

## INTIMACY FOR LIFE

**SEX!** It can be such a hard topic to talk about. But, why? Because of the way many of us were raised, we have a natural hesitancy to discuss sex - even with the spouse that we are having it with! Our goal is to get you through that hesitancy, in the hope you will find greater joy, honesty and FUN in the bedroom together.

**LET'S DIVE IN:** Dr. Shannon brought up an interesting subject in the video when she discussed, briefly, the concept of Spontaneous and Responsive Arousal. As a matter of fact, the whole Arousal System is an interesting subject that we encourage you to dive deeper into understanding.

Though it is a generalization - men often have a Spontaneous Arousal response. This means that they can be ready for sex at the "drop of a hat". There are many assumed reasons for this, the number one being that they most often have fully pleasurable experiences in their past (high rate of orgasm, usually no sexual trauma) as well as a visual arousal response.

Again, as a generalization, it is common for women to have a Responsive Arousal response. This means that they need some help becoming ready to engage in sexual intimacy. Their often lower orgasm rates, past sexual trauma, as well as a mind full of "other things" can lead them here.

A woman's body can not reach the orgasm stage without first reaching the excitement stage and then the arousal stage, and the plateau stage. For men, these stages are most often very similar and virtually indistinguishable.

### **ACTION STEPS WEEK EIGHT (do together with your spouse):**

#### **STEP ONE:**

Discuss what type of Arousal Response you each have. If one of you is "Responsive", discuss what things help you to get to the first stage of sexual arousal: Excitement.

#### **STEP TWO:**

Openly discuss how you feel about your sexual intimacy. Is it mutual, pleasurable and intimate for you? Do both of you most often reach orgasm? Are there challenges or problems you haven't discussed before? Now is the time.

#### **STEP THREE:**

Each of you recall a perfect experience of sexual intimacy that you shared together. Take turns telling each other about the experience and WHY it was so wonderful.

#### **STEP FOUR:**

Each of you take turns expressing what you'd most like to see change in your sex life. Brainstorm ways to bring these about, openly discussing challenges and ideas. Take the time to make a plan, write it down and implement it!

**ACTION STEPS WEEK EIGHT (continued):**

**STEP FOUR PLAN:**

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**STEP FIVE:**

End your time ***praying together*** for wonderful God-honoring sexual intimacy! Ask God to give you greater joy as you work together as loving partners in your marriage bed.