

LET'S TALK ABOUT S-E-X!

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Enhance your sexual intimacy by talking with your spouse about sex. Take your time and explore these issues thoroughly. Focus only on one or two questions at a time.

1. Why did God create sexuality?
2. What does it mean to be masculine? Feminine? How have you personally experienced your masculinity or femininity?
3. What does sex mean to you? What is its purpose? What do you think about the idea of sex being holy?
4. How often do you expect to have sex? What would it mean to have less, or more, sex than you expect?
5. What is the most enjoyable part of sex for you? When you are sexual, what feelings do you hope to experience?
6. What do you require to feel emotionally and sexually satisfied? Complete the sentence: I am sexually satisfied when . . .

Keep Talking



7. Do you expect each sexual encounter to be equally satisfying? What percent of the time do you expect sex be great, satisfactory, good enough, or of poor quality? How do you want to handle the times when sex goes poorly?

8. How do you feel about yourself as a sexual being? What has influenced this? Are there past experiences that might be affecting how you feel about sex now?

9. What is your preference for when, where, and how you would most like to have a sexual experience and make love?

10. What helps get you in the mood for sex? What takes you out of the mood?

11. How would you like your partner to initiate sex? How do you show that you are interested in having sex?

12. When talking about body parts and sexual activities what type of language do you prefer (Kiddie, Slang, Euphemisms, Clinical, or Poetic)? Be creative in branding your own language. Be playful, passionate, and intimate without being demeaning or shallow.

13. What methods of family planning do you prefer?

14. Considering such things as cleanliness, nail care, privacy, pillows, and lubricants, what do you need to feel physically safe and comfortable during sexual experiences?

15. What aspects of your sexuality and lovemaking would you like to continue to improve?