

## Our Intimate Choices: Communication Aid



The following is a compilation of aids used during the Choices Marriage Retreat to facilitate a discussion between a husband and wife. To be of the greatest assistance, each question and/or evaluation must be responded to with honesty and each section completed fully. Additionally, the following guidelines should be used during your evaluation of your sex life.

1. It is best for each spouse to record their responses separate from the other. This means you should record your responses in separate rooms and/or at separate times. **DO NOT** ask your spouse what they think your answer should be.
2. Each spouse should record responses that reflect their view and **NOT** what they expect the other will want to hear. Viewing this as an opportunity to draw closer and invigorate your sex life is important to the process. Dialog works best when we are transparent and expose our genuine thoughts and sincere desires.
3. Do not challenge one another's responses. You may ask clarifying questions. However, it is of upmost importance to affirm to one another that you are receiving the responses and look forward to implementing change or behavior modification where needed or appropriate.
4. Lastly, but most importantly, agree that judgment will be suspended for these exercises! You may learn something about one another's sexual desires, needs or expectations that was previously unknown and somewhat uncharacteristic of your spouse. **Each of you should expect such responses!** Mature couples learn how to process information, understand what is truly being requested or expected and work through how to fulfill one another's passions within the boundaries of one another's values. Let this be you!

## Our Intimate Choices: Communication Aid

### A Communication Aid: Establishing Boundaries

This will help you to establish boundaries and opportunities during intimacy. Two ideas make us reject specific sexual acts or behaviors: Faith/morality and interest/desire.

Record your responses on a separate sheet of paper. Complete in a room other than the bedroom, without distractions, and honestly. Each of you should complete the survey separately and answers compared only after both have been completed.

*Write the appropriate letter regarding each stated sexual act.*

- A.) Allowed by my faith/morals and am interested/desire it.
- B.) Prohibited by my faith.
- C.) Allowed by my faith but I DO NOT desire it.
- D.) I don't know.

1. Oral Sex \_\_\_\_\_
2. Anal Sex \_\_\_\_\_
3. 'Dirty' Talk \_\_\_\_\_
4. Light Spanking \_\_\_\_\_
5. Recording Our Sex \_\_\_\_\_
6. Taking Pictures of each other naked \_\_\_\_\_
7. Using Vibrators, Bullets, Eggs \_\_\_\_\_
8. Using Dildo \_\_\_\_\_
9. Using Penis Ring \_\_\_\_\_
10. Using Masturbators (male sex aids) \_\_\_\_\_
11. Forms of Anal Play (Beads, Licking, etc.) \_\_\_\_\_
12. Light Bondage (binding hands or feet, mask) \_\_\_\_\_
13. Sexy Lingerie (crotchless panties, shear, etc.) \_\_\_\_\_

Once you come together to compare responses, feel free to ask clarifying questions and discuss your answers. Keep in mind that each of you should hold the other's preferences in high regard as well as look to please each other selflessly.

Do not guilt the other into doing something they are not willing to do. Be open to trying new experiences within the bounds of Biblical/moral guidelines.

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### A Communication Aid: Foreplay Preferences

Print out and complete the below survey with your spouse. This will help you to clarify preferences and opportunities during oral sex.

This should be completed in a room other than the bedroom., without distractions, and honesty for it to have value. It should be completed separately by each spouse and answers compared when both surveys have been completed.

*Write the appropriate letter response on the line provided.*

- A.) Always
- B.) Sometimes, not all of the time
- C.) On occasion, ask first
- D.) Never

#### **Anal Play**

*(Note: Anything placed in the rectum must be thoroughly cleaned before ANY further use on other parts of the body.)*

1. You can insert your finger into my rectum. \_\_\_\_\_
2. You can insert a toy into my rectum. \_\_\_\_\_

#### **Vaginal Play**

Wife must respond as to what she does or does not desire. Husband is responding based on what he'd like to do to wife.

1. Tongue into vagina. \_\_\_\_\_
2. Toy into vagina. \_\_\_\_\_
3. Finger(s) into vagina. \_\_\_\_\_
4. Fist into vagina. \_\_\_\_\_
5. Clitoral Stimulation \_\_\_\_\_

#### **Penile Play**

Husband must respond as to what he does or does not desire. Wife is responding based on what she'd like to do to Husband.

1. Handjob \_\_\_\_\_
2. Oral Sex \_\_\_\_\_
3. Sucking/Licking Testicles \_\_\_\_\_

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### A Communication Aid: General Preferences

The questionnaire below can be filled out and shared with your spouse on an evening away. You can also fill out the answers, trade sheets, and spend the next few weeks surprising each other. The key is to get talking. Often simple things are hard to reveal. Some questions use the code at the top of each section, some questions are fill in the blank, some leave you a place to check your choice and some give you a place to write a more complete response. Remember the more open and secure we can be with each other the stronger our relationship and the better the sex.

Why are you waiting get going!!!

#### Passion

(insert L= like, WL= would like, DNL= do not like, SL= sometimes like) and/or ✓ appropriate options.

I \_\_\_\_\_ share my fantasies with my partner

I \_\_\_\_\_ to have sex \_\_\_\_\_ daily, \_\_\_\_\_ 2x week, \_\_\_\_\_ 3x week, \_\_\_\_\_ 1x week, \_\_\_\_\_ never stop

I \_\_\_\_\_ being ravished

I \_\_\_\_\_ sex in the \_\_\_\_\_ morning, \_\_\_\_\_ afternoon, \_\_\_\_\_ evening best

I \_\_\_\_\_ to find my partner naked ready for sex

I need to have more sex \_\_\_\_\_yes, \_\_\_\_\_ no

I need less sex than my spouse \_\_\_\_\_often, \_\_\_\_\_sometimes, \_\_\_\_\_ never

When my spouse rubs, massages my \_\_\_\_\_ I want sex instantly

My partner's satisfaction is just as important as mine \_\_\_\_\_always, \_\_\_\_\_sometimes, \_\_\_\_\_ never

I am turned on when my spouse tells me they love me by \_\_\_\_\_

I have a lot of fantasies \_\_\_\_\_yes \_\_\_\_\_no

I feel comfortable sharing my fantasies with my spouse \_\_\_\_\_ yes, \_\_\_\_\_no

#### Foreplay

(insert L= like, WL= would like, DNL= do not like, SL= sometimes like)

I \_\_\_\_\_ it really slow and erotic with lots of touching

I \_\_\_\_\_ to give my spouse massages

I \_\_\_\_\_ to shower with my spouse

I \_\_\_\_\_ to see my spouse partially clothed

I \_\_\_\_\_ my nipples pinched massaged squeezed

I \_\_\_\_\_ to watch my spouse masturbate

I \_\_\_\_\_ to masturbate

I \_\_\_\_\_ to mutually masturbate with my spouse

I \_\_\_\_\_ when my spouse offers themselves to me

#### Clothes

(insert L= like, WL= would like, DNL= do not like, SL= sometimes like)

I \_\_\_\_\_ it when my partner tells me they are not wearing underwear

I \_\_\_\_\_ my partner to wear something I can tear off them

I \_\_\_\_\_ my partner to dress scantily

I \_\_\_\_\_ to see my spouse in a thong

I \_\_\_\_\_ exposing parts of my body to attract attention

I \_\_\_\_\_ my spouse to wear a skirt with crotch less panties / hose

#### Positions

(insert L= like, WL= would like, DNL= do not like, SL= sometimes like)

I \_\_\_\_\_ the missionary position

I \_\_\_\_\_ to be on the bottom

I \_\_\_\_\_ to 69

I \_\_\_\_\_ the woman on top facing away

I \_\_\_\_\_ to be on top

I \_\_\_\_\_ anal sex

I \_\_\_\_\_ it Doggy style

I \_\_\_\_\_ side by side

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### Places

(insert L= like, WL= would like, DNL= do not like, SL= sometimes like)

- I \_\_\_\_ sex in the shower
- I \_\_\_\_ sex on the dining room table
- I \_\_\_\_ sex on the kitchen counter
- I \_\_\_\_ sex in an office
- I \_\_\_\_ sex in the living room
- I \_\_\_\_ sex in cars or vans
- I \_\_\_\_ sex outdoors
- I \_\_\_\_ sex in the pool
- I \_\_\_\_ sex in the hot tube

### Talk

(insert L= like, WL= would like, DNL= do not like, SL= sometimes like)

- I \_\_\_\_ my spouse to make noise during sex
- I \_\_\_\_ talking provocatively to my spouse
- I \_\_\_\_ to make my spouse yell out with passion during sex
- I \_\_\_\_ it when my spouse uses short instructional phrases like GO SLOWER, DO IT FASTER, or DO IT HARDER.
- I \_\_\_\_ it when my spouse tells me to \_\_\_\_ them now

I orgasm stronger and faster when my spouse talks to me \_\_\_\_ yes, \_\_\_\_ no

I am turned off when my spouse talks to me \_\_\_\_ yes, \_\_\_\_ no

I am turned on when my spouse talks to me \_\_\_\_ yes, \_\_\_\_ no

I am turned off when my spouse use clinical terms during sex like penis or vagina \_\_\_\_ yes, \_\_\_\_ no

### Acts

(insert L= like, WL= would like, DNL= do not like, SL= sometimes like)

- I \_\_\_\_ to finger my spouse to orgasm
- I \_\_\_\_ to be fingered to orgasm
- I \_\_\_\_ giving oral sex
- I \_\_\_\_ receiving oral sex
- I \_\_\_\_ my spouse to stimulate my genitals with their hands
- I \_\_\_\_ my spouse to perform oral sex without my asking

### Misc

(insert L= like, WL= would like, DNL= do not like, SL= sometimes like)

- I \_\_\_\_ to skinny dip
- I \_\_\_\_ to use a vibrator
- I \_\_\_\_ to use lube
- I \_\_\_\_ to eat \_\_\_\_ fruit off your naked body
- I can't stand it when the dog or cat is watching us have sex \_\_\_\_ yes, \_\_\_\_ no
- My favorite thing you wear to tell me you want sex is \_\_\_\_\_
- My favorite food to play with during sex is \_\_\_\_\_
- I like sex best when we \_\_\_\_\_
- The best time we had sex was \_\_\_\_\_

## Our Intimate Choices: Communication Aid

### A Communication Aid: Language

Place a check mark next to the term(s) you **would** find offensive during sex.

- D\*ck
- C\*ck
- P\*ssy
- C\*nt
- F\*ck
- \*ss
- Cum or Come
- Other \_\_\_\_\_
- Other \_\_\_\_\_