

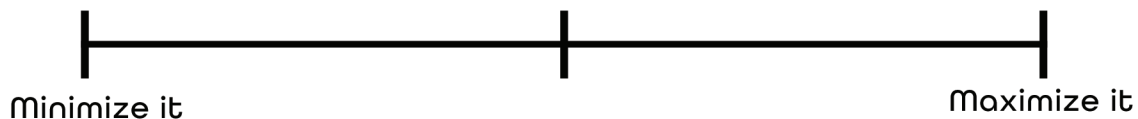
Happily Ever After

Married Couple Discussion Guide

Beautiful Marriages

1 Growing up, what were you taught about sex?
Or what did you pick up about the topic from your family or others?

2 When it comes to sex in marriage, we tend to move towards extremes: We make too little of it and minimize it, or we make too much of it and maximize it. Where do you see yourself on that scale? Why do you think that is? Where do you see your spouse?



3 Reflect on your sexual intimacy in your marriage. As you read the descriptive words in the box below, identify the ones that, in your opinion, best describe how you currently view or feel about your overall sexual intimacy in your marriage:

Exciting	Frustrating	Creative
Lively	Passionate	Empty
Meaningful	Predictable	Surprising
Disconnected	Superficial	Romantic
Boring		Routine

**The Dream Home by Elias & Denise Moitinho*

4 Ask your spouse how they feel about your sexual intimacy. Ask what they feel are the biggest barriers to intimacy and what you can do to address them together. Don't become defensive. Simply try to understand each other and focus on what you can do to serve your spouse.

5 Take a piece of paper and divide it into two sheets. Now, each of you individually on your paper discretely answer this question: What do you think is the ideal number of times per week that we should have sex?