide to getting back to each other *Reviving Relationship Repair Techniques for Couples Feeling Disconnected* is a heartfelt roadmap for couples who are emotionally drifting but still deeply want to find their way back Whether you re navigating years of quiet disconnection or facing the early signs of growing apart this book offers a blend of insight real life examples and gentle yet powerful strategies to help you rebuild trust reignite intimacy and restore emotional closeness With chapters exploring the silent drift the emotional root causes of disconnection communication breakdowns and the essential role of emotional safety *Reviving* invites you to rediscover what brought you together in the first place It doesn t offer shallow quick fixes it guides you through meaningful conversations emotional repair and new patterns of connection that can last You ll learn How to recognize the quiet signs of emotional distancing Why even good relationships drift and how to turn it around Practical tools for reconnecting step by step *Techniques for rebuilding intimacy and safety* How to talk again not just about logistics but about life love and dreams If you re not ready to give up but don t know how to go forward *Reviving* will help you hold on heal together and fall in love again slowly gently and intentionally Five-Minute Relationship Repair Susan Campbell, PhD, John Grey, PhD, 2015-01-25 The Tool Kit No

Relationship Should Be Without Long term happiness in love depends on a couple's ability to repair the inevitable rifts and differences large and small that occur in any relationship Neuroscience suggests that relationship upsets are best mended quickly or they accumulate in long term memory increase reactive communication and become harder to repair successfully And good repair takes five minutes or less This book offers practical tools and suggested scripts for resolving problems and having your needs met Following its guidance you can turn difficulties into opportunities to foster love trust and thriving intimacy Shows us how to approach differences with openhearted listening and vulnerable truth telling If you read and work with the practices offered here you have everything you need to create a secure lasting bond with your partner Jack Canfield author of The Success Principles Using the case of a typical couple in trouble as their starting point John Grey and Susan Campbell walk you through a sequential set of techniques based on neuroscience and attachment theory Their work here is inventive inspiring and well worth the read Stan Tatkin PsyD MFT author of Wired for Love

The Relationship Fix Jenn Mann, 2016-10-13 Relationships aren't easy even the good ones If you are on the verge of a divorce or break up in a great relationship but want to take it to the next level or single and want to make sure your next relationship is better this book is for you Based on cutting edge research and almost three decades of clinical experience as a Marriage and Family Therapist in private practice Dr Jenn Mann teaches you everything you need to know have a deeper more satisfying relationship and the skills to fix one that isn't working Reading Dr Jenn's book is like sitting down with her for a personal session in her treatment room Using her tell it like it is approach Dr Jenn guides you through the six steps needed to get your relationship on track and helps you to Use conflicts to strengthen your relationship Create connection with your partner even if you haven't felt it for years Change bad patterns Recognize and know what to do when unresolved issues are hurting the relationship Negotiate effectively to get your needs met Make an effective apology using the four R's Learn to forgive Reignite your sex life The Relationship Fix is also filled with case studies and stories from Dr Jenn's clients on VH1's Couples Therapy with Dr Jenn and her popular radio show and on her own personal experiences

Overcoming Challenges and Restoring Intimacy in Marriage Williams Dimediator, 2023-11-08 Overcoming Challenges and Restoring Intimacy in Marriage Rekindling the Flame Practical Strategies to Address and Fix a Lack of Intimacy in Marital Relationships is a compelling and insightful guidebook that delves into the intricate dynamics of marriage Authored by renowned relationship expert this book serves as a beacon of hope for couples seeking to reignite the passion and connection within their union Drawing from a wealth of research and real life experiences the book offers a comprehensive exploration of practical strategies aimed at overcoming the myriad challenges that often plague marriages With a compassionate and empathetic tone the authors skillfully navigate the delicate terrain of addressing intimacy issues offering tangible solutions for couples to revitalize their emotional connection Through engaging narratives and relatable anecdotes Rekindling the Flame demonstrates the transformative power of open communication mutual understanding and unwavering commitment in fostering a resilient and

enduring bond The book provides a roadmap for couples to navigate through conflicts encouraging constructive problem solving techniques that promote a deeper sense of togetherness and shared growth With its profound insights and actionable advice Rekindling the Flame serves as a valuable resource for couples at any stage of their relationship Whether facing communication barriers trust issues or emotional distance readers will discover practical and proven methods to address these challenges and pave the way for a more fulfilling and intimate marital journey This enlightening guide is a must read for anyone seeking to nurture a lasting and meaningful connection with their partner offering a beacon of hope and inspiration for couples striving to overcome obstacles and reignite the passion within their marriage

The Relationship Repair Guide Workbook Yuliya Richard, 2025-07-12 The Relationship Repair Workbook A Practical Companion to Healing Growth and Lasting Change By Dr Yuliya Richard Healing a relationship takes a lot of understanding of what went wrong and the causes behind our behaviors But it also takes action This companion workbook to The Relationship Repair Guide is designed to help you and your partner move from understanding to doing with structured exercises reflection prompts and guided practices based on Dr Yuliya Richard's R E P A I R model It covers working through communication breakdowns impulsive behaviors past hurts to ways to reconnect with your partner on a deeper level This workbook offers a step by step evidence based hands on approach to rebuilding trust strengthening intimacy building communication skills and creating meaningful change Inside you'll find Journaling prompts and guided self reflection for each R E P A I R step Partner dialogue activities to rebuild connection and improve communication Practical strategies for emotional regulation attachment repair and accountability Worksheets to help identify patterns track progress and set shared goals Grounded in nearly two decades of clinical experience this workbook helps you put the insights from the main book into real life practice at your own pace and in your own way Your relationship deserves a fresh start This workbook is your guide to doing the work together

Rekindling The Flame Of LOVE Dr Peterwise Innocent, 2023-12-24 Intriguing Romantic Love dimmed This book is your torch guiding you back to the embers of passion and reigniting the blaze of your marriage Whispers of doubt have replaced fiery vows Reconnect with your partner rebuild trust and reignite the spark in your relationship From flickering embers to blazing bonfires this book is your roadmap to rekindling your marriage and rediscovering the love you thought was lost Action Oriented Spark it up Packed with practical advice and strategies this book helps you reignite passion rebuild intimacy and strengthen your marriage Reboot your romance This guide offers actionable steps to revive your connection overcome challenges and bring back the joy to your relationship Love on the fritz This book offers the tools you need to fix it rekindle the flame and build a brighter future together Personalized Second chances for your happy ending This book shows you how to rebuild trust rediscover passion and rekindle the love in your marriage From I do to do over this guide rekindles the flame strengthens your bond and helps you fall in love with your partner all over again Bonus Rekindling the Flame of Love Your torch to a brighter future one spark at a time

Recovering Intimacy in Love Relationships Jon Carlson, Len

Sperry,2011-01-11 The loss of intimacy is one of the most difficult but also one of the most common factors in the destruction of any relationship Recovering Intimacy in Love Relationships lays out practical evidence based guidelines on which clinicians can depend as they wade through the intense emotions and fragile bonds of couples in crisis With care and sensitivity the book s authors analyze the increasingly complex context in which the cycle of intimacy develops wanes and recovers The chapters delve into diverse populations attitudes toward intimacy and provide an entire section on cultural gender and religious issues Clinicians looking for a research based practical take on the many facets of intimacy in the twenty first century need look no further than this book *ENRICH Your Relationships (Beginner's Guide)* Darya

Haitoglou,2016-02-10 This practical book is for anyone looking to re evaluate their communication style and take their relationship to a deeper more intimate level Full of advice research and case studies the book also contains a selection of life changing exercises that can be undertaken in a matter of minutes This guide is highly recommended for couples who struggle to balance their work life and relationship cycles new parents those in long term partnerships and individuals or couples with intimacy issues It will also benefit anyone searching for their soulmate or those that simply strive to create happy relationships from the start and transform their intimacy into a positive and fruitful experience What you will learn in this book How to stay in love long term How to rekindle intimacy and passion with your partner How to keep erotic desire in relationships How to attract your soulmate How to create a happy relationship with the partner you want About the Author Darya Haitoglou BA Hons MSc Dist MPhil BScPsy MTNLP Psychologist and Relationship Coach With ten years of coaching and talent management Darya has a passion to help people fulfil their potential and be the best they can Throughout her experience of being a full time working mum a student a coach and a leader in multi national corporations she has found a simple way of helping people raise their self esteem and get the relationships and life they want After graduating with First Class Honours in Economics followed by a Masters of Philosophy from Cambridge University Darya went to Japan to study cross cultural management Later she returned to the UK and studied psychology while working for eight years in Marketing Human Resources for a large global company There she also trained coaches to fulfil their potential She now has a private coaching practice with high profile families and creates and conducts life events workshops and retreats as part of the Enrich Your Relationships Programme **Rediscovering Love** Roy C. Rawers,2017-08-16 Rediscovering Love is written as a guide for those people who refuse to accept the idea that the best days of their relationship are behind them and who have the courage and willingness to try and repair or strengthen their partner relationship Learning why relationships deteriorate and helping the reader take a hard interpersonal look at ways they may be sabotaging their relationships creates a pathway toward new levels of communication and tools for improving the quality of an existing or new relationship **Socks Off, Passion On A Love Revival Guide** Lars Steinig,2024-08 Socks Off Passion On A guide for couples in long term relationships Do you feel sexually unfulfilled in your long term relationship Have you missed the fire of passion that once made your heart

beat faster Our guide Rekindling passion is exactly what you need to make your relationship blossom again In this practical handbook in handy DIN A 6 format which is perfect for traveling you will find a wealth of proven exercises and valuable tips on around 80 pages This guide is aimed specifically at couples aged between 30 and 60 who want to rekindle the spark of their love Why should you read this book Expert guidance Our experts have years of experience in couples therapy and know exactly what long term couples need to rekindle their intimacy Diverse topics Covers various aspects of the relationship such as communication trust and intimacy Easy to understand Written in a clear and understandable way easy to follow even without prior knowledge Long term solutions Sustainable approaches for a lasting fulfilling partnership Positive reinforcement Focus on positive changes and small achievable goals Discover how easy it can be to rekindle the fire of passion in your relationship Our techniques are suitable for everyday life and don't require complicated preparation Whether you are in your forties or fifties Rekindling Passion provides you with the tools to take your relationship to the next level Be inspired and motivated to rediscover your love Experience the butterflies in your stomach and the deep connection you once had Get your guide now and start on the path to a more fulfilling and passionate relationship today

The Seven Levels of Intimacy Matthew Kelly, 2005-11 We All Crave An Authentic Experience Of Intimacy Though our hearts crave intimacy though our minds understand our deep need for it the self revelation it requires is often too daunting a task Complete and unrestrained sharing of self exposes the deepest human fear of being rejected for being ourselves In The Seven Levels of Intimacy Matthew Kelly both acknowledges and calms our fears while teaching us how to move beyond them to experience the power of true intimacy Matthew reveals that each relationship is built upon a pattern of interaction In the beginning stages we rely on casual interactions gaining familiarity by focusing on superficialities and facts We grow closer and begin to share our opinions learning to accept each other and embrace the growing relationship despite the difference in our experiences and viewpoints Once our differences and opinions are shared and accepted we feel safe enough to reveal our hopes dreams and feelings developing trust With this trust we open ourselves and are able to share our legitimate needs becoming liberated from carrying the burden of our real needs alone At last we are deeply intimate and both willing and able to reveal our deepest fears We are beyond judgment and feel trust and acceptance By moving through and building upon each level of intimacy we find comfort and gain trust in our partners and ourselves until by developing and deepening our intimacy within each level we are able to fully open ourselves finally opening to the possibility of truly being loved It is through mastering the seven levels of intimacy that we will break through to fully experiencing love commitment trust and happiness The Seven Levels of Intimacy is a brilliant and practical guide to creating and sustaining intimacy whether you are looking for a deeper sense of connection with your spouse looking for more fulfillment in your relationship with your boyfriend or girlfriend trying to improve your relationships with your children or simply wondering what you should be looking for in a partner With profound insight and the use of powerful everyday examples Matthew Kelly explains how we can

nurture the intimacy in our relationships The Seven Levels of Intimacy redefines how we view our interactions with others This new understanding leads us to successfully create the strong connections deep joy and lasting bonds that we all long for

Safe to Love Again Gary D. Salyer Ph. D., 2019-02-18 What would it be like to be able to open your heart fully to another To grow your lives together To be on a journey of mind body and spirit with the one you love Dr Gary's new book is an invitation to open yourself to the full possibilities of love It's a call to release all of the pain and wounding that have traveled with you for so long now This book will invite you to love from the deepest parts of your being and to be loved right back Safe to Love Again offers a practical step by step guide for creating the open hearted space that allows love to emerge in your life Dr Gary will show you the path he has walked with hundreds of clients allowing them to reclaim their hearts and a life full of love Safe to Love Again will show you how to Find a lasting soulmate who truly loves you Get back into the dating game with the joy of feeling worthy Figure out what's missing in your relationship so you can fix it Rekindle the love and passion you once had as a couple This book will help you discover and understand your attachment style or love style without judgment whether you are anxious avoidant or secure Safe to Love Again goes beyond traditional attachment books by offering sensible ways to reclaim the secure love style that's just been waiting to be rediscovered within you If you want to know how to stop being anxious or avoidant so you can find and keep the lasting love you deserve Dr Gary will show you how to do just that For those already in a great relationship you'll learn how to love even better Everyone deserves a love that lasts [The 7-Day Relationship Reset - Practical Steps to Rekindle Love and Deepen Connection](#) Evelyn Hayes, 2025-06-08 Feeling Disconnected Lost That Spark It's Time for a 7 Day Relationship Reset Are you and your partner talking past each other Do you miss the easy rhythm you once shared or feel the vibrant colors of your connection have faded If you're yearning to rekindle love deepen understanding and build a more resilient joyful bond The 7 Day Relationship Reset is your practical step by step guide Authored by relationship psychologist Dr Evelyn Hayes this empowering piece translates proven psychological principles into actionable daily steps In just one week you can lay the groundwork for profound positive change Transform Your Relationship in 7 Days You'll Discover How To Understand Yourself it's a catalyst for lasting change If you believe your relationship is worth nurturing and are ready to take practical steps towards a deeper more fulfilling connection download The 7 Day Relationship Reset today

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Introduction

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