BRIDGES TO DESIRE -- Getting From 0 – 60 Sexually
WORKSHEET

While sexual desire is pretty readily available for most men, many women find that they rarely get around to thinking about sex, and don't often do so automatically. Even getting from the "thought" of it to a "desire" for it feels like an impossibly wide gap. The following are some ideas to help those with less readily apparent desire identify their bridges (Hers, His and Ours) to fuel their fire and make it easier, quicker and more fun to get from 0 - 60 sexually.

WHY THE NEED FOR BRIDGES TO DESIRE?

- *to increase one's thoughts about sex*
- *to decide to go there...!*
- *to warm-up/prepare one's mind for intimacy*
- *to relax and let go of other thoughts/concerns*
- *to increase anticipation and get things simmering*

"HERS" / SELF-MADE BRIDGES *(things she can do to help bridge the distance to desire)*

- Think about sex in a positive way
- Listen to mood music (i.e. love songs, romantic/ suggestive songs)
- Take a bath and relax
- Wear perfume during the day
- Use candles in your bedroom
- Put on lingerie under your clothes before husband gets home (or even just after you decide to go there!)
- Wear something sexy during the day to get in the mood
- Do Kegel/P.C. muscle exercises during the day
- Go for a walk to unwind from the day
- Send playful/teasing text messages to spouse during the day
- Touch spouse teasingly/playfully
- Decide to initiate sex
- Schedule lovemaking, which can help women shift gears and prepare mentally
- Keep track of how often you make love and who initiates, or what type (Quickie, Gourmet), etc.
- Kiss or hug when home from work
- Download and listen to Laura's audio book or Marital Intimacy Show podcasts throughout the day
- Read a book/articles about lovemaking
- Visit TheDatingDivas.com for fun, flirty, romantic ideas for date night, etc.
- Add to an ongoing list of "What I like/love about sex/my spouse..."
- Close your mental windows. Do some process writing/make a to do list/write out your stressors to

SELF-MADE BRIDGES -- "Hers" (your ideas)

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get things out of your brain and onto paper to free you to focus on lovemaking
- Meditate/sit quietly with eyes closed breathing deeply and relaxing your mind and body
- Nurturing touch. Gently touch/stroke your hand/arm to reconnect to your physical self and connect to the sensual pleasure of touch
- Think of something new/different to try in lovemaking for variety
- Read naked as you go to bed and unwind mentally

"HIS" / SPOUSE-MADE BRIDGES *(things he can do to help bridge the distance -- these are tricky to be sure she doesn't feel pressured)*

- Give a massage (i.e. hand, foot, back, etc.)
- Hold hands more often
- Touch lovingly or playfully throughout the day (not necessarily sexually)
- Help with kids/household responsibilities
- Kiss or hug when home from work
- Allow wife to go off duty for an hour or two or the rest of the evening to relax
- Call or text your wife during the day just to let her know you love and appreciate her
- Do/say things that you know your spouse likes/loves. Learn her love language and "speak it" regularly
- Let go and let her own her sexuality
- Develop the ability to be okay/happy whether your wife responds well to your sexual needs or not as well as you might like

"OURS" / SHARED BRIDGES *(things you can do together to help bridge the distance)*

- Shower together
- Give each other a massage (i.e. hand, foot, back, etc.)
- Watch a romantic movie together (i.e. chick flicks)
- Have set-aside times of affectionate touch only to relearn to enjoy touch for its own sake
- Kiss or hug when home from work
- Pillow talk
- Have a date night regularly
- Spend time together as a couple
- Schedule a getaway for a night or weekend

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(See also *Knowing HER Intimately,* p. 112-115)

"Bridges to Desire" is a concept coined by Barry McCarthy in *Rekindling Desire*

SPOUSE-MADE BRIDGES -- "His" (your ideas)

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SHARED BRIDGES -- "Ours" (your ideas)

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