

SEX: OUR GIFT TO EACH OTHER

Honesty and openness is essential for the growth of our relationship. An individual can be with another person in the sense of closeness of bodies, yet be separate emotionally and mentally. Expressing sexuality extends beyond physical intercourse to include many emotional, spiritual, and intellectual aspects of who we are. In fact, sexual activity quickly becomes routine and boring if these elements of sexual interaction are missing.

Self-disclosure is key to an intimate relationship. We need to understand our feeling about ourself as a sexual person. Then we can begin to understand our partner. The following questions are designed to help you in an honest appraisal of your sexual self, the beautiful gift of self.

Directions: Write your response to each question individually. Then verbally share your responses with your partner and be sure to “listen” to one another with your eyes as well as your ears.

1. How comfortable am I in talking to you about my needs for physical closeness?

2. How do we best show affection for each other? Am I happy with the way we show affection?

3. Which expressions of affection mean most to me?

4. Which expressions of affection mean least to me?

5. Is there a difference between sex & love? Please explain.

6. Do I think that our sexual activity as a married couple will focus more on performance or on the expression of our feelings?

7. Do I feel pressure about our current level of sexual expression? Will marriage change that feeling?

8. How do my parents think and feel about sex? How has that influenced my feelings?

9. My greatest worry or hesitation about my sexual expression in marriage is....

10. My greatest insight into my own sexuality has been....
