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Objective: To demonstrate through case examples that 'Breakthrough Intimacy' - closeness between the patient and his/her partner 5-10 times greater than their previous maximum experience (according to their own daily subjective self-rating on 41 parameters via Internet) predictably transforms their personalities, eliminating psychiatric symptoms such as anxiety, anger, psychosomatic symptoms, depression and symptoms of borderline personality disorder - without medications and often within 6 months.

Method: Working with the patient and his/her partner, therapy focuses on bringing the couple far closer than ever before, guided by the couples' daily self-rating graphs.

Results: Of the 1,170 patients treated over the last 20 years, 48% of patients with various diagnoses reached a level of adjustment beyond their previous maximum level. 31% reached a level more than twice, 24% reached more than three times, 20% reached more than four times, 16% reached more than five times, and 7.6% reached more than ten times their previous maximum level of adjustment according to their own daily subjective self-rating. Of those who failed to reach their previous maximum level at premature terminations, 75% showed significant improvement in their overall adjustment, and 77% showed significant reduction of their symptoms. However, 24% showed significant reduction of overall adjustment, and 22% showed significant aggravation of their initial symptoms at the time of their termination during the initial phase of therapy, when symptoms typically worsen.