



News Release

University of Nevada School of Medicine

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Intimacy or sharing yourself in a relationship is important to our everyday happiness. On HEALTHLINE, Dr. Grant Miller of the University of Nevada School of Medicine:

"In order to be reasonably happy, and function efficiently, you need to be close or intimate with at least one person. The process of becoming close or intimate is a step-wise process. First, you choose another person; second, you share thoughts and feelings with that person; and third, you make some kind of commitment to continue sharing on a regular basis. After making such a commitment, most people experience a sense of joy, but maintaining this sense of joy demands continued sharing of thoughts and feelings. If you have trouble getting close to people or maintaining relationships, see a mental health professional."

This is HEALTHLINE from the University of Nevada School of Medicine.