



SEX AND AFFECTION

THE EXPRESSION OF INTIMACY

Emotional intimacy and physical intimacy are closely related. Couples who have a good emotional relationship and feel loved and appreciated have the best physical relationship.

COUPLE DISCUSSION:

The following questions were designed using the definition of affection as “any verbal or nonverbal expression that communicates love in a non-sexual way.”

Affection is, to a large degree, a learned skill. Even those who seem to be “naturals” in this area usually had some training in their childhood as they saw and experienced the expressions of affection modeled around them. Those for whom affection seems awkward may have come from a home where affection was absent or rarely expressed. Either way, it’s important to discuss your upbringing and how it has affected your expectations in this area.

- What does “affection” mean to you?
- How much affection was there in your families growing up (verbal and nonverbal)?
- How did you respond to the affection (or lack of affection) you received?
- How did your father show affection?
- How did your mother show affection ?
- On a scale of 1-10, how much affection do you want in your marriage?
(1—very little, 10—great amount)

For Premarital Couples:

- What was the attitude toward sex in your family? Was it talked about?
- Where did you learn about sex?
- Have you fully disclosed your sexual history to your partner? If not, why not?
- Has lack of affection or sexual dissatisfaction ever been a factor for you in the breakup of a relationship?
- Discuss your views on pornography.
- Have you discussed family planning and/or birth control?

For Married Couples:

- What do you need in order to be in the mood for sex?
- Do you feel comfortable initiating sex? Why or why not?
- How often would you prefer or expect sex?
- What sexual activities do you enjoy most?
- Are there specific sexual acts that make you uncomfortable?
- How could you each contribute to making your sexual relationship more satisfying?