



THE *intimacy*

SERIES

Talk about it

Talk about how you feel about having the conversation – nervous, adventurous, excited. As possible, reflect on what you enjoy and what you want more of.

Complete these sentences and exchange answers.

1. Something I appreciate about our intimacy life is _____.
2. _____ is working well for me.
- 3a. This is something I'd like to try differently: _____.
- 3b. If we tried this, I would feel _____.
4. I appreciate having this conversation because _____.

Keep it positive

- "I love when you do [this]. When you do [that], it doesn't feel as good to me."
- "I prefer [this] over [that]."

Own your feelings (I statements)

- "I feel ..." Rather than "You make me feel ..."

Say what you want

Be as specific as possible. If you know what you want share it. Make specific suggestions or requests rather than complaints.

- "I'd like for you to [give me a call or send me a text during the day to say hi]."
Rather than "I want you to do something nice for me during the day." or "I don't like when I come home and there was no communication between us all day."
- "I love [this]. And sometimes I love to [that]."
- Ask: "I'd like to try [this]. What do you think?" "Could we please try [that]?"



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Who initiates? When? What does 'initiate mean'?

Be creative. Some possibilities:

- One specific night a week, he initiates/ sets up and another night she does.
- Can start initiating in the morning, the night before, spontaneous.
- Words, touch, sets ambiance, hints (that you both know), props, etc.
- One puts out a hint, the other responds and the first responds back – setting up anticipation.

When/ Frequency

- How often?
- Specific nights?
- Scheduling vs spontaneity?

Feedback

- Discuss how you will give feedback to each other – in the moment and after.
Ex: specific words, sounds, touch, etc.
- "Let's do that again."

Private language

- Words. Playful flirting
- Non verbal cues – winks, hand motions, head motions
- Hints that you both know the meaning - candy in a candy dish, single white rose, specific emoji
- Words for specific activities, body parts, saying "yes"/ "no" / "let's see where this goes"

Saying "Not now"

- How you prefer to hear that
- What are the different reasons you might say no ("I had a very stressful day" "I am concerned about not being able to get in the mood" – your spouse may be OK with that, sometimes)

Comfort Zones

- GREEN: "What I know I like and enjoy."
- YELLOW: "What I'm willing to try." "What I'm willing to do – sometimes." (Define 'sometimes').
- RED: "What I'm not interested in (at least for now)" – revisit these from time to time.



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Getting 'In the Mood': Becoming Aware of your 'accelerator' and 'brake'



Discuss your 'brakes' and 'accelerators'.

Our "accelerator" is what turns us on and our "brake" is what turns us off around intimacy. If your foot is on the "brake" then it will not work to press on the "accelerator".

In order to get more "in the mood" you can think about what hits on your "brake" which would be all of the things that would minimize desire. After working on that, you can add in what hits on your "accelerator" and gets you more in the mood.

HIS	
BRAKES	ACCELERATOR

HERS	
BRAKES	ACCELERATOR