

Homework

Writing Your Script

This week take some time to fill out this worksheet separately. Then schedule some time to spend together later in the week sharing your answers. Remember, there are no right or wrong answers, only preferences. It is in sharing and honoring these preferences that you build a stronger sex life and ultimately, a stronger marriage.

If there were no barriers, how often would you like to have sex each week?

1-2

3-4

5+

What is the minimum amount of times you would like to have sex each week?

1-2

3-4

What is your favorite time of the day to be intimate?

Early Morning

Mid-Morning

Afternoon Delight

Before Dinner

In the Evening after Dinner

After the Kids Have Gone to Bed

Before we Fall Asleep

Comment:

When do you generally desire to have sex?

- Any time works for me
- When I feel emotionally close to my partner
- When I feel disconnected from my partner
- I don't desire sex much right now

Comment:

Frequency

- I am satisfied with the frequency and quality of our sex life.
- I am satisfied with the frequency but not the quality of our sex life.
- I am satisfied with the quality but not the frequency of our sex life.
- I am dissatisfied with both the quality and frequency of our sex life.
- I feel like I want to change something.
- I feel like I want to try something new.

Comment:

Write out a few things that put you in the mood for sex (eg. massages, small gifts, specific clothes, or even "when they put dishes in the dishwasher.")

How do you feel about scheduling sex?

What is your ideal ambience concerning sex?

If you were writing bullets on a PowerPoint Slide concerning what you love about making love to your spouse, what would be on the slide?

Note: Remember, working out our differences in preferences is an ongoing practice. These questions are meant to help you learn how to be serve and express love to one another. The danger is that it can also set up expectations that when not met, result in disappointment.