

## HOW TO KEEP PASSION IN SEX by Mike Danchak

Unlike the husband, the wife is aroused only after she feels emotionally close to her husband. Your wife was designed by God with a need to emotionally relate, but if you are not aware of the need or you haughtily dismiss it, she feels that you are only using her as an object to selfishly satisfy your sexual desire. One way that emotional connection is made with the wife is through considerate conversation. Your wife does much of her thinking out loud, she processes her thoughts and emotions through talking. This is the time for you to indicate that you are concerned by using your listening skills. The message your wife needs to receive from you is “You are the love of my life and I understand what you are saying and how you are feeling.” When considerate conversation becomes the norm in your relationship, you will find your wife more responsive. Talk, for your wife, opens the door to emotional connection, intimacy, arousal, and sexual desire.

Understanding the effect of hormonal changes on each partner's desire for sex is important in decreasing the arguments about when and how often to engage in lovemaking—and increasing intimacy in general.

Husbands find much of their own masculinity in their sexuality. One study suggests no less than 50% and up to 90% of a husband's self-image, his “feeling like a man” is locked up in his sexuality. Sex, passion, and satisfying his wife...that's what makes a husband feel like a man. Subsequently, when a husband experiences sexual rejection from his wife, he may shut down or pull away. Understanding how your husband is wired, will enable you to meet his sexual needs and create an environment for a rewarding sexual experience for both of you.

Husbands, on the other hand, generally need to feel close to their wives physically before they invest a great deal of energy into their relationships. So here's the dilemma, she's waiting for him to be more intimate emotionally and he's waiting for her to be more tuned into him physically. When neither understands how to meet the other's sexual needs, mutual resentment is the result.

Wives, a great deal of your husband's emotional fulfillment occurs during sex. While he is at work he is focused on job-related objectives which cater to his cognitive side. Emotions play a small part in his workday. Sex is a significant way for him to connect with his feelings and opens him up to receive your love and to give his love to you. Even if he is stressed from the day, if his wife is feeling loved, supported and enjoys sex with him, he can be immediately rejuvenated. Although it seems as if sex makes him feel better, it is really that he is simply feeling again and is able to accept his wife's love. Studies find that it is difficult for the man to experience sexual gratification unless his wife also finds sexual contentment—when both husband and wife join in the sexual experience, they both find physical and emotional fulfillment.

Keeping your sex life vital and passionate is a learning process. Many couples believe the sexual myth, “being a good lover sexually just happens!” that is promoted in movies, romance novels, and soap operas. However, to become a great lover, to

create passionate pleasure that captivates body, mind, and emotion, requires knowledge and experience. Without knowledge and experience, sex is too often synonymous with frustration and disappointment.

Here are three coaching tips to help you create a compatible and passionate sex life in your marriage.

**First**, you must first become aware of your own body (the basics of human sexuality) and what triggers your sexual desire and response. What level of understanding do you have about your body. On a scale of 1-5...1 being very little, and 5 being very adequate, rate where you feel you stand. **Second**, you must share the knowledge of your sexuality with your spouse. Tell your spouse what you enjoy and how you experience pleasure. **Third**, both husband and wife must commit to becoming a student of the other's sexuality and learning to be okay with talking about sex.

Sexual compatibility for you and your spouse is a learned experience. God wants you to learn together how to please each other and experience this incredible act of oneness that He reserved for marriage.