

# High Desire/Low Desire

One area that hasn't received a lot of attention in marital sexual intimacy is the concept of high desire and low desire spouses. Every marriage has both of these roles. There can be small differences in desire or large differences in desire. The reason that it is so important to open a dialog on this topic is that desire, and being desired, is a huge dynamic in marriages. Keep in mind that desire can change over the life of the relationship, another reason why it's important to keep the conversation open.

Each one of you wants to feel desired. It is human nature to want to be wanted, especially by the one that we have said "I Do" to. And yet, there are a lot of factors that can impact desire.

- Stress
- Physical conditions
- Medications
- Emotional Connection
- Activities
- Obligations
- Children
- Hormonal Imbalances
- Lack of sleep
- Lack of exercise

1. As you reflect on where you are now in your marriage, would you say that you are the high desire or low desire spouse? \_\_\_\_\_

2. How do you define that for yourself?

---

---

---

---

3. If you are the LOW desire spouse: From the list above what is impacting your level of desire at this time?

---

---

---

---

4. If you are the HIGH desire spouse: What actions do you take or how do you act when your sexual needs are not being met?

---

---

---

---

5. How do you show your desire for your spouse?

---

---

---

---

6. How have your differences in desire impacted your marriage?

---

---

---

---

7. If it were up to you, how often would you have sex each week or month?

---

---

---

---

8. What are your thoughts on implementing the Intimacy Lifestyle in your marriage? Share both the positive and the negative with your spouse.

---

---

---

---

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

*-Audre Lorde*