

# HOW WOMEN GET IN THE MOOD

## Rocket Fuel for Female Sexual 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 and arousal 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 of emotional connection helps!) This reconnecting also helps women close the many open windows they have occupying their mind.

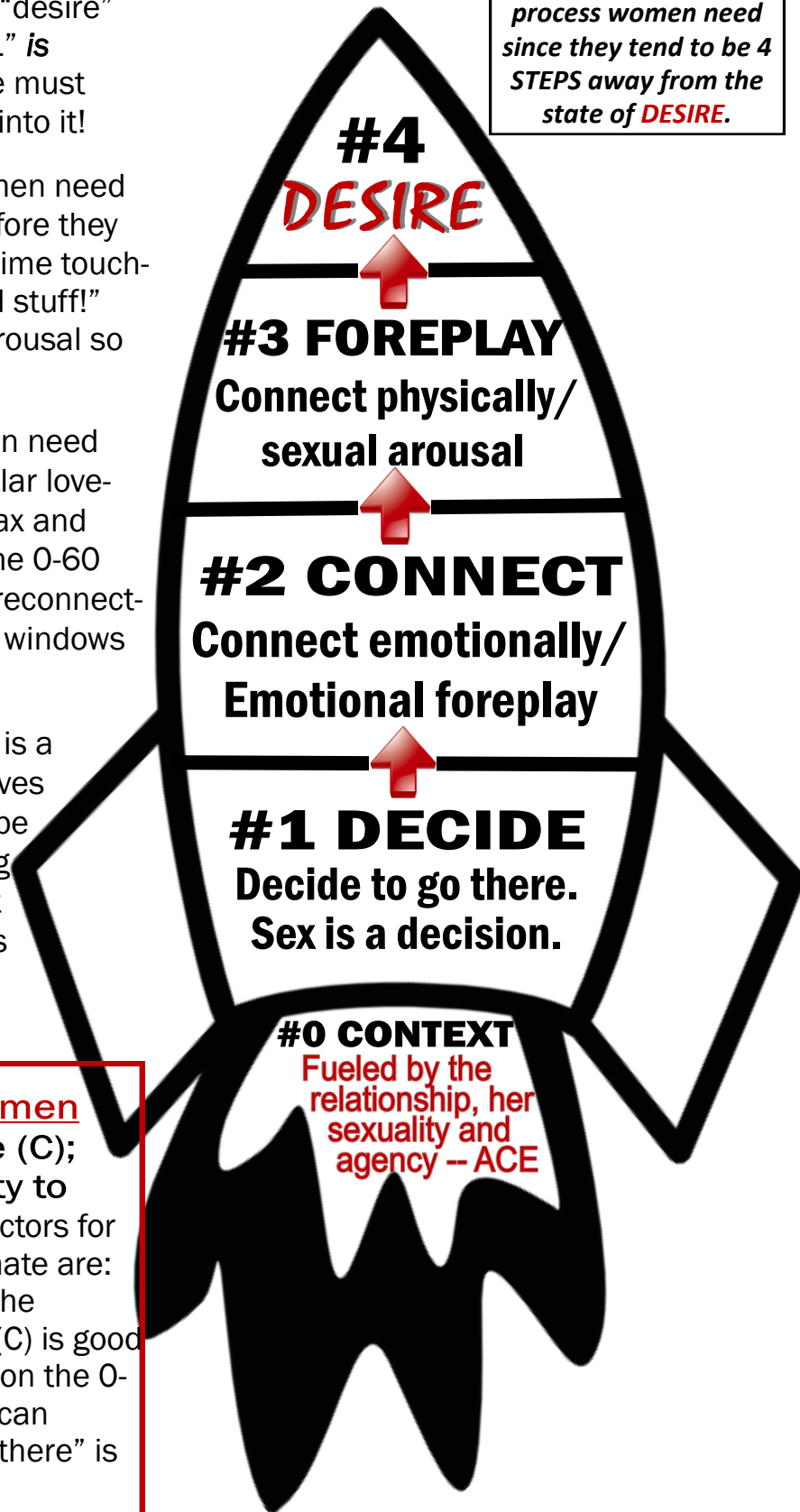
**Step #1 — DECIDE** — For women, sex is a **decision**. Female desire is “responsive.” Wives must flip a switch in their mind and simply be willing to “go there” (vs. testosterone driving it) or the next steps are more difficult and it ends up being “duty sex.” Once she decides she is now at least mentally willing to move forward toward arousal and **desire**.

**Step #0 — 3 KEYS Needed for Women to Decide** - 1) Relationship Climate (C); 2) Sexuality Embraced (E) ; 3) Ability to Choose (A) The contextual/responsive factors for women to freely choose to be sexually intimate are: if she has embraced her sexuality (E); and the marital relationship/emotional connection (C) 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 (A), then deciding to “go there” is much easier.

Think of “A - C - E”

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

Understand the “responsive” warm-up process women need since they tend to be 4 STEPS away from the state of **DESIRE**.



**#4  
DESIRE**

**#3 FOREPLAY**  
Connect physically/  
sexual arousal

**#2 CONNECT**  
Connect emotionally/  
Emotional foreplay

**#1 DECIDE**  
Decide to go there.  
Sex is a decision.

**#0 CONTEXT**  
Fueled by the  
relationship, her  
sexuality and  
agency -- ACE