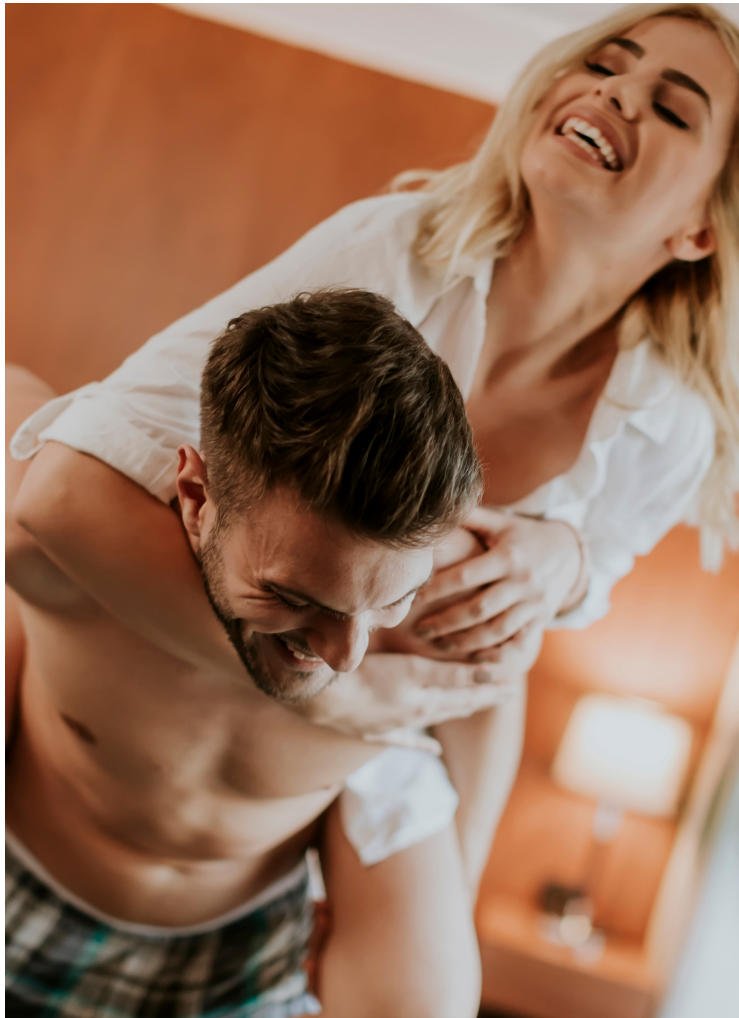


# Intimacy vs Sex

Module

06



Woman and men see intimacy and sex differently. Most women connect by emotional and physical touch. When you combine both together women in turn will want to engage in sexual activities.

As for most men they have sexual desires and don't always need to connect the emotional side.

# Sexual Desires

Write a list of fantasies you would like to explore together

Write a list of areas you do not want to explore

Write a list of boundaries that you agree upon or disagree and explain why or if you have certain fears



# Love Letter

*Write a love letter to your partner.  
This is a genuine time to express your love.*

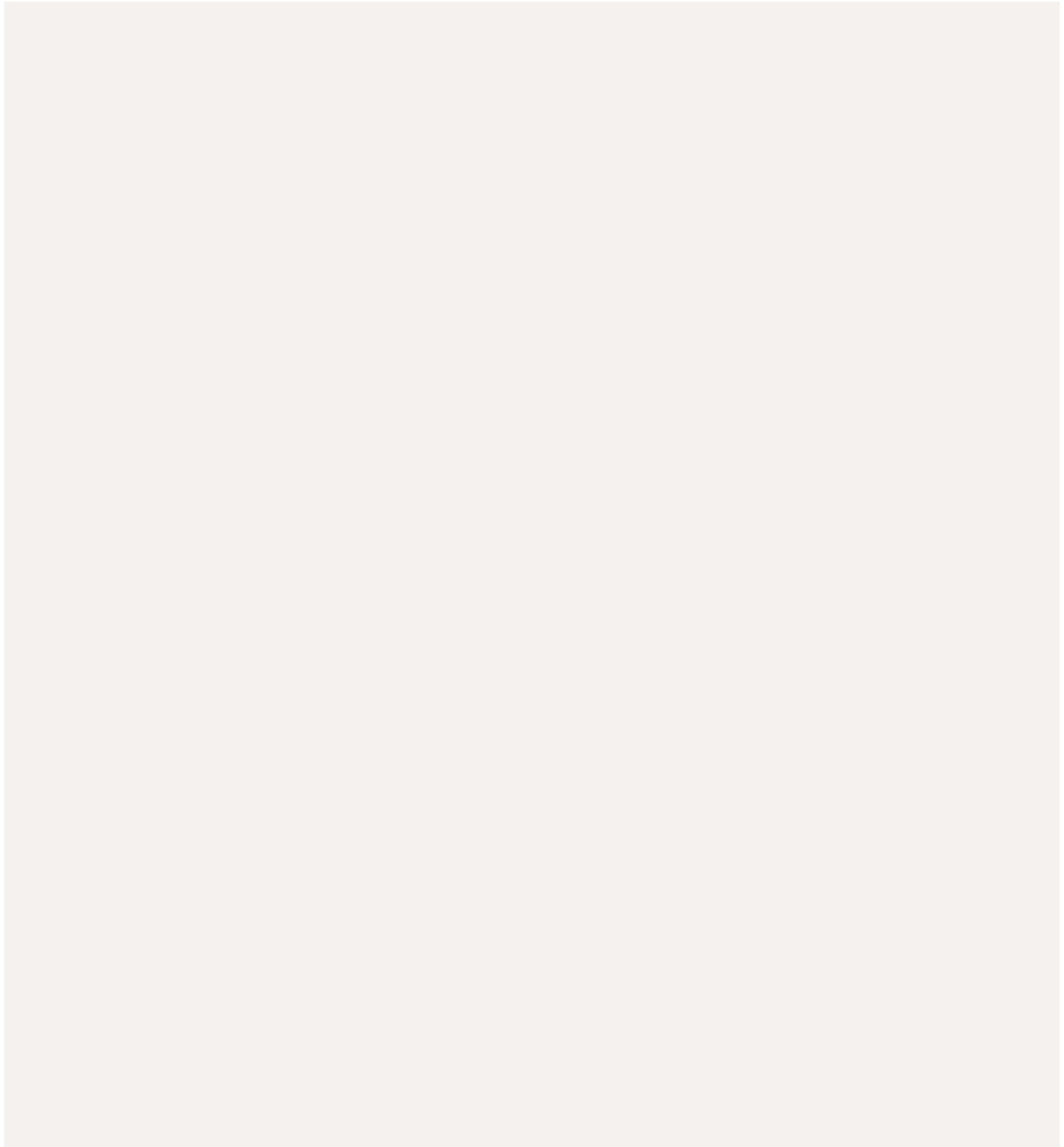
Write a love letter to your partner and address all the qualities you see in your partner.

Ensure to include the following:

- Start the letter with how you met
- Add the qualities that you are attracted to and include the physical appearance
- Write about fun memories you had together and how it felt
- Write about your future and how you see both of you growing old together

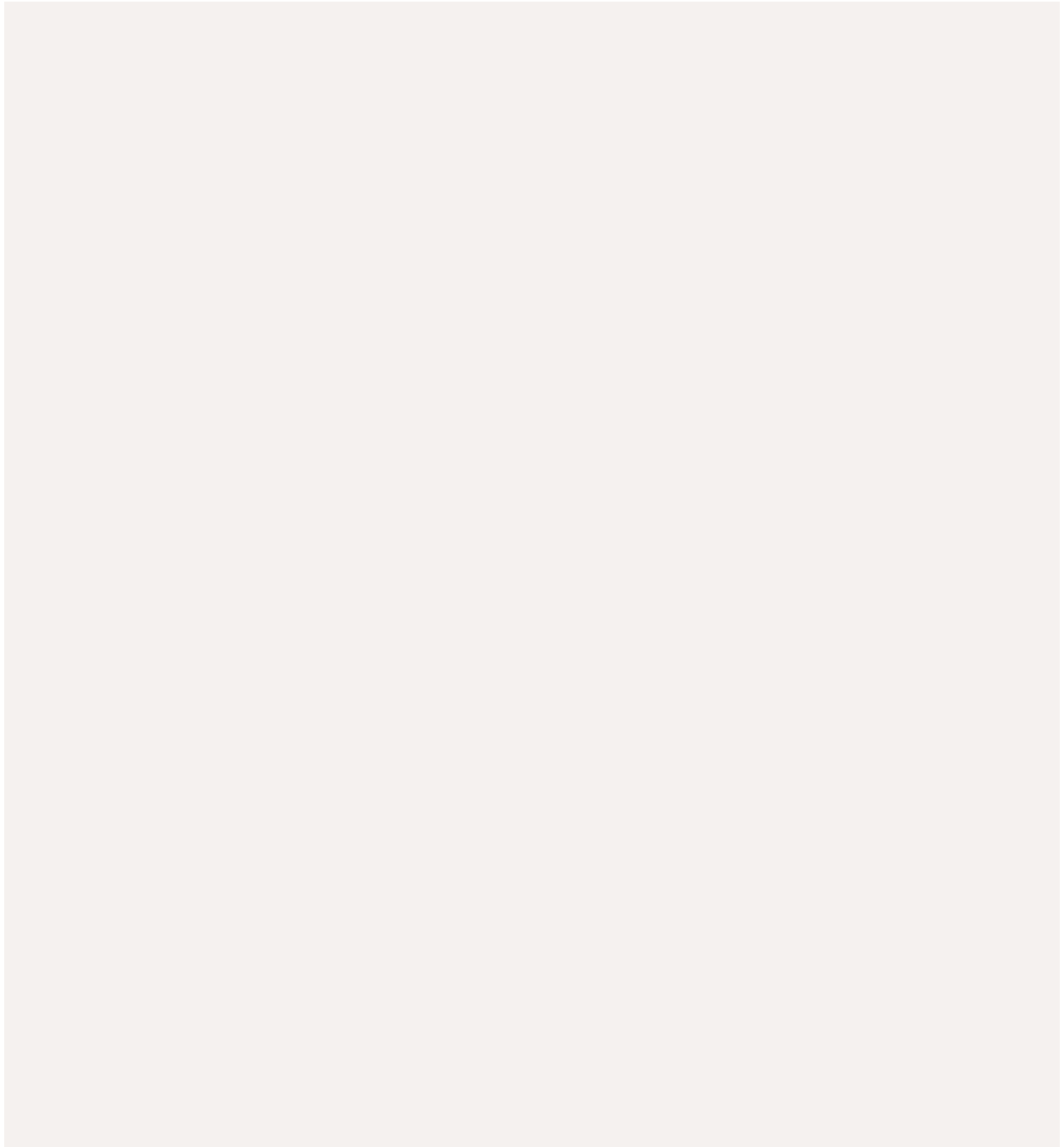
Ensure to stay positive and write all the good qualities about your partner.

# Positive Reflections Love Letter to Your Partner. (Her)



# Positive Reflections

## Love Letter to your Partner. (His)





# Exercise Positive Reflections

*Write your partners name below. Write a word to describe each letter of their name.*

Example: Patricia

- P - Passionate
- A - Adventurous
- T - Thoughtful
- R - Respectful
- I - Inspirational
- C - Caring
- I - Independent
- A - AWESOME

# Regular Date Night

Date night is a fun way to keep the relationship alive and fun. Be creative and add a small surprise to each event. Ensure to show signs of affection and love. Example: holding hands, kissing and always be fully engaged. (no cell phones)

## Task Details

## Schedule

## Important To Do List

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## Things to Do

## Items to Get

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# Intimate Evening - Date Night

Create an intimate date night with candles, wear a sexy outfit or be creative with toys or sexual desires for both of you to enjoy.

## Task Details

## Schedule

## Important To Do List

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## Things to Do

## Items to Get

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