

Steps to Address the Lack of Sexual Intimacy

Objective

To rekindle sexual intimacy through exploration of needs and desires

You Should Know

A couple's sex life is often a good measure of the overall health of their marriage or committed relationship. Once a couple stops having sex, or no longer values sex as an important part of their relationship, it is an indicator that the relationship might be in trouble. Discussing this issue with your partner can be intimidating – particularly if you feel disconnected (sexually or otherwise).

When a marriage lacks sexual intimacy, there is often underlying unhappiness or discord that exists (*if the couple has not agreed to the situation*). The health of your marriage depends on mutual sexual attraction and satisfaction. Candidly discussing your sexual feelings and preferences with your partner is important, but this might be difficult, awkward, or uncomfortable. However, there is nothing shameful at all about sexuality – a robust sex life supports physical and mental health and contributes to a strong and long-lasting marriage.

What to Do

This exercise will support you in determining you and your partner's sexual needs and desires.

1. When sex is a positive experience for you, approximately how frequently would you like to have sexual intercourse or activity? If it varies, what does it depend on?

2. How often do you have feelings of sexual desire? _____

3. How satisfied are you with your current sexual experiences with your partner?

4. Describe what you believe are your partner's current sexual experiences:

5. What techniques might enhance your sexual experience?

6. Is there anything you would like to change?

7. Are you willing to use sex aids / toys to increase your excitement and pleasure? _____ If yes, which ones would you like to try?

8. Is it important to you who initiates sexual intimacy? _____ If yes, who should initiate and in what manner?

9. Is there anything in particular you would like more or less of during foreplay?

10. What would make your sexual experiences with your partner more exciting?

11. What are solutions to the excuses that you are "too busy" or "too tired" to have sex?

12. Are there feelings or situations that impact your sex life? (for example: conflict, children at home, work schedule, etc.):

13. After you have learned about your partner's point of view on sexual intimacy, describe activities and changes to enhance your sexual experience:

How helpful was this exercise? _____

(**1** = not very helpful, **5** = moderately helpful, **10** = extremely helpful)

What could you do differently to make progress in effectively improving your sexual experiences with your partner?
