

MODULE 5 — REIGNITING PHYSICAL AFFECTION

Touch Without Agenda, Desire Without Pressure

“Let him kiss me with the kisses of his mouth: for your love is better than wine.” — Song of Solomon 1:2

“When physical affection becomes purely transactional — a prelude to sex and nothing else — one spouse will begin to avoid all touch to avoid the implied obligation.”

“Non-sexual affection must be restored first — holding hands, lingering hugs, a hand on the back, a kiss that is just a kiss.”

STEP 1 — SELF-ASSESSMENT (1-10 RATING + YOUR REFLECTION)

On a scale of 1-10, how freely do I offer my spouse non-sexual affection — touch that has no agenda and asks for nothing in return?

1	2	3	4	5	6	7	8	9	10
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STEP 2 — BOTH VOICES (WRITE YOURS, THEN HEAR YOUR SPOUSE'S)

MY PERSPECTIVE

SPOUSE'S PERSPECTIVE

What kind of physical affection makes you feel most loved — most safe and most wanted? And what kind of touch have you been missing from me?

STEP 3 — ACTION COMMITMENT (WHAT I WILL DO THIS WEEK)

One specific act of non-sexual affection I will give my spouse daily this week — with no agenda and no expectation attached:

STEP 4 — DEEPER REFLECTION

Has touch in our marriage become transactional? Have I been withholding affection — or avoiding it — because of what it might lead to or what it might mean? What has that cost us?

ALIGNMENT CHECK — AFTER THE MODULE

We agree on one daily act of physical affection that belongs only to connection — with no agenda — and it will be: _____.

Signed: _____

Signed: _____

Date: _____