Week 7: All About Sex for the Couple

This week, you’ll learn how to:

- Improve your sex life!
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 - Couples Guide to Sex

In the video Couples Guide to Sex, you will learn:

- How to get from first base to home plate more often
- That there's more to sex than intercourse
- To understand mother nature's “big joke”
Exercise 13: - Assess and Improve Your Sex Life
(Copy #1)

One of the most common reasons couples come to counseling is disagreements around sex. It’s important to understand how both partners feel about the quality and/or quantity of sex as well as to lovingly and openly discuss this often sensitive topic.

1. **Grade your satisfaction with the QUALITY of your sex life**
   1 - Extremely Satisfied
   2 - Satisfied
   3 - Neutral
   4 - Dissatisfied
   5 - Extremely Dissatisfied

2. **Circle 2 things that would improve the QUALITY of your sex life**
   - More excitement and enthusiasm
   - More variety
   - Less criticism or judgment
   - Meets more of my needs
   - More foreplay
   - More exploration of the whole range of sexual experiences
   - Increased sexiness
   - More exploration of fantasies
   - Increased trust
   - Other ________________

3. **Grade your satisfaction with the QUANTITY of your sex life**
   1 - Extremely Satisfied
   2 - Satisfied
   3 - Neutral
   4 - Dissatisfied
   5 - Extremely Dissatisfied
4. Circle 2 things that would improve the QUANTITY of your sex life

- More Initiation by partner
- Less pressure
- More time to connect
- Less conflict outside of the bedroom
- More intimacy outside of the bedroom, i.e. flirting, kissing, snuggling
- Increased trust
- Dealing with individual/ childhood issues
- Decreased rejection
- Other __________________

5. Gently share your assessment with your partner.

Have a loving conversation. Choose one item from your partner’s list and make it a priority to work on it.
Exercise 13: - Assess and Improve Your Sex Life
(Copy #2)

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Have a loving conversation. Choose one item from your partner’s list and make it a priority to work on it.
What You Need To Know

1. The road to a good sex life requires constant intimacy to keep it on track. **View your relationship as a whole.**
   a. Remember to flirt and stay connected throughout the day.

2. A man feels connected by having sex. A woman needs to feel connected in order to have sex. **Understand one of mother nature’s “big jokes.”**

3. There's a whole range of sexual experiences that can happen between first base and home plate. **Explore the full range of sexual experiences.**

4. Men and women have different arousal processes. **Respect the differences.**
   a. Most women need to get *started* in the process before they *can* know if they want to go all the way.
   b. The depth of a man’s feelings is not less simply because he can access his sexual feelings more quickly.

5. It helps to **lighten up** and not take the whole thing so personally.

6. **Feelings of excitement change over time.** After roughly two years, the thrilling sensation tapers off. To rev it up again, put yourselves in situations that are new, somewhat “risky,” or even “forbidden.”

7. If you don’t **talk about great sex,** you won’t have great sex. It's imperative that you have many open and loving conversations.

8. Couples can **start with a clean slate.** Forgive each other for the mistakes you've made in the past and start fresh.
What You Need To Do This Week

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

1. **Talk to your partner** about what would improve the quality or quantity of your sex life (from Assess and Improve Your Sex Life exercise).
2. **Make an effort to stay connected** (flirt, call, compliment, etc.) throughout the day and week.
3. **Lighten up** and start with a clean slate.
Cut out and post these where each of you will see them every day:

Every day this week, I agree to:
1. Talk to my partner about sex
2. Make an effort to stay connected
3. Lighten up