

WEEK4 INTIMANCY WORKSHEETS

Take 15 minutes to talk openly and honestly about where each of you sees sex fitting into your lives in terms of priorities. Discuss both where it sits in your own mind and where you observe it to sit in your partner's mind.

Please be forewarned that there's a very good chance that your personal perception will not be your partners reality when it comes to this sensitive topic.

Do not get into a fight about who is right or wrong, but instead treat your partner's thoughts as their truth.

After all, when it comes to your sex life, it's truly their perception that matters.

Spend a few minutes talking about how you can make improved intimacy (emotional and physical) a higher priority in your daily lives.

Are there times when you could be intimate instead of doing other mundane things around the house?

(i.e.: Can the dinner dishes wait until tomorrow? Does the laundry have to be folded right now? Is the trip to the store really necessary today?)

Where are some areas that you could improve in your overall intimacy, including those areas that don't directly involve sex?

What has been holding you back, and what can your partner do to ease your burdens and help you desire more intimacy?