

Skill Sheet Number 5

TALK ABOUT SEX

1. DEFINE YOUR SEX DRIVES

Sex drives exist on a range from very high to very low. Talk about where you think you each are on the spectrum.

2. DISCUSS HOW YOU'D LIKE TO APPROACH + BE APPROACHED SEXUALLY

Let your partner know how you'd like him/her to let you know they're in the mood. And let your partner know the same.

3. DECIDE ON ACCEPTABLE WAYS TO SAY "NOT NOW"

It is inevitable that there will be times where one of you is not in the mood. Talk about how to say "no" in ways that aren't hurtful to one another.

4. DESCRIBE DIFFERENCES IN YOUR SEX DRIVES + HOW TO ENGAGE WHEN NOT IN THE MOOD

It is important to put out there that more often than not the lower drive partner will have to get on board with the desired frequency of the higher drive partner. So talk about this + if you have the lower drive, how can your partner help you get in the mood when you're not and what will you do to participate when you aren't really feeling it?

5. DISCUSS YOUR EXPECTATIONS OF BOUNDARIES

Talk about what is ok in terms of boundaries with others in this domain. For example, is it ok to hang with opposite-sex friends alone? What are your expectations of each other and how loose or tight are your boundaries?

6. EXPLORE YOUR VALUES + BELIEFS ABOUT FAMILY

Talk about expectations around family planning such as: contraception (how you feel about it, who's responsibility it is, etc.) and desire for children.

7. DISCUSS WHAT SEXUAL ACTIVITIES YOU'D LIKE IN YOUR RELATIONSHIP

Talk about how adventurous you'd like to be in the bedroom. What are sexual preferences you have and what activities are important to you in this arena?

HOW TO IN THE HUDDLE

So you don't need to discuss each of these 7 points in every huddle, but make sure you've touched on them in your relationship so that when it is time for a huddle you are both on the same page.