

First Steps for Him & Her in Creating a *Sextraordinary* Marriage

(*HER - Embracing/Developing; HIM - Bridling/Sexual Self-Mastery*)

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EMBRACING YOUR SEXUALITY -- Keys for Women

1. **Decide if you are ready and/or willing to work on embracing and developing your sexuality.** For women the principle of agency is paramount in any efforts to move from a “duty sex” type relationship to an “I want you” sexual relationship in their marriage. So, women need to first decide if they want to work on this before any other efforts here will be helpful.
2. **Write out at least 50 things you hate or are frustrated about regarding sex.** Because sex starts in the mind and women often have some accumulated frustration and/or resentment about sex, they generally need to clear out that mental clutter before they can move forward sexually. This is the first step most women need to be able to create a *sextraordinary* marriage. Women will need to do this until *any* negative feelings about sex or their spouse are gone.
3. **Listen to chapters 1-2 of [Knowing HER Intimately](#).** Listening to the *audio* version of these chapters over and over specifically provides: 1) positive mental reprogramming about sex (especially about embracing one’s sexuality), and 2) a way to have affirming sexual thoughts on the mind. It’s a parallel for the testosterone-driven “elevator music” men have playing in the background of their minds. This helps women 1) develop a more positive mindset about sex; 2) helps them work through any mental inhibitors they may have; and 3) helps them embrace and develop their sexuality as a good and godly part of their wholeness.
4. **Develop your flirtiness.** Working on being more playful and flirty with your husband (...especially sexually) is an invaluable way to own, develop and embrace your sexuality. Many women will need to provide some “preface” for their husbands—that they will be “working on being more flirty” but that it doesn’t mean it’s a green light for sex. Women need to let their husbands know that it’s not helpful when they get excited or overly respond to her attempts at flirtiness ... especially in the beginning!

BRIDLE & SURRENDER -- Keys for Men

1. **Work on bridling and surrender to remove psychological pressure and give her the ability to freely choose.** Read the [7 Steps of Surrender](#) handout everyday, if necessary, to get into a mindset of surrender and self-mastery. If women don’t feel like they can freely choose sex, or not, then couples can’t ever get out of “duty sex” mode and into “I want you” mode. For husbands to succeed with bridling their passions it will require that they [partner with God more personally and profoundly](#) than they ever have before. (Click the link for some suggestions.) Men will need to be genuinely okay going without sex, if needed, and still be emotionally accessible and responsive in order to offer genuine agency to their wives in the sexual dimension. This will require God’s help to bridle that strong, natural male drive toward sex.
2. **Write out at least 50 things you hate or are frustrated about regarding your wife and/or sexual relationship.** Men too will have a lot of accumulated frustration and/or resentment about their sexual relationship that will impede their ability to surrender and bridle their sexuality. This is needed to give their wives the ability to freely choose, and the motivation (emotional connection) for her to want to work on something that initially feels like it’s mostly for him. Writing out these frustrations and doing other things like meditation, mindfulness and partnering with God more fully will be needed to develop a new surrendered, calm, yet emotionally connected mindset about sex.
3. **Write out 5 things you like, love and/or appreciate about your wife.** To give husbands something to focus on while distracting themselves from the sexual relationship—keep a list of 5 things (every day or however often it’s needed) you like, love and/or appreciate about your wife. You can either send those to her or just keep the list for yourself to review and focus on. It will be important to focus on the good about your wife while you’re learning your new sexually surrendered mindset. You might also focus on learning your wife’s specific things that make her feel loved and doing those regularly, or putting more love, time and effort toward your children or other healthy outlets—again to help stay focused on others instead of what you aren’t getting yet sexually.
4. **Work on being calm, cool and collected as your wife works on being more flirty.** As your wife works on being more flirty, it will be counterproductive if husbands make a big deal about any of her efforts to be flirty. Drawing too much attention to her flirtiness actually makes it more likely that she will simply shut down her efforts to develop herself sexually.