

Module Seven

The Conversation You Have Never Had

“Most couples have never had a direct, honest conversation about sex – what they want, what has hurt them, what is not working, and what they are hoping for.”

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 The majority of married couples negotiate their sexual relationship entirely through behavior – pursuit, avoidance, compliance, withdrawal – and never through direct language.**
- 2 Most spouses have sexual preferences, unmet needs, and past hurts they have never named – not because they do not want to, but because they have no framework and fear the naming will land as a criticism.**
- 3 The language of desire is different from the language of complaint – ‘I miss being close to you that way’ opens a door that ‘we never have sex anymore’ locks permanently.**
- 4 Timing and environment are not trivial – a conversation about sexual needs attempted in an argument, immediately before or after sex, or in exhaustion**
- 5 Both spouses carry sexual history – previous relationships, formative experiences, and wounds – that shape their current responses in ways their partner cannot see. Naming that history is not optional for couples who want genuine intimacy.**

SECTION
1

What You Have Never Said

Set aside at least ninety minutes. No phones. No children present. Read each other's answers before you respond to them.

1. Complete honestly — write the first true answer, not the safe one: Something I genuinely enjoy about our sexual intimacy that I have never told you is —

2. Something I wish were different about our sexual intimacy that I have never found the right words to say is —

3. Something I have wanted to ask you about our sexual intimacy but have been afraid to ask is —

SECTION
2

Your History

These questions address what each spouse brings from their past that shapes how intimacy feels in the present.

4. Is there anything from your sexual history — before or within this marriage — that shapes how you experience intimacy with your spouse today, that your spouse does not fully know or understand? Note whether it exists and whether it needs to be named.

5. Has anything happened within your marriage — a specific incident, a pattern, a word said — that wounded you sexually and has never been fully named or addressed?

SECTION
3

Preferences and Needs

These questions are the conversation itself. Answer each one honestly before sharing.

6. Something I want more of in our sexual relationship is —

7. Something I want less of is —

8. The way I most prefer to be approached or initiated with is —

9. The time of day or conditions under which I am most likely to feel genuinely present and available is —

10. Something that reliably shuts me down or makes intimacy feel impossible is —

SECTION
4

How You Have Been Communicating

These questions name the method you have been using and ask whether it has been working.

11. How have you most commonly communicated sexual needs or dissatisfaction in your marriage? Circle all that apply: Direct conversation — Silence — Withdrawal — Hints — Frustration or anger — Compliance without

12. When your spouse has tried to communicate a sexual need to you — even imperfectly — what has your typical response been? Has that response made it more or less likely that they will try again?

SECTION
5

Both Voices

Read your answers to questions 1, 2, 3, 6, and 8 to each other. The listener does not respond until the speaker is completely finished.

13. After hearing your spouse's answers — what surprised you most? What do you wish you had known sooner?

MY ANSWER:

MY SPOUSE'S ANSWER:

SECTION
6

Commitment

Based on this conversation, name one specific thing you are committing to do differently in how you communicate about your sexual relationship going forward.

MY COMMITMENT:

MY SPOUSE'S COMMITMENT: