

# Lupus and Intimacy

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**Sex and intimacy may not be a life or death issue but they are very real quality of life issues**

# The Five Love Languages (By: Dr. Gary Chapman):

- ◉ Verbal Affirmation
- ◉ Quality Time
- ◉ Acts of Service
- ◉ Physical Touch
- ◉ Receiving Gifts

# Non-physical intimacy:

# Physical intimacy:

“Your attitude about your sexual relationship is important. Some individuals regard sex as a duty, others as a gift. The truth is probably somewhere in between for most of us”

# Symptoms familiar to Lupus that affects sexual expression includes:

- ◉ Pain, aches & fatigue
- ◉ Skin rashes
- ◉ Sensitivity to temperature
- ◉ Anxiety, Guilt, Anger, Depression
- ◉ Medications
- ◉ Physiological responsiveness
- ◉ Passion: The Body – Brain Connection



FOCUS IS ON THE JOURNEY, NOT ON THE  
DESTINATION !



# Questions

