

Reboot Your Sex Life

Why and How a Sex Fast May Be Just What Your Marriage Needs

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What is a Sex Fast?

Abstaining from sexual intimacy for a specified period of time agreed upon by both partners.

Why Do a Sex Fast?

- To find new ways to express love, connection, and attachment that do not include sex
- To disconnect the pressure and expectation of sex
- To stop engaging in “duty sex” and learn to have only “I want you sex” instead.
- To stop questioning the motive of sex behind everything
- To reset neuro pathways in brain for those with compulsive or pornified sexual desire and arousal templates
- To remove lust from your intimate interactions with your spouse.
- To provide time to heal from betrayal, sexual abuse, or trauma
- To repair, rebuild, and grow emotional, mental, and spiritual intimacy between partners through improved, deeper communication

How to Do a Sex Fast

- Discuss your reasons for doing a sex fast.
- Make it a mutual decision.
- Discuss your mental, emotional, physical, and spiritual closeness goals -- what you hope to accomplish.
- Discuss the extent of allowable physical touch.
- Discuss your day-to-day interaction boundaries, i.e. nudity, sleeping arrangements, sexual conversation, flirting
- Discuss the projected timeline for the sex fast.

- Communicate / check in regularly about how things are going.
- Practice non-sexual touch.
- Pray together about your sexual relationship

Other Thoughts

- Sex is not needed for survival. No one will actually die without sex. Taking sex off the table helps you separate sex from something you may believe you need for survival.
- It’s just a sexless marriage if you do a sex fast but don’t also spend the time working on your side of the relationship to make it better.
 - He may need to focus on processing resentment, learning to bridle his sexuality, and working on surrender and sexual self-mastery, etc.
 - She may need to focus on processing resentment, developing her sexuality, etc.

Learn More

- Article - [Resetting Your Sex Life; For Him and Her](#)
- Article - [A 'Sex Fast' Can Give Some Relationships a Healthy Reboot](#)
- Article - [Should Married Couples Fast from Sex During Porn-Detox?](#)
- Article - [The Five Levels of Intimacy](#)
- Article - [“People Become Objects”: Why Terry Crews Wants You To Stop Watching Porn](#)
- Podcast - [Sex Fast. A Good Idea?](#)
- Podcast - [Behavioral and Emotional Accountability](#)