

WELL NOW

THE STUDENT HEALTH CENTER NEWSLETTER

INTIMACY and TRUST

What IS intimacy? For the purpose of this article, it can be defined as that feeling which is most private and personal, close acquaintance or association with; very familiar (an intimate friend), and/or the promotion of a feeling of privacy, coziness, romance, etc. (an intimate nightclub). Intimacy is manifested in frank and serious talking, powerful physical attraction, and merely feeling content and comforted just by being in your partner's presence.

Realistically, intimacy is difficult to define because it is so intangible, and we all have different ideas of what it should be like. Some people fear intimacy—others crave it. One of the concepts which is most essential to true intimacy is trust. Without trust, you cannot have a healthy intimate relationship. Trust is essential on both a physical and emotional level. Building trust requires time and patience mixed with shared experiences, good communication, and respect. Of these, communication is the one which you probably have the most control over. There are several communication skills which help to further trust and intimacy. One of

the most important is knowing how to constructively handle bad feelings when they occur in your relationship. It often helps to get your feelings out by sharing them either with your partner or with a close friend. Explore your feelings—understand where they are coming from, and take action to change them for the better.

Another important aspect of communication is allowing yourself to make requests for changes. If you don't ask for intimacy, you may be letting your partner's fear of it govern you. A partner who fails to respond to your love is making a statement about him/herself, not about you. You can't MAKE anyone love you or be intimate with you, nor should you want to. Keep in mind also that you shouldn't have to settle for less than the qualities you consider most important in a partner. Why shouldn't you expect happiness, intimacy, and excitement throughout your relationship? But don't forget—turnabout is fair play, and your partner is allowed his or her own expectations of YOU also.

Informing your partner of what is going on in the relationship is

another communication skill which can avoid misunderstandings leading to needless arguments. If you are going out-of-town for a week, TELL your partner—don't simply assume that they have ESP.

One of the most important aspects of trust is respect. This means respect for your partner's feelings, space, and needs. One important need which is sometimes neglected in intimate relationships is the need for personal space in which to grow. Many people are afraid that if they give their partner space to grow, the partner will grow away from them. This is not necessarily the case, but smothering a person is a surefire way to get them to leave. Respect involves allowing for the fact that your partner may have ideas or beliefs which differ from your own. While major differences may cause problems, minor differences can sometimes be accepted if they are tolerable. Ask yourself if it is worth being with this person enough to overlook some things, and take a look at the big picture. Remember, NOBODY is perfect, nor should they be expected to be.

Anna C. Dudey

FROM THE HIP

INSIDE

**Depression
ACOA
Who Is Me
and
much more...**

Is stress or depression making the winter seem longer than it really is?

Depression and stress are common to the college student and deserve attention. Stop by the Health Center and check out books on a variety of topics related to mental health.

How are your New Year's resolutions to eat better doing?

Is eating in a healthy manner difficult to you? Make an appointment to talk to a peer health nutrition counselor. They will give you information, support and further resources. Call 686-4456 for an appointment.

All of you women out there...

It's 1990 and perhaps time for your annual exam. An annual exam is the best way to ensure physical, sexual and reproductive health, and to detect STDs or other conditions while they are in their early stages. Call the Women's Clinic at 686-4449 for an appointment.

At loose ends? Feeling sad, irritable or distressed without any identifiable cause?

The Student Health Center has three psychiatrists who are available to help you work out the blues and identify the sources. Call 686-4441 for more information and/or an appointment.