

Sexual Intimacy

Sexual intimacy is a factor in your marriage whether or not you are having sex. How the two of you relate to one another sexually can be based on many factors. This is an area that can be a source of great satisfaction or a source of great frustration. Understanding the dynamic between the two of you, your desires, your disappointments and your distractions allows the two of you to be able to reconnect in this area of your marriage.

1. From an early age you started receiving messages about sex. What are those messages? (Examples: Don't get a girl pregnant. Good girls don't do that. Sex is bad. etc.)

2. How do you think the messages that you received have impacted the sexual intimacy in your marriage?

3. If you had sex before marriage, how has that experience influenced your sexual intimacy in your marriage?

4. What do you believe the role is of sex in marriage?

5. What were your expectations of sexual intimacy before getting married?

6. What are your expectations now?

7. What have been some of the most fulfilling sexual experiences that the two of you have shared?

8. Early in our marriage, I would describe our sexual intimacy as:

9. Today it is:

10. I think that the following circumstances have changed our sex life over the years:

11. Many people do not have the sexual intimacy that they desire. What do you see as challenges to your sexual intimacy?

12. When feeling sexually frustrated I:

13. When feelings sexually fulfilled or as if my needs are being met, I feel:

14. Do you feel like your sexual intimacy is functioning at the level that you would like? Why or why not?

15. What can YOU do to change that?
