

# STRONG MARRIAGENOW

## **Week 7 for Men: What You Can Do As An Individual To Improve Your Sex Life**

This week, you'll learn:

- How a woman's mind works around sex
- How to turn your wife on and get her in the game
- Why power and control are sexy
- How to be irresistibly attractive to your wife
- What makes sex great for a couple



## **What Did You Do Last Week?**

Review the “What You Need to Do This Week” section from last week and check your progress. Did you complete the steps? Why or why not? Did you see a change in your relationship? Reflect on what you learned and continue honoring your commitment to follow the **StrongMarriageNow System**.

## **Watch Video - Men’s Guide to Sex - Part 1**

In the video *Men’s Guide to Sex - Part 1*, you will learn:

- What sex means to women
- How a woman’s mind works around sex
- How to get your wife into the game
- How to turn your wife on

## **Watch Video - Men’s Guide to Sex - Part 2**

In the video *Men’s Guide to Sex - Part 2*, you will learn:

- Why power and control are sexy
- How to be irresistibly attractive to your wife
- What makes sex great for a couple
- How to dramatically improve your sex life

## Exercise 15: Help Your Wife Want To Have More Sex

This exercise is designed to help your wife feel more connected to you and therefore, want to have more sex with you.

**Step 1:** List all of the things you already do to help your wife know you love her, find her attractive (*specifically*), and appreciate her.

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**Step 2:** Write 3 more things you can do to help your wife feel connected and attracted to you.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Some examples:

1. Call her in the middle of the day
2. Kiss her when I walk in the door
3. Stay positive and supportive (stop complaining)
4. Tell her how much I appreciate everything she does
5. Don't lose my temper
6. Help maintain the home
7. Tell her she looks beautiful
8. Take control and handle issues powerfully
9. Stand up for her
10. Be a great dad
11. Make time for her
12. Make her a priority
13. Avoid paying attention to other women
14. Put myself together in a way I know she likes
15. Do an activity that she wants to do
16. Take her out on a date

## What You Need To Know - Men

### 1. Key Points from Men's Guide to Sex - Part 1

**a. A woman needs to feel connected in order to have sex.**

**b. The road to a good sex life is happening all of the time.**

80% of sex for a woman occurs in her head, therefore whether or not a woman wants to have sex depends on how she felt about her relationship an hour earlier, that morning and even last week!

**c. It's essential to invest in psychological foreplay.**

- i. A woman is turned on by feeling desired / wanted, *specifically*.
- ii. A woman is turned on by feeling successful in her sex life. To help her feel successful:

**1. Avoid making passive-aggressive comments.**

Instead, make her feel successful and loved.

**2. Avoid constant complaining and blaming.**

Instead, focus on the positive aspects of your wife and marriage.

**3. Avoid showing disappointment** if the quality and/or quantity isn't maintained. Instead, be grateful and appear satisfied with what you're getting.

## 2. Key Points from Men's Guide to Sex - Part 2

**a. A woman is turned on by power, control and maturity.**

b. To turn a woman on, it's essential to invest in the physical aspects of foreplay.

**i. It's important to make the sex good for her.** Take responsibility and get educated.

**ii. Invest the time to explore the whole range of sexual experiences** from first base to going all the way. *(Don't focus too quickly on the pink parts.)*

**iii. Women are attracted to men who take care of themselves.** Learn what your wife finds attractive and invest.

c. Sometimes the lack of sexual interest on a woman's part is due to actual physical or mental issues. **Individual issues are now the couples issues to work out together.**

d. Sometimes the roles are reversed. Therapists and medical professionals are trained to address issues and can really help.

## What You Need To Do This Week

Here are the **StrongMarriageNow System To-Do's** for the week:

1. **Call her in the middle of the day**, ask her about how she's doing and *really* listen.
2. **Kiss her** when you walk in the door.
3. Do at least one thing to **help your wife feel successful** sexually.
4. **Put yourself together** so you feel confident and sexy
5. **Make sure that sex is good for her.**

**Cut out and post these where each of you will see them every day:**

**This week, I agree to:**

- 1. Call her in the middle of the day every day**
- 2. Kiss her each time I walk in the door**
- 3. Do at least one thing to help my wife feel successful sexually**
- 4. Initiate sex and make sure that it's good for her**

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