

CATEGORY 12

Intimacy & Sexual Expectations

Couples Discussion Guide

INSTRUCTIONS

Complete your side independently first. Be honest — not diplomatic. Then share with your partner and discuss. The goal is understanding, not agreement.

QUESTION REFLECTION

For each question, write your honest answer in 1–3 sentences.

1. Is sex only physical for you? Is it also psychological? Explain

Him:

Her:

2. What would you do to initiate a resolution of sexual rejection in the bedroom?

Him:

Her:

3. If your partner is too tired or stressed to perform sexually, how would you respond?

Him:

Her:

4. Is sex important to you? How would you attempt to enhance your sex life?

Him:

Her:

5. Do you think we should openly and candidly discuss our sex life?

Him:

Her:

6. If your partner told you they are not ready or in the mood, how would you respond?

Him:

Her:

7. If I were ever to lose interest in sex, would you dissolve the relationship? Would you divorce me?

Him:

Her:

8. Which is more important to you? Sex or non-sexual affection?

Him:

Her:

9. What does this mean to you: "Sex is not profane. It is sacred"?

Him:

Her:

10. What are your moral boundaries with regards to sex?

Him:

Her:

11. Will you respect my moral boundaries?

Him:

Her:

12. How do you define emotional and physical infidelity?

Him:

Her:

13. What does intimacy beyond physical mean to you?

Him:

Her:

14. How should we maintain physical intimacy throughout different life stages?

Him:

Her:

15. What role does physical affection play in your daily life?

Him:

Her:

AFTER THE DISCUSSION — Complete Together

The answer that surprised me most from my partner was:

One expectation I now understand about my partner that I didn't before:

One thing I am committing to do differently based on this conversation:

ALIGNMENT RATING

Circle one for each:

How aligned are we on physical intimacy and sexual expectations?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

How satisfied am I with our intimate relationship?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

OUR AGREEMENT

Write one shared commitment based on what you discovered in this category:

"In the area of Intimacy and Sexual Expectations, we agree to:

"

Signed: _____ **&** _____

Date: _____