# Marriage & Sexual Intimacy

The Challenge!

#### Three Main Points

Why Does Marriage Kill Desire?

What Does Healthy Sexual Intimacy Look Like?

How Can I Develop a Foundation for Sexual Desire?

## Why Does Marriage Kill Desire?

Your Personal Growth Must Keep Pace With the Increased Challenges of Marriage in order for Sexual Desire to be Alive and Active.

- O The Ski Slope
  - O The Funnel

## True, Oh So True!

"I will forever cherish my original misconceptions of you!"

"Love" is that short period of time when a person of the opposite sex holds the same opinion of us as we do ourselves.

# The Take Away: The Point

 Desire is not Looking for a New Object; Desire is Looking for a New Subject!

(A New You!)

- Sexual Development Must Shift from Passive ("You are responsible for turning me on.") to Active ("I am responsible for increasing my sexual foundation with you!")
  - Sexual Development Involves Thoughtful Effort, Playful Courage, and Patient Practice.

## Simple Questions to Ask Yourself

"Do I Want to be Desired and Found Attractive?"

"Do I Want to be Wanted?"

"Would I Like to be Desired?"

"Am I Willing to Risk Being Desired?"

#### Some Good Ideas

- 1. Do Your Best to Not Irritate Your Spouse!
- 2. Don't Constantly Focus on the Negatives in order to Get a Positive!
- 3. Reverse the Normal Sexual Response System: Men Learn to Connect; Women Learn to Develop a Self!
- 4. Stop Any and All Sexual Activities Outside of the Relationship!

### Become a "Team!"

The Best Sex is Relational Sex!

A marker of Life-Long Sexual Satisfaction is your acceptance that, by nature, sex is relational. This is the solid foundation for sexual vitality!

Barry McCarthy

Enduring Desire: Your Guide to Life-Long Intimacy

#### Some Good Ideas

- 1. Take the Pressure Off of Sexual Intimacy: Don't use the Word, "Need."
- 2. Increase Your Avenues of Intimacy! Watch your "Goals!" Everything Doesn't' have to Lead to Intercourse!
- 3. Develop "Good Enough Sex!" Be a Team and Work Together on Your Sexual Growth Opportunities.
- 4. Take an Inventory with your Spouse and Rate Your Avenues of Connection and Intimacy!

## Intimacy Inventory

- 1. Recreation Intimacy
- 2. Intellectual Intimacy
- 3. Work Intimacy
- 4. Commitment Intimacy
- 6. Spiritual Intimacy

- 7. Emotional Intimacy
- 8. Creative Intimacy
- 9. Crisis Intimacy
- 10. Conflict Intimacy
- 5. Communication Intimacy 11. Aesthetic Intimacy
  - 12. Sexual Intimacy

## Developing a Foundation

Relationship Intimacy

Personal Maturity

#### Greatest Desire Enhancer

The closest thing to repentance on earth is the ability to see ourselves for who we are and shake our heads and laugh."

C.S. Lewis