**Exercise #5**

**Creating Sexual Intimacy**

 I would encourage you to play through the video again that I have just shared with you. Make notes on issues that are important for you to communicate with your spouse.

 Sex is often a huge area of conflict in a relationship. If it is for you, or if there are issues you have never discussed – use the PDF on Handling Conflict to get you over the initial hurdles.

 What can be very beneficial is to seek out a good marriage counselor who can guide through these challenging discussion. But let me encourage you to keep pressing on towards greater intimacy.

 The following questions are provided for you to ask each other. Print off your own copies and write out your answers and then share back and forth. Remember this is a communication exercise – it is not “your” opportunity to tell your partner off, or to leave them feeling guilty because they are not meeting your sexual expectations. This is a time to listen, to enjoy each other and as you communicate – who knows what may happen? ☺

**Talking about Sex**

 Before you speak to each other take 10 minutes before doing this to write out your answers. Sit facing each other in a comfortable position. Take turns completing each sentence honestly and in your own words. When each of you is sharing , simply listen – don’t cut the other person off.

1. The Part of my body I like most is ….
2. When I talk about sex, I …..
3. The part of my body that I wish I could change is …
4. The most erotic area of my body is…
5. When we make love, what I like the most is…
6. After we make love, what I like best is …
7. If I don’t have an orgasm during sex, I feel…
8. Something that we haven’t done that I would like to do sexually with you is…
9. What really excites me is when you…
10. What really turns me off is when you…
11. I feel closest to you when…
12. I feel most desired when…
13. The times I feel most sexual with you are …
14. What would make my sex life with even better is…
15. Something I haven’t asked for sexually is …
16. What makes sex difficult for me ….
17. Right now I feel toward you…

Now that you have both taken some risks with this self- disclosure, spend time sharing how you feel and where you want to go with this information.

( Adapted from Steven Farmer, “ Adult Children As Husbands, Wives and Lovers)