

For each of you as an individual.

Think about how your spouse initiates intimacy. Do you know the signals? What can you do to be open to that initiation and a "servant lover" understanding their needs?

is there something in the intimacy space that makes you squirm a little? This is the time to open it up and get it out there while you are in a safe place having this discussion so plan a bit in your mind for that moment.

Now Together.....Design your Intimacy Lifestyle

Decide how many times a week you want to have sex

Agree on a "system" or "schedule" that works for you but allows also for spontaneity.

Take this opportunity to talk about any ways you want to step out of your comfort zone together.

It's a safe time of trust between the two of you, even if you've been married 10, 15, 25 years and have never told them this is what you desire!

And um, this one may be tougher to share in the community. It's quite personal. So you can just jump over there and give us a "thumbs up" when it's complete.