

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” to the “ACES” below. 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 toward arousal and *desire*.

Step #0 — A-C-E-S Needed for Women to “Decide” - 1) A - Agency; 2) C - Connection; 3) E - Embraced Sexuality; 4) S - Safety. The contextual/responsive factors for women to freely choose to be sexually intimate are: if she feels like she can choose either way (A); if the marital relationship/emotional connection (C) is good (i.e. trust, acceptance, etc.—living at a “40” on the 0-60 scale); if she has worked to embrace her sexuality (E); and if she feels physically and emotionally safe (S) then deciding to “go there” is much easier.

Remember “A-C-E-S” — A=Agency, C=Connection, E=Embraced Sexuality, S=Safety

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

