

Rescue My Marriage Today

Quick Tips

Week 3 - Getting Back to Getting Some

1. This week is all about touch and connection. Be mindful of the physical interactions that you have with one another. Take time to learn what touch your spouse enjoys and what they have been missing.

 Husband Wife

2. Choose 1-2 of YOUR SPOUSE'S favorite non-sexual touches and find a way to love on them *that way* each day this week.

 Husband Wife

3. Sexual intimacy is another form of touch that is critical in marriage. Often it's one of those areas that couples struggle with discussing. This week commit to one conversation about your sexual intimacy.

 Husband Wife

4. Commit to answering one or two of the 19 Questions to Amazing Sex.

 Husband Wife

5. Differences can be celebrated and can work to strengthen the sexual intimacy in your marriage. Listen to episode 140 Scheduling Sex to get a better understanding of the Intimacy Lifestyle.

 Husband Wife

6. Take a really good look at your bedroom this week. What promotes intimacy and what has "got to go". Get rid of those things that aren't working in your bedroom.

 Husband Wife

Thoughts for the week:

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

-Leo Buscaglia

It's not always about sex. Sometimes the best type of intimacy is where you lay back, laugh together at the stupidest things, hold each other and enjoy each other's company.

~Anonymous

No other form of communication is as universally understood as touch. The compassionate touch of a hand or a reassuring hug can take away our fears, soothe our anxieties and fill the emptiness of being lonely.

~Randi G. Fine

I believe that the greatest gift you can give your family and the world is a healthy you.

~Joyce Meyer

It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences.

-Audre Lorde

Know that you are the perfect age. Each year is special and precious for you shall only live it once. Be comfortable with growing older.

~Louise Hay

My bedroom is my sanctuary. It's like a refuge...

~Vera Wang

The beauty of talking about sex with your husband or wife, is that you create an environment in which you can learn to love each other in ways that only you can.

Don't leave that to chance.

~Alisa DiLorenzo

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