COUPLES PROJECT

ENHANCING YOUR ONENESS THROUGH SEXUAL INTIMACY

The project has two sections:

1. An Individual Section for each of you to personally write down your answers and give thought to a number of important items.

2. An Interaction Section where you share your thoughts and feelings about your answers to the questions in the first section.

INDIVIDUAL SECTION

Answer the following questions on your own.

On a scale of 1-10 (10 being the best) how would you rate the following areas in your relationship? After rating each element, think of the answer to the question: "What would bring it closer to a '10'?"

1. The quality of our friendship_____.
2. The heart connection between us_____.
3. Our ability to resolve hurt feelings, misunderstandings, and conflict_____.
4. The amount of fun and laughter in our relationship____.
5. The amount of warm, affectionate "non-sexual touch" outside our sexual intimacy_____.
6. The way we decide that we're going to be sexually intimate____.
7. The frequency of our sexual intimacy_____.
8. Viewing our physical intimacy with positive anticipation____.
9. The variety of experiences during intimacy_____.
10. The amount of verbal communication while we're enjoying a sexual time together_____.
11. Gentleness and tenderness in physical intimacy_____.
12. The ability to talk comfortably and often about our sexual relationship (how to adjust and improve it)_____.

"We should not be ashamed to talk about what God was not ashamed to create." ~ Dr. Howard Hendricks

The things I enjoy most about our love-making:

The things I'd like us to consider changing during our intimacy (some of the things that are a hindrance to your full enjoyment of intimate times together, or things you're uncomfortable with):

In leading up to our sexual times together I'd like for you to:

I feel discouraged when you:

I feel most drawn to you sexually when:

INTERACTION SECTION

Before you share your thoughts, hopes and concerns with each other from the Individual Section, we encourage the husband to lead in prayer. Ask the Father to give you open, tender hearts so you can experience a relaxed and healthy conversation on this important topic.

Throughout the Interaction Section, be sure you provide a safe and understanding attitude and demeanor as you listen to your spouse. They're taking a great risk in revealing their thoughts and feelings about a very personal and delicate subject - assure them by your response that it's safe to express what's on their heart.

1. Share and discuss each of the items you answered in the individual section. As you share your response to the "1-10" questions, it's important that you say what you believe would bring it closer to a "10" [this will provide some positive solutions and improvements to your intimacy together].

2. You may want to stop at various points of the discussion and turn to the Lord in prayer for wisdom, healing, and new hope and ideas. Your unity in this area will bring Him glory. He is ready, able, and willing to provide what you need in this important area of your marriage.

3. Agree together that this kind of discussion is needed more often in order to hear, understand, value, and love one another [consider doing this project every 2 months. As you experience this level of communication more often, it will become less difficult to talk about and will provide more and more positive solutions].

4. Be ready to ask forgiveness for hurts that may surface.

5. Agree on solutions to areas of concerns or breaking through "stuck points" and "ruts."

6. Conclude your time in prayer, asking God to give you new joy, strength, hope, and pleasure in your sexual intimacy together.