

THE WORKBOOK: SESSION 7



**ROCK SOLID**

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MARRIAGE

# SESSION 7

## ENGAGE *in* ROMANTIC LOVING TOUCH *with* *your* PARTNER

### TOUCH IS BONDING

There are many types of touch in relationships, what are some of the ways you and your partner engage in various types of touch?

What are the 3 chemicals that are involved in touch?

1.

2.

3.

Sex drive is

Arousal is

Just like life can mess up your relationship from time to time, different circumstances or life events can mess up your sex life. What are some examples of things that may cause your sex life to fluctuate?



**CHECK OUT *the* SKILL SHEET  
*on* CONVERSATIONS *to* HAVE WITH  
YOUR PARTNER *about* SEXUAL TOUCH**

Keep in mind that your romantic and sexual relationship is affected by non-sexual aspects of your relationship. Come up with two examples, in your own relationship, of how this is true.