



# 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? What has it been like to experience the “weight” of your masculinity or the allure of your 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? For example, *I am sexually satisfied when . . .*
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 are some of your sexual accelerators? Breaks?
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? For example, *Kiddie Language* (pee pee), *Adult Slang* (boobs, come), *Euphemisms* (bottom, down there), *Clinical* (penis, vagina), *Poetic* (my garden). Be creative in branding your own language - being 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 in a sexual experience?
15. What aspect(s) of your sexuality and lovemaking would you like to continue to improve?

