



## Deepening Intimacy as Lovers

### *Intimacy Disciplines Worksheet*

**Check (✓) the "intimacy disciplines" you would like to see in your marriage.**

◆ **Lovers provide experiences of sharing and giving to each other—"being together."**

#### **How We View Sex Makes All the Difference**

1. If sex is viewed as something we "do," we'll evaluate it like other activities: How often? How long? How adept?  
(Conflicts inevitably follow from this perspective.)
2. If sex is viewed as something we "have," we'll view it as something to negotiate, trade, and conditionally share, like money or other possessions: Not now, maybe later, if you would just ...  
(Conflicts inevitably follow over manipulations, bargaining, and spouses who go on strike!)
3. When sex is experienced as sharing of myself and giving to my spouse, each partner feels cherished and valued.
4. Let's change how we talk about our sexual relationship--"being together intimately."

◆ **Lovers cultivate romance.**

1. In the morning when we part - expressing our desire to "be together:" "Honey, would you like it if we were to spend some time being together intimately tonight?" "Darling, I'm looking forward to being with you intimately tonight. "
2. Focus on giving, not taking: "*How might I enhance your enjoyment of our intimate times?*"
3. Special advice for husbands: Give **emotionally** first: Listen, share feelings, heal hurts, praise her character, "enter her world."
4. Increase non-sexual touching: holding hands, arm around her shoulder, etc.
5. Complete "**Love Map**" exercise. (See handout.)