

MARRIAGE  
**COURSE**

# After “I Do”

THE COMPLETE GUIDE TO NEWLYWED LIFE

**MODULE 2**

SEX AND INTIMACY



## MAIN IDEA

OPEN THE DOOR TO CONVERSATION ABOUT HOW YOU WILL CREATE YOUR OWN SEXUAL JOURNEY TOGETHER.

# WHY IS TALKING ABOUT SEX OFTEN DIFFICULT TO DO?

It can be *embarrassing...* It can feel *shameful...* and *tbh*, it can just be *awkward*.



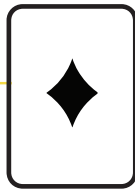
## The Awkwardness Activity

Pull out of a deck of cards one heart, one diamond, one spade, and one club (the value of the cards don't matter). Put the rest of the deck to the side. Shuffle up the four cards you pulled. Without seeing the face of the cards, take turns drawing a card from the stack of four. Whichever suit you draw, follow the instructions below.



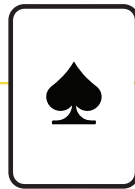
### HEARTS

Kiss your spouse for 30 seconds without them kissing you back



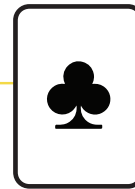
### DIAMONDS

Open the back door and bark loudly like a dog for 30 seconds



### SPADES

Whisper something sexy in your spouse's ear, except in a cartoon-like voice



### CLUBS

Demonstrate 5 different stylish or sexy ways to open the refrigerator



DIY DATE NIGHT

Truth or Dare

(WITH A FLAIR)

# TIPS FOR HAVING GREAT CONVERSATIONS ABOUT SEX



**SET THE MOOD  
(CANDLES, MUSIC, ETC.)**



**HAVE A SEX-TALK  
OBJECT ON HAND**



**AFFIRM EACH OTHER'S  
FEELINGS**



**BE NAKED OR HOWEVER  
YOU FEEL SEXY**



**WRITE DOWN YOUR  
THOUGHTS BEFORE TALKING**



**DON'T FORGET TO  
LAUGH AND HAVE FUN**



## IMPORTANT QUESTIONS TO TALK ABOUT

### ♥ Which of us probably wants sex more often? Why?

- *What affects me wanting to have sex more often or less often than you?*
- *What do I need from you (my spouse) based on how often I want to have sex?*
- *How can we meet in the middle with our differences?*

### ♥ How do I get heated up? Am I more of a microwave or a crock pot?

- *To what extent am I a microwave or crock pot?*
- *What do I need to make the mood right for me to have sex? How can I help you with your answer?*

### ♥ What do we want our sexual journey to look like, both now and in the future?

- *After looking at these questions (and the ones below), what do we want or need to talk about first?*
- *When should we talk?*

# OTHER IMPORTANT QUESTIONS TO DISCUSS

## ♥ How often should we have sex?

- How many times a week?
- What happens if we don't have sex as many times as we said we would in a given week?

## ♥ What puts me in the mood for sex?

- What conditions have to be right?
- What turns me on?
- What turns me off?
- Does it matter what I wear or what my spouse wears?

## ♥ What do I like during sex?

- What positions do I like best?
- What kind of foreplay do I like?
- Are there other ways I like to be stimulated besides intercourse?
- What times of the day do I like? (morning, afternoon, night, all the above?)
- Is the bed the only place? Do I feel most comfortable in the bedroom, or are there other places I like to have sex (that won't get us arrested)?
- What positions, times, places, or forms of stimulation are off the table?

## ♥ What new things would I like to try that we haven't done yet?

## ♥ When it comes to your (my spouse) experience with us having sex, what is important to me?

- Is it important to me you are as into it as I am?
- Is it important to me you experience an orgasm?
- How important is your enjoyment to me?

## ♥ What's meaningful to me after sex?

- Do I like to lie in bed and cuddle?
- Do I want to take a shower (provided you're not already in the shower)?
- What do I not want to do after sex?

♥ **What are the more difficult conversations that we need to have?**

- *What are our views of pornography?*
- *Is there baggage from past relationships or sexual experiences that affect our marriage?*
- *What do we need to clear the air with?*

**CONCLUSION**

WHAT MATTERS MOST ON YOUR SEXUAL JOURNEY IS **COMMUNICATION, TRUST AND VULNERABILITY.**

**LET'S NOT FORGET:**

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