

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 THREE WORKSHEET

1. The gateway to a consistently fulfilling sexual experience for women is creating a positive context of friendship, commitment, trust, and intimacy—that sense of knowing and being known on a deeply personal level—into me see—an awareness of self and the other person--through dialogue or activity.

- ✓ How satisfied are you with the level of *friendship, trust, and commitment* in your marriage? (*Circle your answer – 10 being the highest, you are fully satisfied*)

1 2 3 4 5 6 7 8 9 10

- ✓ How satisfied are you with the level of *intimacy* in your marriage? (*Circle your answer – 10 being the highest, you are fully satisfied*)

1 2 3 4 5 6 7 8 9 10

- ✓ If you rated either of the above lower than you'd like, what steps can you take to make changes for the better? Or, if you don't feel you can move forward at this time, what are the barriers to doing so? (Write down your response below).

2. Do you feel you know your body well and what pleases you or you don't prefer?

YES NO

- ✓ Are you willing to learn more about your body and how it responds?

YES NO

- ✓ If your answer was yes, what is the next step? If your answer was 'no,' what is the barrier? (Write down your response below).

3. Do you have a *spontaneous* (are already aroused when lovemaking begins) or *responsive* (you need some time to 'get there') libido, or perhaps sometimes one and sometimes the other? (Write your answer below).

- ✓ Do you feel your partner understands how your libido works?

YES NO

- ✓ Are you willing to explore this more with your partner?

YES NO

- ✓ If your answer was yes, what is the next step? If your answer was 'no,' what is the barrier? (Write down your response below).

4. How satisfied would you say you and your husband are regarding how often you have sex? (Circle your answer – 10 being the highest, you are fully satisfied)

YOU:

1 2 3 4 5 6 7 8 9 10

YOUR HUSBAND:

1 2 3 4 5 6 7 8 9 10

✓ Is your sex drive characteristically different from your partners? (Circle your response below).

✓ YES NO

✓ Do you sometimes feel under pressure to perform before you are emotionally and/or physically ready to do so? (Circle your response below.)

YES NO

✓ If so, are you ready to discuss this with your partner and engage in more non-sexual touch as an approach to addressing this issue?

YES NO

✓ If your answer was yes, what is the next step? If your answer was 'no,' what is the barrier? (Write down your response below).

5. Are you satisfied with how often you have an orgasm when engaging in sex?
(Circle your answer – 10 being the highest, you are fully satisfied)

1 2 3 4 5 6 7 8 9 10

✓ If you not having an orgasm as often as you would like, what steps can you take to make changes for the better? Or, if you don't feel you can move forward at this time, what are the barriers to doing so? (Write down your response below).

6. Circle any item below you believe you could be more intentional about that would help you get ready for sex.

ANTICIPATE

PLAN

REST

RELAX

FOCUS

EXPLORE

7. Can you identify any additional steps you could take to improve the expression of your sexual self and when and how you would like to proceed? (Write down 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

⁸Sheila Wray Gregoire, Rebecca Gregoire Lindenbach, Joanna Sawatsky, *The Great Sex Rescue* (Grand Rapids: Baker Books, 2021) p. 47-48

⁹Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998) P. 59

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

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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)

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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)