

**MARRIED
COUPLES
ONLY**

**SERIOUSLY,
DO NOT KEEP
READING IF YOU
AREN'T MARRIED!**

**LAST CHANCE.
STOP READING IF
YOU AREN'T
MARRIED.**

Before working through these questions with your spouse, if you are struggling in some of these areas please don't be embarrassed; you are not alone. It may be necessary to seek professional counseling and/or medical help. You may also find some of the suggested reading helpful.

STARTERS

(Safe Questions)

1. How often, if ever, did you and your parents talk about sex?
2. What kind of picture did your parents paint for you about sex?
3. When & where did you first learn about sex?
4. Is sex an embarrassing subject for you?
5. Are there any questions about sex that you think are "off limits" for us to discuss? Give an example.
6. What parts of your body are you insecure about? What can I do to ease those insecurities?
7. Do you like it when I undress in front of you? Should I slow it down?
8. Do you like what I wear leading up to sex?
9. What would you change about our bedroom to spice it up?

FREQUENCY

1. On a scale of 1 to 10, how satisfied are you with how often we have sex?
2. I enjoy having sex ___ times per week or month.
3. How often do you reach climax/orgasm when we make love?
4. Have you ever been frustrated thinking, "Tonight's the night" only to be disappointed? Does this happen often?
5. What time of day is best for you?
6. What should our code word be around the kids on the night we are in the mood? (e.g. "working on the budget" "need anything at the supermarket" nobody uses the word supermarket anymore, so that works)
7. Do we do well sharing the initiation?
8. Do we offer grace to each other when "Tonight's the night" doesn't work out? Do we ever show anger?

If you find you are struggling in some of these areas you are not alone. It may be appropriate to seek professional counseling or medical help to work through an issue.

PERFORMANCE

1. On a scale of 1 to 10, how satisfied are you with our performance?
2. What can we do to bring our sex life out of a “rut?”
3. Can you give me two or three ideas for foreplay?
4. Do I move through foreplay too quickly? Too slowly?
5. What is a surefire way to get you in the mood?
6. What are some practical ways we can prepare the bedroom for lovemaking?
7. What position is most enjoyable for you?
8. Do you prefer to be on top or on bottom?
9. Should we sleep nude more often?
10. Should we shower together?
11. Is there anything I ever do that makes you uncomfortable or causes you pain?
12. Are you okay with oral sex?
13. What sounds do you like hearing to know that I am enjoying it?
14. Should we use more candles?
15. What genre of music would you want on our love-making playlist?
16. Lotions, oils, scents? You in?
17. I like it best when you...
18. It makes me uncomfortable when you...
19. What are the distractions that keep us from getting together?
20. Can you show me how I can help you have a better orgasm?
21. Are you good with making love outdoors?
22. What can we do to be more creative?
23. Who sets the boundaries for creativity?

ENDURANCE

1. On a scale of 1 to 10, how satisfied are you with how long we spend making love?
2. Do you feel like we rush it?
3. On the days where life is crazy and when it has been a while since we have been intimate, are you good with introducing quickies into our marriage?
4. What concerns do you have about quickies?
5. How long should sex last?
6. Have you ever been frustrated at how long it takes me to get in the mood?
7. Have you ever been frustrated at how long it takes me to reach climax?
8. How can I gain ejaculatory control? (see footnote)
9. Is getting there at the same time important?

If you find you are struggling in some of these areas you are not alone. It may be appropriate to seek professional counseling or medical help to work through an issue.

SUGGESTED READING

Gary Smalley and Ted Cunningham. *The Language of Sex: Experiencing the Beauty of Sexual Intimacy*. Regal, 2008.

Clifford Penner and Joyce Penner. *The Gift of Sex: A Guide to Sexual Fulfillment*. Thomas Nelson, Inc., 2003.

Shannon Ethridge. *The Sexually Confident Wife: Connecting with Your Husband Mind, Body, Heart, Spirit*. Harmony, 2009.