

Module Eight

Frequency, Initiation, and the Power Dynamic

“Who initiates, who declines, and who carries the weight of desire are not trivial logistics – they are the architecture of the sexual relationship.”

Complete this worksheet individually before sharing with your spouse. Honesty here is more important than comfort. There are no wrong answers – only honest ones.

MODULE FOUNDATIONS

- 1 In most marriages one spouse carries the weight of initiation consistently – and the other comes to associate sex with obligation, pressure, or the need to**
- 2 The spouse who initiates more frequently experiences not only rejection when declined – they experience a gradual erosion of desire itself, as the repeated vulnerability of initiation without reciprocation becomes psychologically unsustainable.**
- 3 The spouse who declines more frequently is rarely indifferent – they are often managing their own shame, unmet emotional needs, or their body’s failure to produce desire on someone else’s timeline.**
- 4 Refusal – particularly chronic refusal – is one of the most damaging relational acts in a marriage, because repeated rejection communicates that the initiating spouse’s desire is a burden rather than a gift.**
- 5 A shared initiation culture requires an explicit agreement – not a romantic one but a practical one – about frequency expectations, how each spouse prefers to be approached, and what a decline means and does not mean.**

SECTION
1

The Current Reality

Complete this worksheet individually before sharing. Answer what is true, not what is flattering. The goal is clarity, not comfort.

1. In your marriage right now, who initiates sexual intimacy more frequently? Circle one: I initiate almost always — I initiate more often — Roughly equal — My spouse initiates more — My spouse initiates almost always How long has this pattern been in place?

My score:

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-

My spouse's score:

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3. For the spouse who initiates more: Describe honestly what it costs you — emotionally, psychologically — to consistently be the one who reaches first. Has it changed how you feel about reaching at all?

4. For the spouse who initiates less: What stops you from initiating more? Name it as specifically as you can — fear of rejection, low desire, not knowing how your spouse wants to be approached, something else.

SECTION
2

Decline and Its Damage

These questions name what happens on both sides of a decline — and whether repeated decline has produced lasting damage.

5. When you decline your spouse's initiation, what is most honestly driving it?

Genuine physical exhaustion

Emotional disconnection

Unresolved conflict or tension

Low desire I have not explained

Sex feels obligatory rather than wanted

I am managing something privately

Other: _____

6. When your spouse declines you, what do you tell yourself in the moment — and afterward? Be specific about the internal narrative.

7. Has chronic or repeated decline produced what the module calls desire fatigue — a protective suppression of your own desire to avoid the pain of reaching and being turned away? Describe what that has looked like for you.

SECTION
3

What Refusal Communicates

These questions address the meaning that refusal carries in your marriage — intended or not.

8. Has refusal — yours or your spouse's — ever been used as a form of punishment, control, or leverage in your marriage? Answer honestly, even if the answer is uncomfortable.

9. When you have declined your spouse, have you been aware of what your refusal communicates to them? What do you believe they hear when you say no?

10. What would it mean for your marriage if both spouses agreed that a decline was never a verdict on the other person's desirability — only information about the decliner's current state? What would need to change for that agreement to be believable?

**SECTION
4**

Building a Shared Culture

These questions design the agreement — practical, specific, and workable for both of you.

My answer (per week/month):	-- -- -- -	My spouse's answer:	-- -- -- -	...ecting — not
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12. How do you prefer to be approached when your spouse initiates? What makes initiation feel like an invitation rather than a demand?

**SECTION
5**

Both Voices

Answer separately. Read your answers to questions 3, 4, and 6 to each other. Listener does not respond until speaker is completely finished.