

Sex: Now You're Talking!

A Couple Discussion Starter

By Dr. Dave Currie & Christie Rayburn®

1. **SET UP A DATE** to just talk about sex.
 - *Outside the bedroom*
 - *Without interruptions*
 - *Don't be in a rush*
2. Be willing to **HONESTLY OPEN UP** about your concerns and your delights.
Warning: This could be the hardest step!
3. Use the following **QUESTIONS** as your starting point.
 - *Is this a comfortable conversation for you? Why or why not?*
 - *What factors influenced your attitude towards sex growing up?*
 - *How would you describe the sexual expectations you brought to marriage?*
 - *What have you learned sexually about your spouse since marriage?*
 - *What have you surprisingly learned about your own sexual needs/desires?*
 - *What part could you see yourself playing in making your sex life more satisfying?*
 - *How could you as a couple add variety to your sex life?*
 - *What could you do to feel more sexy or good about yourself?*
 - *Do you feel physically desired and wanted by your spouse?*
4. **DISCUSS ISSUES** that come out of these questions.
 - *You MUST be a safe place for your spouse to be able to talk freely.*
 - *Take personal responsibility by starting your sentences with "I" versus "You". Avoid pointing fingers!*
 - *Remind each other that this conversation is meant to draw you both closer.*
5. **NEGOTIATE** to the beginnings of compromise.

Remember that compromise is the art of dividing the cake in a way that everyone believes he has gotten the biggest piece