

WOMEN, SEX, AND MARRIAGE -- A CONVERSATION
OUTLINE OF TOPICS FOR THE THREE-PART SERIES

1. SESSION ONE – THE FOUNDATION

- Self-acceptance
- Our sexual self
- Messages we've learned

2. SESSION TWO – BARRIERS

- Physical, emotional, and relational barriers
- Pornography
- Abuse and trauma

3. SESSION THREE – HOW-TO'S

- Women and sex
 - Anatomy
 - Frequency
 - Libido
 - Arousal
 - Orgasm
 - Sexual responsibility

I hope you will be able to walk away from our time together, understanding you can:

- know, express, and enjoy your sexual self
- have choices and can set boundaries
- identify, challenge, and overcome any barriers that get in your way
- more fully understand and implement the steps for sexual fulfillment

SESSION TWO WORKSHEET

1. List any physical conditions which inhibit your ability to enjoy sexual expression.

✓ Have you talked to your partner about this and if not, why? (Write your response below).

✓ If you have any physical barriers, are you willing to consider seeking medical treatment to identify and treat the underlying cause? (Circle your response below).

YES

NOT AT THIS TIME

✓ If "yes," what is the first step you can take to get help? If "no," what is the barrier to doing so? (Write your response below).

2. On a scale of 1 to 10, ten being the highest, what is currently your level of sexual desire and responsiveness? (Circle your response below).

1 2 3 4 5 6 7 8 9 10

- ✓ If you're not where you want to be, are you willing to consider the next steps in exploring how to change your current status? (Circle your response below).

YES

NOT AT THIS TIME

- ✓ If "yes," what is the first step you can take to get help? If "no," what is the barrier to doing so? (Write your response below).

3. Write down below an occasion when your emotional response was probably stronger than it should have been.

- ✓ What was your primary feeling when this occurred? (Write your response below).

- ✓ I am willing to explore what may be at the root of my emotional response (Circle your response below).

YES

NOT AT THIS TIME

- ✓ If "yes," what is the first step you can take to get help? If "no," what is the barrier to doing so? (Write your response below).

4. Do you have any signs or symptoms that may indicate you are currently struggling with depression or anxiety? (Circle your response below).

YES NOT AT THIS TIME

- ✓ If “yes,” what is the first step you can take to get help? If “no,” what is the barrier to doing so? (Write your response below).

5. On a scale of 1 to 10, ten being the highest, do you have the level of partnership in your marriage that you desire? That is, you consistently have a voice, and feel heard, understood, and valued. (Circle your response below).

1 2 3 4 5 6 7 8 9 10

- ✓ Do you believe the lack of partnership is inhibiting the expression of your sexual self? (Write your response below).

- ✓ Is this an area you would like to address with your partner? (Circle your response below).

YES NOT AT THIS TIME

- ✓ If “yes,” what is the first step you can take to get help? If “no,” what is the barrier to doing so? (Write your response below).

6. On a scale of 1 to 10, ten being it happens a lot, how often do the following negative communication patterns occur in your marriage: *criticism, defensiveness, stonewalling(emotional or physical withdrawal), contempt?* (Circle your response below).

1 2 3 4 5 6 7 8 9 10

7. Is this an area you would like to address with your partner? (Circle your response below).

YES NOT AT THIS TIME

- ✓ If “yes,” what is the first step you can take to get help? If “no,” what is the barrier to doing so? (Write your response below).

8. If you were to identify the best way your partner can communicate appreciation and love, what would it be? (Write your answer below).

- ✓ Have you communicated to your husband what he can or does do to make you feel loved? (Circle your answer below).

YES NO

- ✓ Can you identify how your partner best likes to receive appreciation and love? (If yes, write your answer below).

- ✓ If there is room to grow in this area, are you willing to explore this with your husband?

YES NOT AT THIS TIME

- ✓ If “yes,” what is the first step you can take to get help? If “no,” what is the barrier to doing so? (Write your response below).

9. Characteristically, do both you and your partner have good boundaries; i.e. you don't over-extend yourselves with others or at work and thereby sacrifice time, energy, and emotion needed at home? (Circle your response below).

YES NO

- ✓ If this is an area for improvement in your marriage, what is the next step in making this happen and when would you like to do so? (Write your response below).

10. Carefully review your life experiences. If you have ever been victimized by abuse, do you believe you have fully processed this experience? If not, you may want to talk to a professional counselor to work to be free from the impact of any negative experiences.

11. Do you believe it would benefit you to seek out help to work through any past victimization? (Circle your response below).

YES NOT AT THIS TIME

- ✓ If you circled yes, what is the next step in making this happen and when would you like to do so? (Write your response below).

12. If you think you may be experiencing ANY type of marital abuse: *physical, sexual, financial, spiritual, emotional, or any others*, consider seeking the help of a professional counselor experienced in dealing with spousal abuse. Darby Strickland's book *Is It Abuse?* is an excellent resource (see details in the resource list below).

13. Has pornography entered your relationship? (Write your response below).

YES NO

- ✓ If yes, what step do you want to take to address this concern? (Write your response below).

SLIDE QUOTES

¹Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998) p. 12

²Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998) P. 11

³Sheila Wray Gregoire, Rebecca Gregoire Lindenbach, Joanna Sawatsky, *The Great Sex Rescue* (Grand Rapids: Baker Books, 2021) p. 28

⁴Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998) P. 77

⁵Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998) P. 80

⁶Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998) P. 75

⁷Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998) p. 41

⁸Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998) P. 59

⁹Sheila Wray Gregoire, Rebecca Gregoire Lindenbach, Joanna Sawatsky, *The Great Sex Rescue* (Grand Rapids: Baker Books, 2021) p. 47-48

¹⁰Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998) P. 91

REFERENCES/RESOURCES

Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998)

Darby A. Strickland, *Is It Abuse?* (New Jersey: P & R Publishing, 2020)

Eileen Scipione, *From Duty to Delight* (Meadville: Christian Faith Publish, Inc. 2021)

David Clarke, with Wm. G. Clarke, *Enough is Enough* (Chicago: Moody Publishers, 2018)

Joyce J. and Clifford L. Penner, *Enjoy!: The Gift of Sexual Pleasure for Women* (Colorado Springs: Focus on the Family, 2017)

Joyce J. and Clifford L. Penner, *The Gift of Sex: A Guide to Sexual Fulfillment* (New York: Thomas Nelson, Revised 2003)

Joyce J. and Clifford L. Penner, *Restoring the Pleasure* (New York: Tomas Nelson, 2016)

Sheila Wray Gregoire, Rebecca Gregoire Lindenbach, Joanna Sawatsky, *The Great Sex Rescue* (Grand Rapids: Baker Books, 2021)

Amy Wildman White, "Female Sexual Unresponsiveness in the Absence of Psychological or Physical Causes." (Glen Ellyn, IL: MARRIAGE AND FAMILY: A Christian Journal, Christian Counseling Resources, Inc., for the American Association of Christian Counselors, Inc, Vol. 2, Issue 4, pp. 401-408. 1999)