

HOW WOMEN GET IN THE MOOD

Fuel for Female Sexual Desire

To better understand the “warm-up process” needed since women tend to be 4 STEPS away from the state of **DESIRE**.

Step #4 — DESIRE — As a wife gets part way up the “arousal scale,” she *now* begins to feel desire” for lovemaking while her husband’s “Step 1” is “desire.” Husbands need to realize that she must **Decide first** — then be **Talked** and **Touched** into it!

Step #3 — FOREPLAY (TOUCH) — Women need some degree of physical/sexual arousal before they begin to feel “desire” for sex. Spend some time touching non-sexually before you get to the “good stuff!” Men must learn to bridle their desire so she can catch up.

Step #2 — CONNECT (TALK) — Women need some emotional connection for that particular love-making session to help them transition, relax and warm up to sex. (Already living at “40” on the 0-60 scale helps!) This reconnecting also helps women close the many open windows they have occupying their mind.

Step #1 — DECIDE — For women sex is a **decision**. She must flip a mental switch in her mind and decide to “go there” (vs. testosterone driving it) or the next steps are more difficult. Once she decides, she is now at least mentally willing to move forward toward arousal and **desire**.

Step #0 — 3 KEYS Needed for Women to Decide - 1) Relationship Climate; 2) Sexuality Embraced; 3) Ability to Choose
The contextual factors for women to freely choose to be sexually intimate are: if she has embraced her sexuality; and the marital relationship/emotional connection is good (i.e. trust, acceptance, etc.—living at a “40” on the 0-60 scale); and she genuinely feels like she can choose either way, then **deciding** to “go there” is much easier.

Think of “A - C - E”

A = Agency, C = Connection, E = Embraced Sexuality

