

Preparing Now for a Healthy Intimate Relationship in Marriage

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StrengtheningMarriage.com

BYU Eternal Family Class

Dr. Ty Mansfield

Wednesday, March 25, 2020 (7:30 – 9 p.m.)



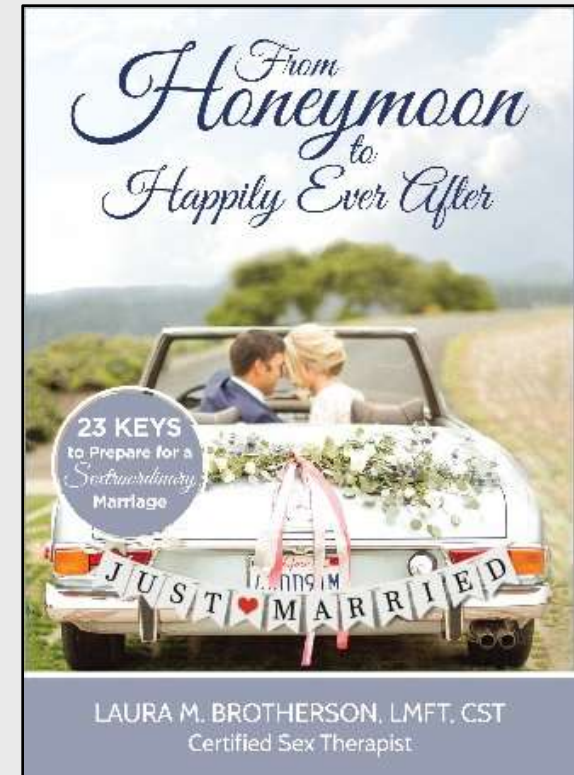


Handouts You Should Have

1. Your Sexual Stewardship Before Marriage--How to Prepare for a Healthy Sexual Relationship
2. Preparing for the Honeymoon – 10 Tips for the Wedding Night
3. Rocket Fuel for Female Sexual Desire (Rocket Diagram)
4. 12 Essential Ingredients of Female Sexual Wiring
5. Love Language worksheet
6. Spiritual Surrender handout

OVERVIEW

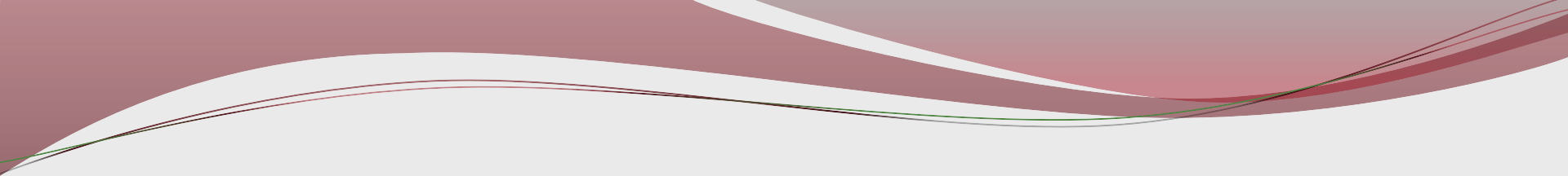
1. How to Prepare for a Healthy Sexual Relationship in Marriage - (10 Keys)
2. Shining God's Light on Sexuality
3. How to Alleviate Fear/Anxiety About Sex
4. WHAT TO KNOW about Sex - (4 Keys)
 - 4.1 - Key Sexual Differences between Husbands and Wives
 - 4.2 - 4 Steps that Fuel Female Desire
 - 4.3 - *Knowing HER Intimately* - 12 essential ingredients (12 T's)
 - 4.4 - *Knowing HIM Sexually* - 8 essential ingredients
5. Other Things to Know and Do
6. Q&A





#1 - How to Prepare for a Healthy Sexual Relationship in Marriage

1. Include the Lord.
2. Identify and address negative sexual feelings/ attitudes/ conditioning/ insecurities, etc.
3. Understand and affirm your sexuality.
4. Get educated sexually.
5. Be able to talk about sex (...normalize the topic).
6. Discuss intimate expectations.
7. Resolve any moral issues before marriage.
8. Develop playfulness.
9. Seek pre-marital counseling (...Prevent rather than Repair!).
10. Set specific boundaries.

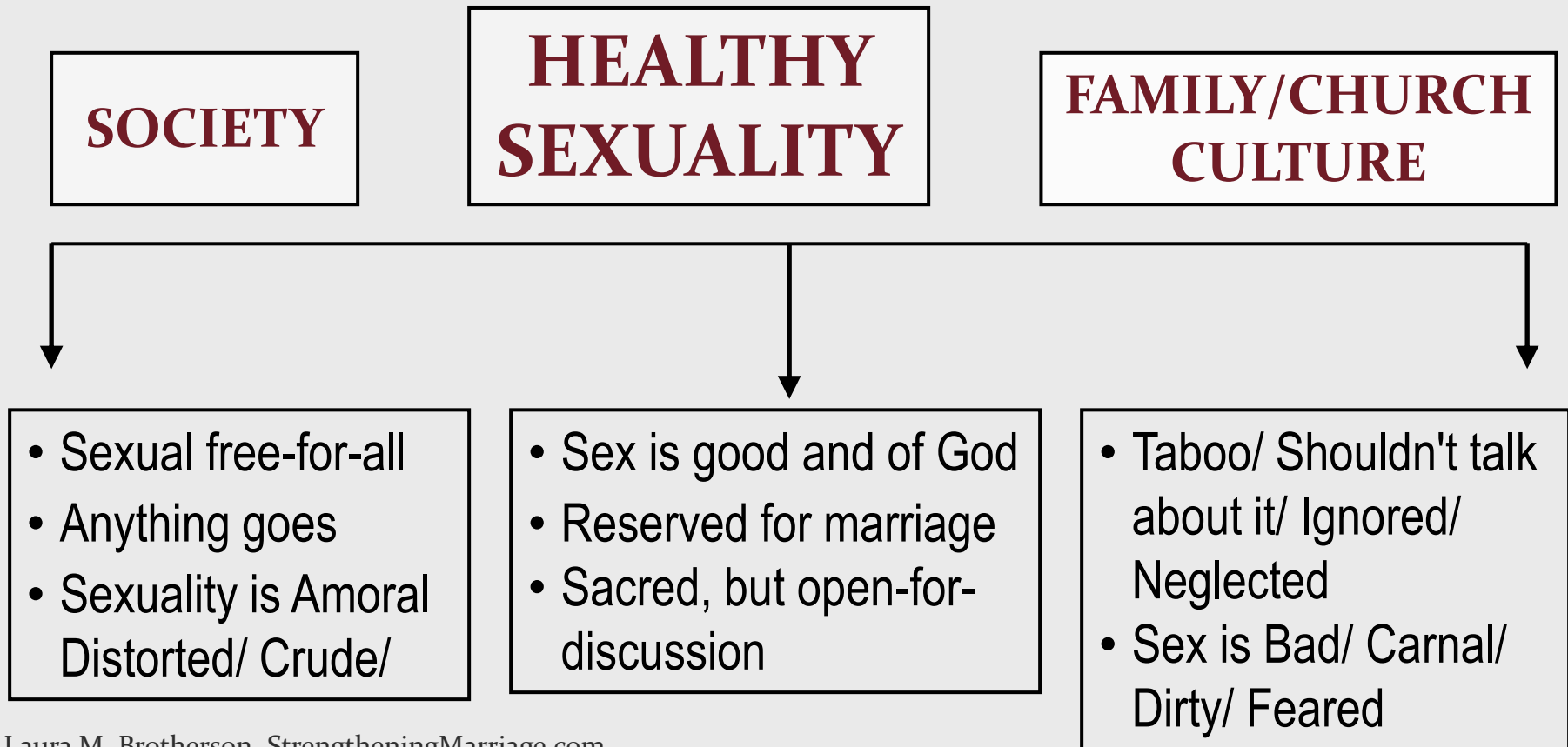


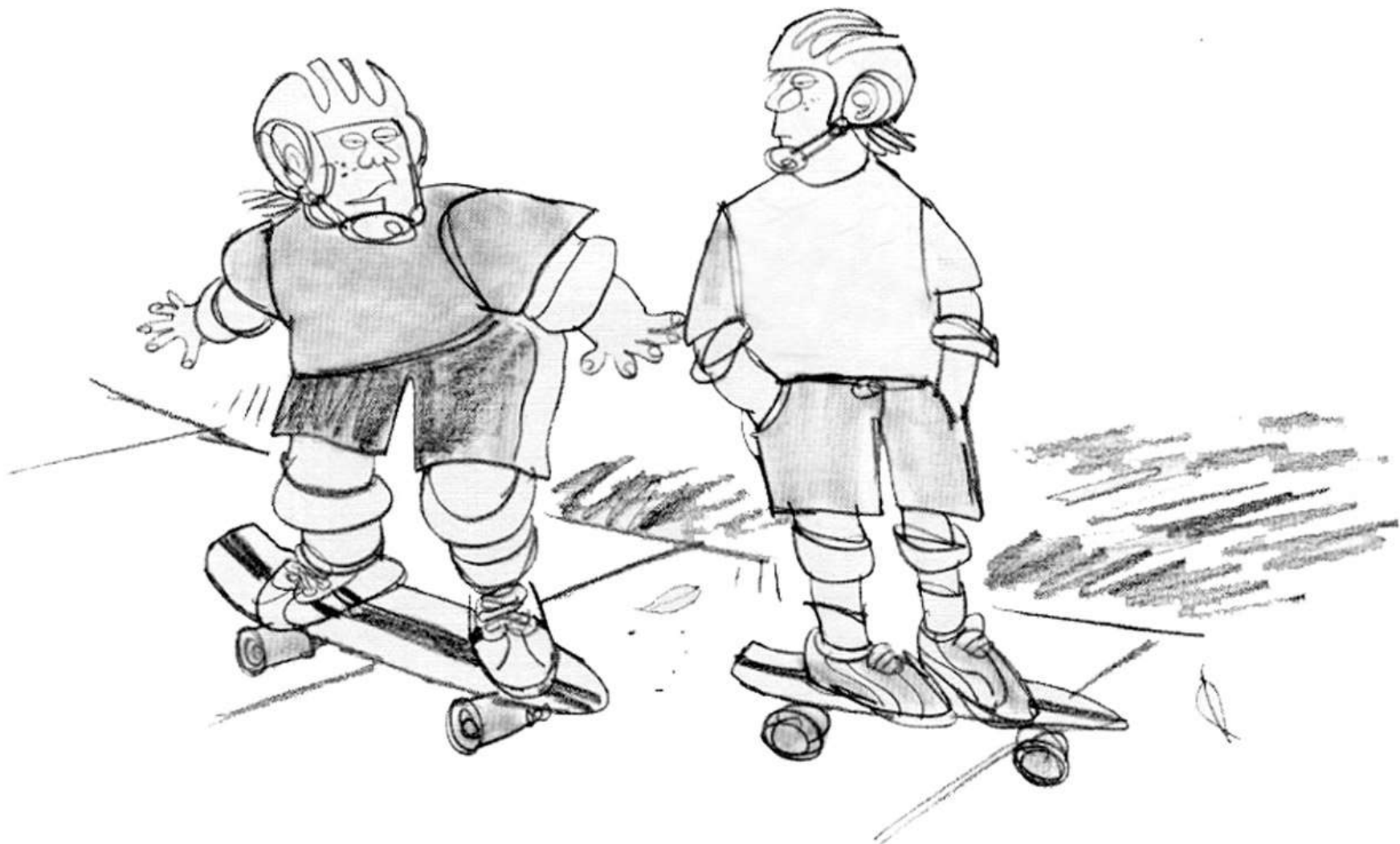
“Maturity and wisdom include knowing yourself well enough to know how to talk about sex and what you can talk about without causing undue temptation.”

(Brotherson, From Honeymoon to Happily Ever After, 46)

#2 - Shining a Light on the Sanctity of Sexual Relations in Marriage

- THE EXTREMES -





"AND THEN HE SAID, SON, SEX IS NOT SECRET IT'S SACRED AND TALKING ABOUT IT MAKES YOUR MOTHER FAINT."

#2 - Shining a Light on the Sanctity of Sexual Relations in Marriage

We Need More "Light" on the Subject of Sex

“Marriage is fraught with the highest bliss. . . . The divine impulse within every true man and woman that impels companionship with the opposite sex is intended by our Maker as a holy impulse for a holy purpose—not to be satisfied as a mere biological urge or as a lust of the flesh in promiscuous associations, but to be reserved as an expression of true love in holy wedlock.”

(President Harold B. Lee, Teachings of Presidents of the Church, 2011)

God's View Needs More Airtime

“Heavenly Father created sex. He wants couples to have fulfilling, enriching relationships on every level: mentally, emotionally, spiritually, and sexually. Sex is a divine gift and blessing to all Heavenly Father’s married sons and daughters. When used within the bounds the Lord has set, it is beautiful and the most intimate way a couple can bond together as husband and wife. He wants His children to enjoy this great and wonderful wedding gift.”

(Brotherson, From Honeymoon to Happily Ever After, 16)

“Great is the need for God's plan and purposes for physical intimacy within marriage to be heard above the roar of the world’s view. A healthy and godly perspective on sexual relations in marriage needs more airtime.”

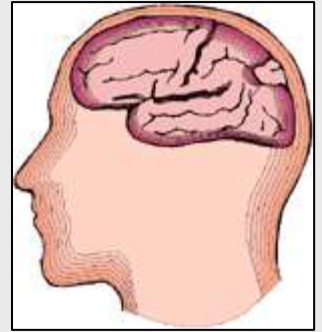
(Brotherson, And They Were Not Ashamed, Preface)

God's View Needs More Light

“In our zeal to keep sacred things sacred we hesitate to talk about them at all. Thus, the sacredness of sexual relations slips into a secretness that can shut the door to needed light and understanding. Sex needs to be taken out of the darkness and brought into God's light.”

(Brotherson, And They Were Not Ashamed, 26)

We Need a Positive Mental / Internal Shift



- Sex begins in the mind!
- Think of sex as an 80/20 concept:
 - 80% of sex is mental/emotional (psychological)
 - 20% of sex is physical
- There's much you can do to prepare yourself mentally for a healthy and happy sexual relationship in marriage.

From “No, no, no!” to “Go, go go!”

“Adult attitudes toward sexual relations are largely conditioned during childhood and adolescence. It is surprising to observe how many otherwise well-adjusted people still think of married sex as dirty, animalistic, or evil. Such a person who has been taught a one-sided, negative approach to sex during the formative years may find it impossible to release these carefully construct[ed] inhibitions on the wedding night. The marriage ceremony is simply insufficient to reorient one’s attitude from ‘Thou shalt not’ to ‘Thou shalt—regularly and with great passion!’ That mental turnabout is not easily achieved.”

(Dobson, What Wives Wish Their Husbands Knew About Women, 120)

#3 - How to Alleviate Fear and Anxiety About Sex

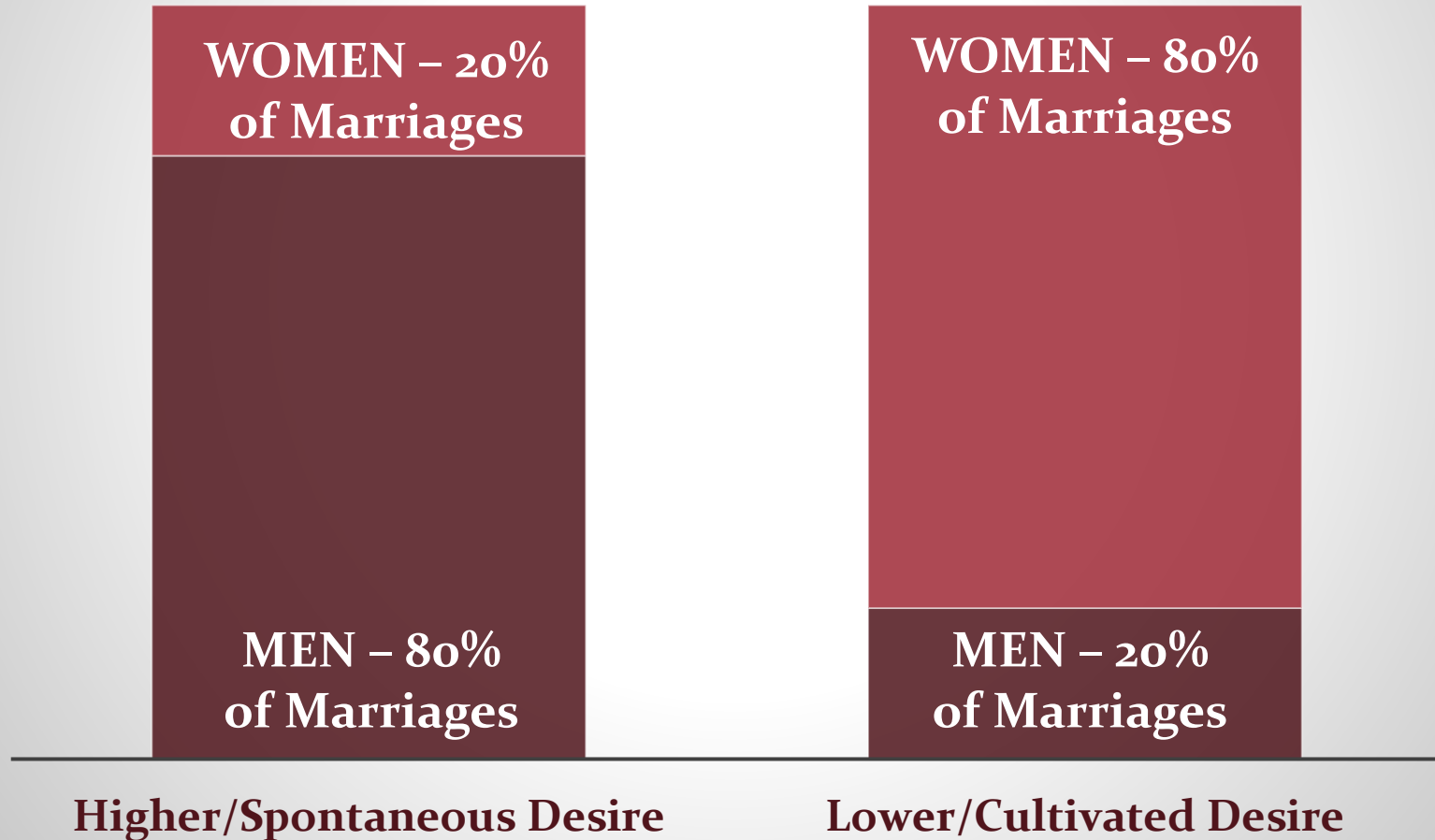
1. **Read good books** – Knowledge is Power!! (See “Additional Books” at the end of these slides)
2. **Process your worries in writing** – Write out each of your fears, concerns, questions, etc. This can be therapeutic in and of itself (...allows you to learn to observe your thoughts—mentally validating them and creating greater self-awareness). When your list is finished, shred it, symbolically letting the negative thoughts go.
3. **Discuss your fears with others** – Talking with parents, other close relatives, or trusted friends—especially recently married persons—can be reassuring, since they have some experience and know you well.
4. **Include the Lord in your concern** – Talk with Him about your feelings and fears. You’ll feel His support and guidance if you seek it and believe that He cares about such a subject.

#4 - WHAT TO KNOW about Sexual Intimacy in Marriage - (4 Keys)

- 4.1 -- Sexual Differences between Men and Women
- 4.2 -- 4 Steps that Fuel Female Desire (Rocket Diagram)
- 4.3 -- 12 Essential Ingredients (12 T's) of *HER* Sexual Wiring
- 4.4 -- 8 Essential Ingredients of *HIS* Sexual Wiring

80/20 RULE

Sexual Desire in Marriage



4.1 - Differences in Sexual Wiring

MALE (GENERALITIES)

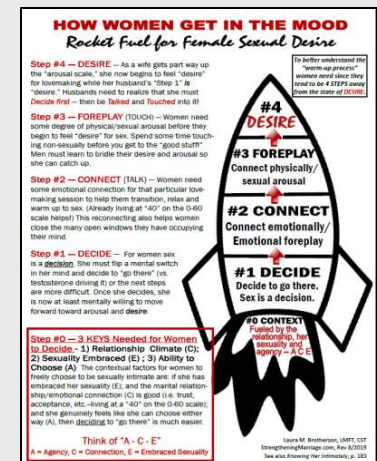
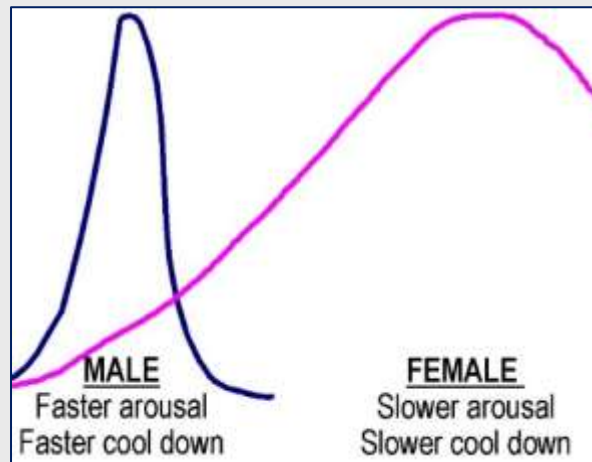
- Physically Driven Desire (testosterone)
- Ready to Go -- easier access to desire and arousal
- Excited Quickly (*see diagram below*)
- Constant Desire/Predictable Orgasm
- Sex as a Reaction
- Pleasure as Release

PRIMARY CHALLENGE - to Bridle and Surrender Sexuality

FEMALE (GENERALITIES)

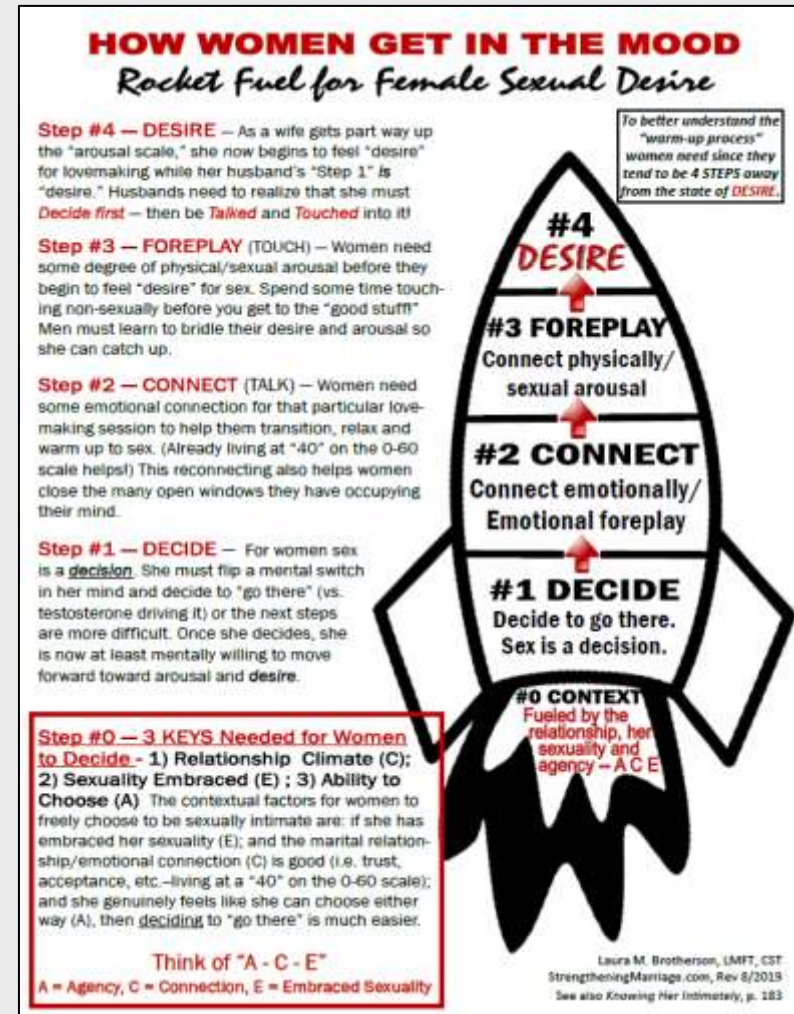
- Emotionally/Relationally/Contextually Driven Desire ("psychological" testosterone)
- Need Warm-Up -- 4 steps away from desire
- Excited Slowly (*see diagram below*)
- Variable Desire/Unpredictable Orgasm
- Sex as a Decision
- Pleasure from Build-up (*anticipation*)

PRIMARY CHALLENGE - to Embrace and Develop Sexuality



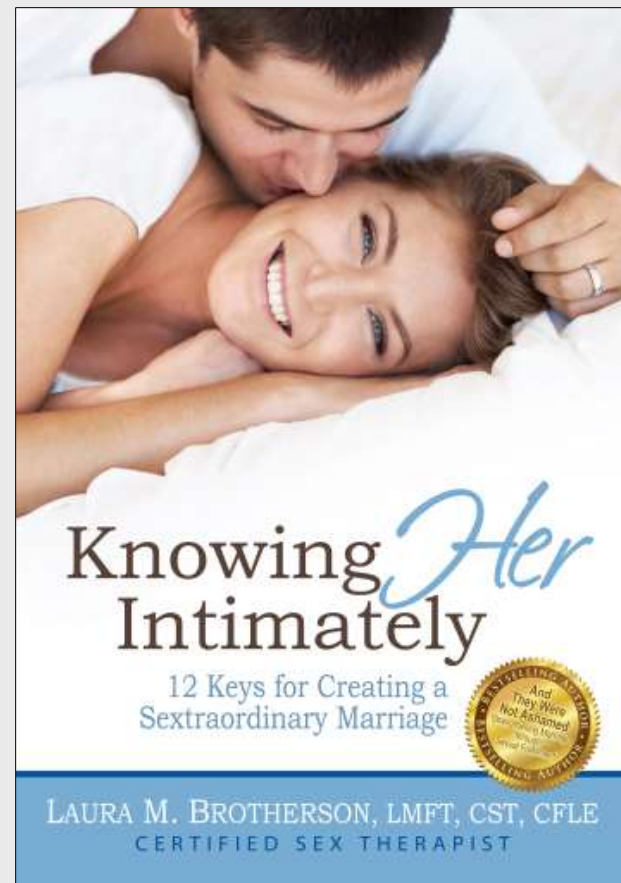
4.2 Rocket Fuel for Female Sexual Desire

- **Step #0 – (CONTEXT) – A-C-E-S**
 - 1) Relationship Climate (*C-onnection*)
 - 2) Embraced Sexuality (*E-mbraced*)
 - 3) Ability to Choose (*A-gency*)
 - 4) Safety—emotional/physical (*S-afety*)
(Compare to man's testosterone)
- **Step #1 - Make a Conscious Choice (DECIDE)**
- **Step #2 - Reconnect and Focus Emotionally/ “Emotional Foreplay” (TALK)**
- **Step #3 - Connect Physically/ Physical Foreplay (TOUCH)**
- **Step #4 - Sexual Desire Shows Up (DESIRE)**



4.3 – WHAT TO KNOW - 12 Essential Ingredients (12 T's) of *HER* Sexual Wiring (Sexual Wholeness)

1. Transformed Sexual Identity
2. Thoughts / Beliefs
3. Tenderness / Thoughtfulness / Trust
4. Time
5. Transition
6. Talk
7. Touch
8. Technique / Education
9. Tuned In
10. Teasing / Playfulness
11. Treats
12. Transcendence / Surrender



12 Essential Ingredients (12 T's)

T#1 -- Transformed Sexual Identity

1-- A woman must transform her identity by embracing the idea that she is a sexual being. (Shift from sex as something they *do* to something they *are*!)

2-- She must own her sexuality and see it as a good and important part not only of her marriage, but also of her own wholeness and aliveness.

3-- She must commit to embracing, awakening, nurturing, developing, tuning into and enjoying her sexuality—taking responsibility for her sexual desire and fulfillment.

-- 3 Levels of Sexual Development...

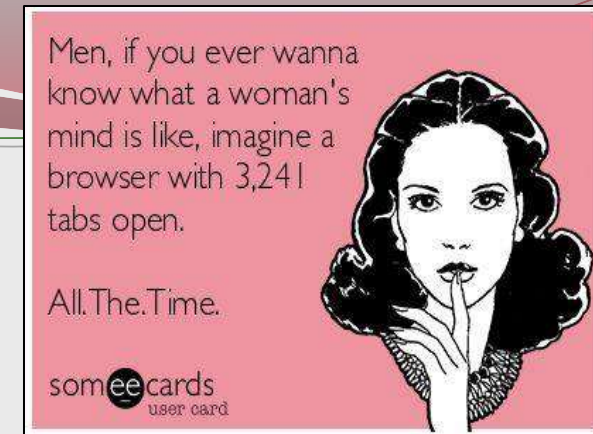
ACTION ITEMS:

- Listen to audio to get sexuality into your psyche (knowledge/comfort/familiarity/affirmation)
- Develop your fun and flirty self!!
- Believe that your sexuality is good and of God.



12 Essential Ingredients (12 T's)

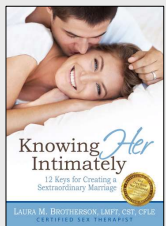
T#2 -- Thoughts / Beliefs



- 1– Since sex starts in the mind, women need to overcome any inhibiting thoughts and negative core beliefs.
- 2– They need to program their minds with positive, affirming thoughts and beliefs about sex, their sexuality, and their bodies. Sexy is a state of mind.
- 3– Women need to positively program their minds about their partner, his body, and their marital and sexual relationship.
- 4– Because women's minds function like a multi-tasking World Wide Web, developing the mental discipline to be able to focus one's thoughts and keep out inhibiting mental distractions during lovemaking, is also needed.

Wives' Biggest Challenges –

1. *Developing Mental Discipline (esp within Lovemaking)*
2. *Embracing their Sexuality*



12 Essential Ingredients (12 T's)

T#3 -- Tenderness / Thoughtfulness / Trust

1-- This ingredient represents the foundation of a secure emotional connection upon which a *sextraordinary* marital relationship is built.

2-- This dimension is the "emotional foreplay" or emotional context that fuels female sexual desire.

-- *Emotional connection is "female foreplay"*
(like male testosterone)

-- *Living at a 40 on the 0 to 60 Scale*
(emotionally/relationally)

Couple Time , Date Night, Love Language



12 Essential Ingredients (12 T's)

1. ***Transformed Sexual Identity.*** A woman must generally embrace, nurture, develop, tune into, and enjoy her sexuality.
2. ***Thoughts / Beliefs.*** Women need to overcome any inhibiting thoughts and negative core beliefs.
3. ***Tenderness / Thoughtfulness / Trust.*** This ingredient represents the vital foundation of a secure, warm emotional connection.
4. ***→ Time.*** With so many things on a woman's plate, it's vital that she give priority time and attention to sex and that couples take enough time during sex for sufficient emotional and sexual stimulation.
5. ***Transition.*** Because women are multitaskers and are by nature a few steps away from desire, they must go through a transition process to help them relax, focus their minds, and warm up to intimacy.
6. ***Talk.*** Talking helps women feel connected and helps couples tune in to each other, both outside and inside the bedroom.

12 Essential Ingredients (12 T's)

7. **Touch.** Non-sexual touch (or affection with no strings attached) is needed, particularly outside of bedroom activities. Within lovemaking, enough foreplay—and specifically clitoral stimulation—is essential.
8. **Technique / Education.** Couples need to be educated on the sexual wiring differences between husband and wife and to specifically understand the inhibitors and intricacies of the female sexual response.
9. **Tuned In.** Couples need to tune in well emotionally and sexually to themselves and each other, both outside and inside the bedroom.
10. **Teasing / Playfulness.** Flirty playfulness adds the spark that helps create *sextraordinary*, long-term marriages.
11. **Treats.** Treats increase the novelty, creativity, and adventure in the marriage to keep things fresh, new, and exciting.
12. **Transcendence / Surrender.** The sexual climax is an involuntary response requiring a state of relaxed transcendence. This is something the wife must be willing to relax into and let herself experience, in order to fully enjoy the ecstasy of sexual intimacy and oneness.

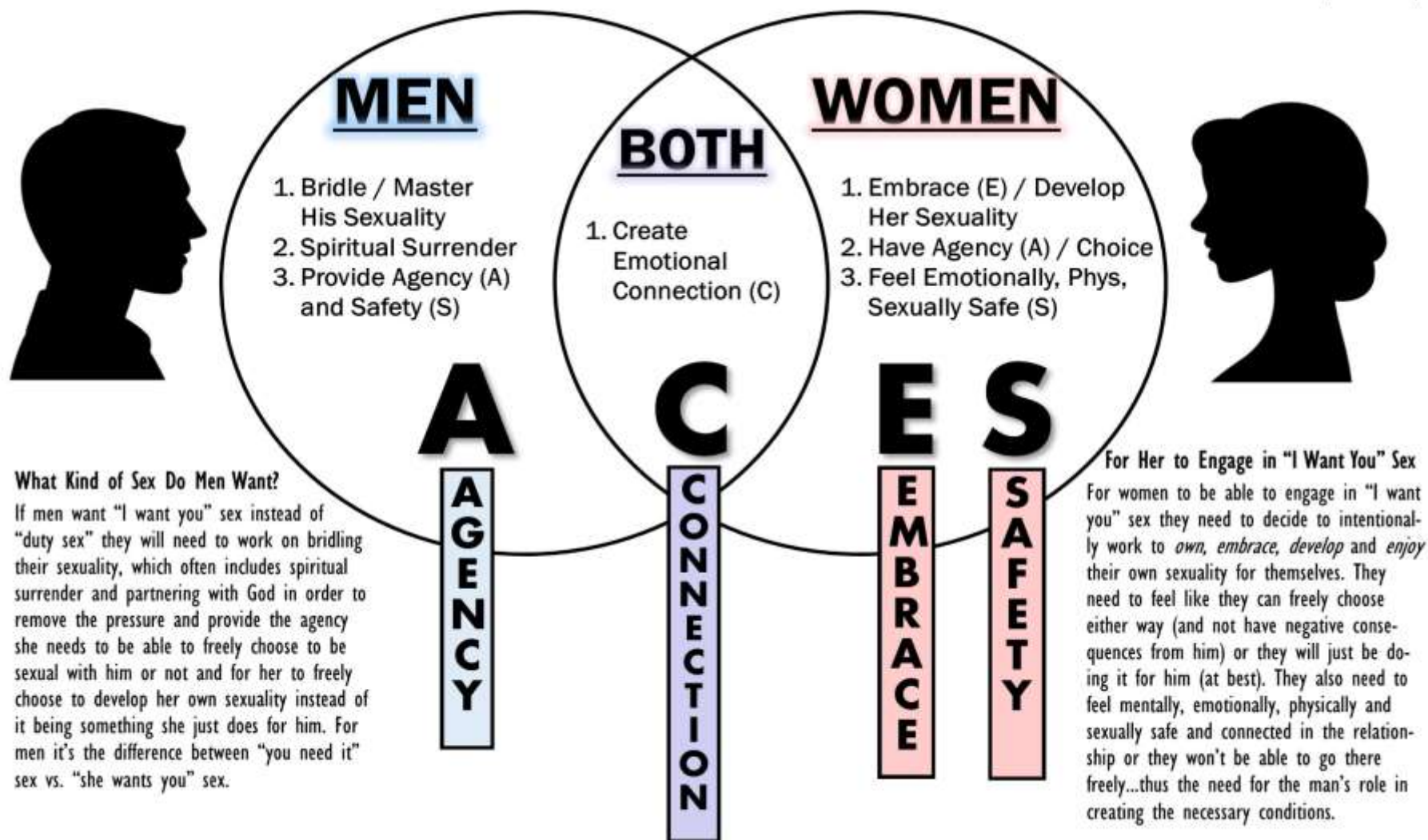
4.4 – WHAT TO KNOW - 8 Essential Ingredients - *HIS* Sexual Wiring

1. Affirm Male Sexuality...
2. Want to be Wanted / Desired (...not just Loved!) *Sex = Love*
3. Sexual Self-Mastery (*Bridled and Surrendered*) ...
4. Emotional Connection
5. Mutually Fulfilling (*man's enjoyment also comes from her enjoyment*)
6. Mutual ... Initiation / Engagement / Activity
7. Visually / Tactilly Stimulated
8. Variety / Adventure / Fantasies (*healthy fulfillment of...*)

“ACES” — HOW SHE CAN WANT TO

Duty Sex vs. “I Want You” Sex

Laura M. Brotherson, LMFT, CST (Feb 2019)

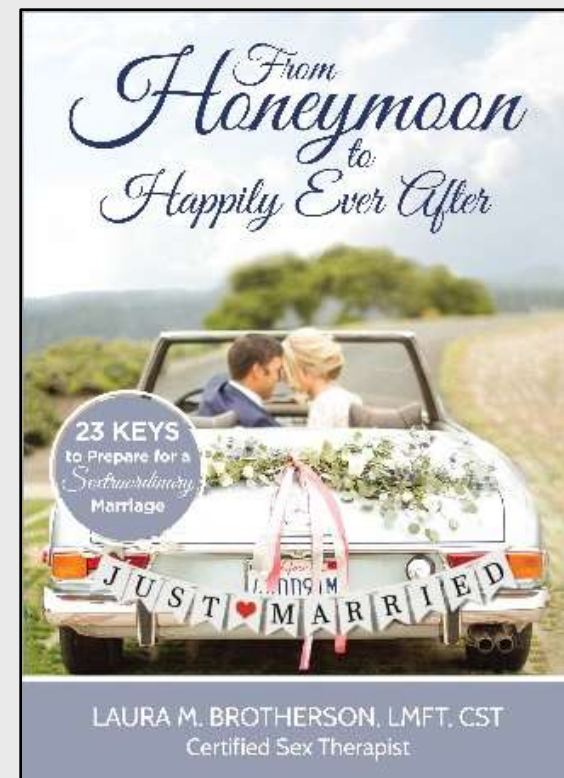


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REVIEW

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Other Things to Know/Do



Before Marriage

- #1 — Preparing for Intimacy in Marriage
- #2 — Developing a Healthy Sexual Mindset
- #3 — Alleviating Fear and Anxiety About Sex
- #4 — What to Know and What to Expect
- #5 — What to Talk About Regarding the Sexual Relationship
- #6 — Determining Appropriate Affection Before Marriage
- #7 — Sharing Sensitive Information from Your Past
- #8 — Understanding Sexual Compatibility
- #9 — Preparing for the Honeymoon

Before/After Marriage

- #10 — Discussing Birth Control and When to Have Children
- #11 — How to Handle Sexual Abuse, Depression, and Anxiety
- #12 — How to Handle Pornography Problems

After Marriage

- #13 — Navigating Difficult or Painful Sex
- #14 — Talking About Sex Within Marriage
- #15 — Determining What's Okay and What Isn't in the Bedroom
- #16 — Determining Sexual Frequency in Marriage
- #17 — What If You Want Sex and Your Wife Doesn't
- #18 — What if You Feel Like All Your Husband Wants is Sex
- #19 — What if She Wants Sex More than Her Husband Does
- #20 — How to Work Through Her Orgasm Difficulties
- #21 — How to Work Through Common Intimacy Problems
- #22 — Keeping Intimacy a Priority After Children Come Along
- #23 — Keeping the Spark Alive Throughout Marriage

My Favorite Marriage Quote

- *“Marriage can be more an exultant ecstasy than the human mind can conceive. This is within the reach of every couple, every person.”*

(Kimball, “Oneness in Marriage,” Ensign, Oct. 2002, 42)

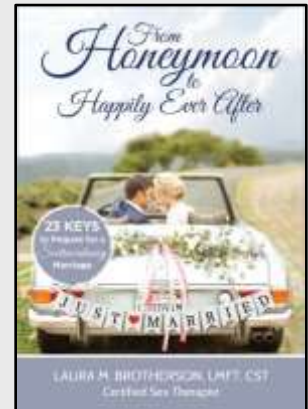
... This describes an "extraordinary marriage" that includes a mutually fulfilling intimate relationship – a “**sextraordinary marriage!**”

Your Action Items

1. Choose at least one thing from today to work on to help you prepare for a healthy and mutually fulfilling intimate relationship in marriage!
2. Review the additional handouts associated with this presentation
3. On our website - get yourself a **\$10 copy** of –

***From Honeymoon to Happily Ever After:
23 Keys to Prepare for a Sextraordinary
Marriage***

StrengtheningMarriage.com
Coupon code -- **BYUStudent10**





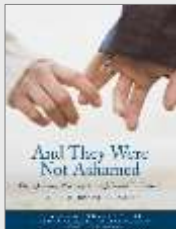
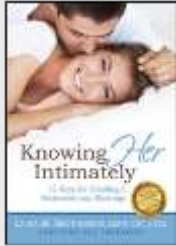
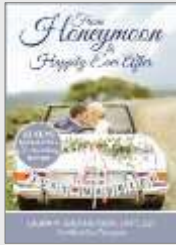
Additional Handouts

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4. 12 Essential Ingredients of Female Sexual Wiring
5. Love Language worksheet
6. Spiritual Surrender handout
7. These PPT slides

(Also available at MaritalIntimacyInstitute.com – Laura's Resources)

Additional Books

- *From Honeymoon to Happily Ever After: 23 Keys to Prepare for a Sextraordinary Marriage* by Laura M. Brotherson
- *Knowing Her Intimately: 12 Keys for Creating a Sextraordinary Marriage* by Laura M. Brotherson
- *And They Were Not Ashamed: Strengthening Marriage through Sexual Fulfillment* by Laura M. Brotherson
- *A Celebration of Sex for Newlyweds* by Doug Rosenau
- *Sexual Wholeness in Marriage: An LDS Perspective on Integrating Sexuality and Spirituality in our Marriages* by Dean M. Busby, Jason S. Carroll, and Chelom Leavitt
- *You, Me, and We: A Practical Guide to Marital Intimacy* by Anthony A. Hughes
- *Soul Virgins: Redefining Single Sexuality* by Doug Rosenau





Q&A

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ABOUT – Laura M. Brotherson, LMFT, CST, CFLE

- Licensed Marriage and Family Therapist (LMFT)
- Certified Sex Therapist (CST)
- Certified Family Life Educator (CFLE)
- Author - *And They Were Not Ashamed: Strengthening Marriage through Sexual Fulfillment*
- Author - *Knowing Her Intimately: 12 Keys for Creating a Sextraordinary Marriage*
- Author – *From Honeymoon to Happily Ever After: 23 Keys to Prepare for a Sextraordinary Marriage*
- Counselor and Owner – The Marital Intimacy Institute (Provo, UT) – specialties: healthy sexuality, sex therapy, compulsive sexuality recovery
- Providing Education: KSL Television contributor, Couples Cruises, Articles, Radio and Television broadcasts, Presenting at Confs and Workshops, “Straight Talk about Strengthening Marriage” Newsletter
- Married for 29 years to Kevin; three grown children
- Founder of StrengtheningMarriage.com—your trusted resource for education, products and services to strengthen marriages ... intimately!

