



## Intimacy and Vulnerability: Sex as It Was Meant to Be

### Module Summary

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Let's be honest. In today's culture, sex is idolized and is often degraded to mere physical gratification. But that's not how it was meant to be. In this module, you'll be challenged to see sex and intimacy from a different perspective and to take the necessary steps to improve intimacy and to affair-proof your marriage.

### Objectives

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After completing this module, you should be able to:

- Engage in honest conversations about sex and intimacy with your spouse
- Determine the steps you need to take to improve your sexual relationship with your spouse
- Create an intentional plan to affair-proof your marriage

### What to Do for This Module

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1. Watch the module video and fill in the note-taking area below.
2. Think through the Reflection Questions by yourself and discuss them with your spouse.
3. Write down your thoughts and conclusions in the space below each question.
4. Write down any additional insights or action steps spurred by the module content in the space at the end of this workbook.
5. Download, print, and use the “40-Day Relationship Transformation Checklist.”

### Video Notes

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In this video, Stan Padgett shares about the importance of sex and intimacy in marriage and explores the typical hindrances to intimacy and how to overcome them. He also offers advice on how to affair-proof your marriage.

The three conversations every couple should have before marriage are about:  
\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

An \_\_\_\_\_ conversation about sex and reasonable \_\_\_\_\_ on both sides are keys to navigating sex within marriage.

Couples need to \_\_\_\_\_ about sex regularly, because attitudes toward sex and what is comfortable may \_\_\_\_\_ over time.

Having \_\_\_\_\_ can cause changes to a woman's sex drive due to lack of \_\_\_\_\_ and \_\_\_\_\_ changes.

Women often need to feel \_\_\_\_\_ intimacy in order to want to engage in sexual intercourse, but men often need intercourse in order to feel \_\_\_\_\_ connection.

Sexual intimacy and frequency are dramatically affected by \_\_\_\_\_ and \_\_\_\_\_. Until a woman feels \_\_\_\_\_ in the relationship, she will never open up emotionally and give herself \_\_\_\_\_.

Sexual intimacy isn't just about immediate \_\_\_\_\_. It is an expression of pure \_\_\_\_\_. It's the most \_\_\_\_\_ and \_\_\_\_\_ expression of love one person can give to another.

Complete \_\_\_\_\_ and \_\_\_\_\_ fidelity is one of the foundations of a \_\_\_\_\_, loving marriage.

### **Affair Proof Your Marriage**

Go to bed \_\_\_\_\_ every night.

Say "I love you" \_\_\_\_\_ before you go to bed.

\_\_\_\_\_ for five minutes before you go to sleep.

Take time to hug for \_\_\_\_\_ each time either of you leaves or comes home.





6. Which of the activities to affair-proof your marriage are you and your spouse already doing? If you find yourself making excuses for not doing them, how can you overcome those excuses? Are you willing to give them a try if they have the potential of saving you from heartache down the line?

7. What activities would you add to Stan's list of activities to affair-proof your marriage?

8. Make a list of the five steps you plan to take every day to affair-proof your marriage and build trust and intimacy. What will you do to make sure you remember them? How will you hold yourself accountable? Are you willing to do them every day, even if your spouse is slow to respond?

## Insights and Action Items

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Think through what you discovered about yourself, your spouse, and your marriage/family while you were completing this module. Did any other insights come to mind that weren't directly addressed in the module? Are there any steps you need to take personally or as a couple in order to put specific principles into action? Jot down your thoughts, impressions, and to-do items here.