

More Connecting Questions about Sex & Intimacy

We've come to understand just how important our thoughts really are and how much they impact our marriage. Studies say that we think about 30,000 to 70,000 thoughts a day and many of those are not helpful, healthy, or positive. What we think about ourselves and our spouse directly impacts our own self-esteem and our sex life. Why? Because our brain is our largest sex organ.

So whether you have a thriving sex life, a non-existent sex life, or somewhere in between, we challenge you to think about how you really feel about sex. Take some time and write out your answers to these questions on your own...



MORE CONNECTING QUESTIONS ABOUT SEX & INTIMACY

- Do I think I'm a good lover and why?
- Am I insecure about my body and if so, what parts?
- What are my thoughts toward my spouse?
- The sex positions I prefer are _____ .
- What are my thoughts about being naked?
- Do I view having sex as a chore or duty?
- Do I allow my brain to think of other things when having sex?
- Am I annoyed when my spouse wants sex? Why or why not?
- Do I know exactly how to bring my spouse to orgasm?
- Am I a good kisser?
- What would my marriage look like if we never had sex?
- People who masturbate _____ .
- I really enjoy when my spouse _____ in the bedroom.
- Is there any part of sex that I think is dirty or gross?
- What words, feelings, and thoughts come to mind when I think about oral sex?
- Can I ever be closed off in the bedroom and why?
- I think using a vibrator is _____ .
- Am I happy or unhappy with my current sex drive?
- Couples who have a lot of sex are _____ .
- Couples who never have sex are _____ .
- What are my true feelings about foreplay?
- Is there anything holding me back from relaxing when I'm having sex?
- Is there a lack of trust and safety with my spouse which is impacting our sex life?
- If only my spouse would _____, then our sex life would improve.
- 5 words that describe our sex life are _____ .

Connecting Questions for Couples

- 1 What helps you feel emotionally safe and close with me during intimacy?
- 2 Are there any fears, insecurities, or worries you carry around sex that I may not fully understand?
- 3 When do you feel most desired by me: inside or outside the bedroom?
- 4 Is there anything about our intimacy that leaves you feeling unseen, misunderstood, or disconnected?
- 5 How do you feel after we're intimate? (closer, relieved, distant, reassured, etc?)
- 6 Are there moments when you want intimacy but feel hesitant to say so? What holds you back?
- 7 What emotions come up for you when intimacy doesn't happen for a while?
- 8 Do you ever feel pressure around sex? If so, where do you feel that pressure comes from?
- 9 What would help intimacy feel more bonding and less stressful for you?
- 10 How do you feel emotionally before we're intimate? (connected, pressured, relaxed, anxious?)