

“Passionate Intimacy for Couples” Knee to Knee Questions to Help Couples Have a Great Sex Life Discussion

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After listening to Dr. Jennifer Degler’s audio presentation of “Passionate Intimacy for Couples” (available in her online store as an MP3 download or CD), each person should complete the following questions individually, and then when both husband and wife are done, share your responses with each other. Discuss items where one or both of you indicated a desire for change. Discuss how you, as a couple, can incorporate these changes into your sexual relationship.

Indicate below on each of the following statements the amount of change **YOU** would like in your sexual relationship:

1. My spouse showing understanding and consideration of my daily emotional needs (not necessarily as a way of leading to intercourse).

Much more *More* *No Change* *Less* *Much Less*

2. Romantic atmosphere, such as bringing flowers, candlelit dinner, surprises, etc.

Much more *More* *No Change* *Less* *Much Less*

3. Share affection and tenderness as part of daily routine.

Much more *More* *No Change* *Less* *Much Less*

4. Spend time just being together as a couple.

Much more *More* *No Change* *Less* *Much Less*

5. Allow time for foreplay and caressing before intercourse.

Much more *More* *No Change* *Less* *Much Less*

6. Gentle caressing of sensitive body areas, in particular my _____.

Much more *More* *No Change* *Less* *Much Less*

7. Gentle caressing and manipulation of my sex organs during foreplay.

Much more *More* *No Change* *Less* *Much Less*

8. My spouse verbally expressing during sexual intimacy what is more or less pleasurable.

Much more *More* *No Change* *Less* *Much Less*

9. Myself verbally expressing during sexual intimacy what is more or less pleasurable.

Much more *More* *No Change* *Less* *Much Less*

10. Experimenting with sexual intimacy at different times—noon, middle of night, morning, etc.

Much more *More* *No Change* *Less* *Much Less*

11. My spouse being sensitive to my moods and feelings during sexual intimacy.

Much more *More* *No Change* *Less* *Much Less*

12. Achieving a satisfactory orgasm myself.
Much more *More* *No Change* *Less* *Much Less*
13. My spouse achieving a satisfactory orgasm.
Much more *More* *No Change* *Less* *Much Less*
14. Change the frequency or number of times sexual intimacy occurs.
Much more *More* *No Change* *Less* *Much Less*
15. My spouse taking the initiative in love play and intercourse.
Much more *More* *No Change* *Less* *Much Less*
16. Stimulating my spouse by using my hands.
Much more *More* *No Change* *Less* *Much Less*
17. Stimulating my spouse by using my mouth.
Much more *More* *No Change* *Less* *Much Less*
18. Being stimulated by my spouse with his/her hands.
Much more *More* *No Change* *Less* *Much Less*
19. Being stimulated by my spouse with his/her mouth.
Much more *More* *No Change* *Less* *Much Less*
20. Varying positions of intercourse.
Much more *More* *No Change* *Less* *Much Less*
21. Heighten the sensuality and eroticism of sexual intimacy (lingerie, candles, massages, etc.)
Much more *More* *No Change* *Less* *Much Less*
22. Continued love play and repeated sexual intimacy after first orgasm.
Much more *More* *No Change* *Less* *Much Less*
23. Express tenderness and affection after sexual intimacy.
Much more *More* *No Change* *Less* *Much Less*
24. Verbal affirmation and expression of love after sexual intimacy.
Much more *More* *No Change* *Less* *Much Less*
25. Explore and share together verbally the spiritual dimension of our sexuality as a couple.
Much more *More* *No Change* *Less* *Much Less*
26. Pray together either before or after sexual intimacy.
Much more *More* *No Change* *Less* *Much Less*
27. Read and share biblically-based books about enhancing our sexual relationship.
Much more *More* *No Change* *Less* *Much Less*
28. Plan for “together times” in the future, away from family and normal routine.
Much more *More* *No Change* *Less* *Much Less*