



Summer Date Night Challenge



Sexual Intimacy:

Fun in the Sheets!

Quick Glance:

Location: A place with privacy
(A park, a long walk,
your bedroom, etc.)

Cost: \$0 - 20

Time: 60 - 90 minutes

Brief Description:

Sexual intimacy has the ability to connect the two of you - mind, body and soul. It's more than just physical; it's an opportunity for the two of you to experience one another in a way that is completely vulnerable and completely open.

Ground Rules:

Private Location: Due to the nature of the conversation on this date, we recommend a location that provides privacy between you and your spouse.

No Phones: Put your phones away and focus on each other and your conversation.

Brutal Honesty: Pledge to be completely honest with each other as you share together.

Patience: Recognizing that this can be a sensitive topic, if the conversation becomes uncomfortable, agree to pause, and continue later.

Opening Action & Conversation:

Action: Grab a favorite drink for each of you and go to the quiet and private location where you want to talk together.

Once settled in, initially ask each other:

- What did you learn about sex / sex ed growing up?
- Who did you learn it from?

Remember during the conversation to listen to the other person when they are sharing without commenting back on their opinion until after they have fully expressed their thoughts.

Based on your spouse's responses, ask appropriate follow-up questions.

Main Discussion:

Sexual intimacy isn't just sexual activity, it is any physical connection with your spouse that deepens your shared intimacy and relationship. Sexual intimacy includes physical sexual activity along with romance, how you initiate and even foreplay. It's not just the act itself, it's the interaction the two of you have before, during and after.

It has been said that "Most unhappiness is the result of shattered expectations."

- Discuss how this saying could be true.

To gain a better understanding of your spouse's expectations, ask each other: On a scale from 1-10, with 10 being the best, how would you rate our sexual intimacy?

- Knowing that sexual intimacy is one of the pillars of intimacy, it's important to me that we engage in sexual intimacy because...
- When we married, I thought our sexual intimacy would be/look like...
- Which of your expectations are met when we are sexually intimate...
- Which of your expectations are not met when we are sexually intimate...

Fun Challenge:

Answer this question together:

When I think about this pillar of intimacy,
it feels like we could do better in trying to...

Take Away:

What is one thing you'll take away from
this conversation?

