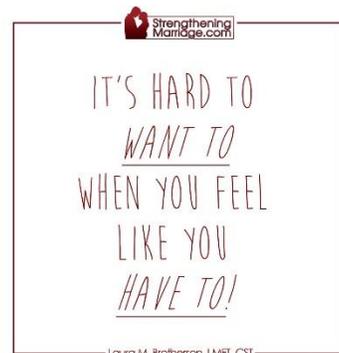


Bridling and Spiritual Surrender (Sexual Self-Mastery for Men)

Knowing HIM Sexually – Sexual Wholeness for Men

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The following items are things husbands can do to help in the bridling of their passions (sexual self-mastery) in order to restore agency to his wife—providing the opportunity for her to be able to genuinely and freely *choose him sexually*.

ACTION ITEMS

1. Remove any psychological pressure you are inadvertently putting onto your spouse. She needs to *feel* that she can freely choose without repercussions.
2. Do some "[process writing](#)" on the unfairness, anger, resentment you may feel. Write out a list of at least 50 items of anger/frustration, etc. Finish the sentence stems: "I hate that my wife..." or "I'm angry that she..." etc.
3. Learning to bridle / master / surrender your sexual desire may require letting yourself grieve what you long for.
4. Read the "[7 Steps of Spiritual Surrender](#)" everyday to get the principles of spiritual submission into your heart and mind.
5. Understand the need for emotional accountability in where your sexual relationship is at the moment. ([Listen to this podcast](#) to better understand the concept of "emotional accountability.") Your relationship will get better but does need you to recognize your part.
6. Focus on staying connected with your wife *despite any sexual lack...* by loving her in the specific ways she feels loved. Do the things on her [Love Language list](#) everyday to focus on loving her better instead of what you may feel is lacking.
7. Keep a list of things you like/love/appreciate about your wife—especially sexually—to re-train yourself to see and focus on her positives and to move into a mindset of gratitude. Add five items to your list regularly and any time you are feeling a lack of intimate connection.
8. Focus your attention on loving and connecting with your kids more or other healthy outlets or hobbies while she's working toward *getting her agency back*. It will take time and patience. Focus on developing a happy life despite...! (You might find some additional helpful direction to stop the pursue/withdraw cycle in this handout - [Divorce Busting – Last-Resort Techniques](#).)
9. Build a more [personal and profound relationship with God](#) to sustain you while your needs aren't yet being met.
10. Review and use the tools/coping skills for self-regulation, emotion regulation, mindfulness, etc. found under the "Self-Development" category on my [Resources Page](#).
11. Know that as you truly get the concept of surrender/submission down you'll still be able to bring up the topic of intimacy, but it will feel different to both of you with no pressure. The words might sound the same as before, but it will be clear to you and her that you are "speaking with surrender." That might sound something like, "Hey what do you think about some lovemaking tonight?" ...but she'll be able to hear it (because you are sending it) as -- "I totally think you'd be happy to be intimate, but I'm totally okay if you're not."