

Module Three

His Needs, Her Needs

“The most common source of sexual frustration in marriage is not incompatibility – it is the failure to understand that men and women were designed with fundamentally different pathways to intimacy.”

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 Men are primarily aroused visually and physically – desire often precedes emotional connection; for most husbands, sex is how he gets close.**
- 2 Women are primarily aroused contextually and emotionally – desire follows safety, attunement, and felt appreciation; for most wives, closeness is what makes sex possible.**
- 3 This design difference creates a predictable cycle: he pursues sex to feel connected; she needs connection before sex is possible; he feels rejected; she feels used; both withdraw.**
- 4 The husband who understands his wife’s design stops treating foreplay as a five-minute event and starts treating the entire day – how he speaks, serves, and sees her – as the actual foreplay.**
- 5 The wife who understands her husband’s design stops interpreting his sexual pursuit as shallow and starts receiving it as his primary language of love, vulnerability, and desire for closeness.**

SECTION
1

Understanding Your Own Design

These questions surface how desire actually works for you – not how you think it should work, but how it does.

1. Which most accurately describes how desire typically works for you? Circle one: I usually feel desire first, then pursue connection — OR — I usually need connection first, before desire is possible. How long have you understood this, and has your spouse ever known it?

2. Think about the times in your marriage when sexual intimacy felt most natural, most wanted, and most connected. What conditions were present? What had the day, week, or season looked like?

3. Think about the times when sexual intimacy felt most difficult, most obligatory, or most absent. What conditions were present then?

SECTION
2

Understanding Your Spouse's Design

These questions address how well you have understood – or misunderstood – the pathway your spouse takes to desire and intimacy.

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5. For husbands: In what specific ways have you been treating foreplay as a physical event rather than a relational one — beginning in the bedroom rather than throughout the day? For wives: In what specific ways have you been interpreting your husband’s sexual pursuit as shallow, rather than as his primary expression of desire for closeness?

6. Describe the cycle — pursuit, withdrawal, rejection, resentment — as it has operated in your marriage. Who plays which role and how does it typically unfold?

**SECTION
3**

Breaking the Cycle

These questions move from diagnosis to action — what changes when you understand your spouse’s design rather than only your own.

7. For the husband: Name three specific, non-sexual things you could do consistently that would make your wife feel emotionally safe, seen, and valued. 1. _____ 2.

_____ 3.

8. For the wife: Name one specific way you could receive your husband’s sexual pursuit as an act of love and vulnerability rather than as pressure — even in a season where your own desire is low.

SECTION
4

Both Voices

Answer separately, then read your answers to each other without interruption. The listener does not respond until the speaker is completely finished.

10. What is one thing you wish your spouse understood about how desire actually works for you – that you have never found the right words to say?

MY ANSWER:

MY SPOUSE'S ANSWER:

SECTION
5

Commitment

Based on what this module raised for you, name one specific thing you are committing to do differently in how you pursue or receive your spouse. Not a feeling – a decision.

MY COMMITMENT:

MY SPOUSE'S COMMITMENT:

“The husband who understands his wife’s design stops treating foreplay as a five-minute event and starts treating the entire day as the actual foreplay.”

Signed: _____ **and** _____

Date: _____