

Your Sex Life

What is your current result in **your** sex life? (Keep it focused on your result, not your partner's.)

Are there other thoughts about your body, yourself in general, your partner, your partner's body, that are contributing to your result?



Take one thing from the previous page and put it into a Model:

C _____

T _____

F _____

A _____

R _____

What do you think the purpose of sex in marriage is?

What do you think your spouse would say the purpose of sex in your marriage is?

Do you like your current result?

How do you want to feel about your sex life?

What thoughts can help create that feeling?



What thoughts increase desire and arousal for you?

What thoughts decrease desire and arousal for you?

What do you want to think when your spouse is interested, but you're not?

What do you want to think when your spouse isn't interested, but you are?

How frequently do you want to have sex with your partner? Do you like your reasons?

What will be the thoughts that you will think on a day that you are going to be intimate with your spouse?

