

Week 5 Video Worksheet: INTIMACY

Have you had the conversation with each other about how much sex you want to be having?
Have you ever considered a 7 (or more) days of sex challenge?

Intentional time together. This goes back to Week 2 - Connection
Have you talked intentionally about intimate time together?

Before you get into the physical intimacy topic, do a check on how your communication intimacy is on these other topics. If you are lacking intimacy - transparency, honesty about feelings - in those conversations, improving the physical intimacy will not fix everything. Consider Financial, Spiritual, Career, Social Life and Parenting topics.

Being a Servant Lover -
Are you fulfilling your spouses needs in all ways so there are no blockers to physical intimacy?
Do you have a spouse who needs to clear their mind in order to get to the present moment of physical intimacy? How can you serve them in that space?

Step Out Of Your Comfort Zone ~ Break the Routine ~ Be a little more selfless

Is there something different one of you wants to do in your intimacy?

This is a good opportunity to safely open up that conversation without fear. Be a little extra selfless and listen to your spouse.

Living the Intimacy Lifestyle

(this will lead to your weekly homework!)

Discuss a good balance between scheduling sex and being spontaneous.

What works for your relationship?

The fire service requires training, focus, a schedule, routines for safety and time.

You do this so you trust your crew in all ways and communicate clearly.

How can you apply some of this fire service learning to your most important roles as husband and wife?

Connecting Emotionally

Is there a topic that doesn't involve "family life logistics" that you can go deep on together?

(some examples) Who is someone that inspires you?

What's the best life changing book you've ever read?

What was your favorite adventure of all time?