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Print this page and the next one for each of you to complete.

Of the general **BENEFIT** categories below, which one motivates you the most to actually make positive changes in your sexual intimacy?

Sex could...

- ➔ Strengthen our relationship
- ➔ Improve our health
- ➔ Protect our relationship spiritually
- ➔ Honor God
- ➔ Set a great example for our kids
- ➔ Equip us in other roles
- ➔ Bring more fun into our relationship



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Of the **specific BENEFITS** listed below, circle a few under each heading that you would like more of...

Sex can strengthen our relationship

- Increases sense of oneness
- Boosts ability to extend grace
- Unifies us as a couple
- Grows our sense of selflessness and generosity
- Reassures and comforts us

Sex can improve our health

- Releases oxytocin, dopamine and epinephrine
- Relieves stress
- Strengthens our immunity
- Promotes better sleep
- Boosts our wellbeing and optimism
- Requires physical activity

Sex can protect our relationship spiritually

- Fortifies our relationship
- Helps protect us from sexual temptation
- Raises awareness of Satan's tactics to cause division
- Reaffirms our covenant

Sex can honor God

- Affirms God's plan for our marriage
- Demonstrates our covenant in a physical way
- Keeps our marriage bed pure
- Allows us to enjoy God's abundance in our marriage

Sex can set a great example for our kids

- Strengthens our marriage, which is a foundation for our family
- Fosters healthy public displays of affection
- Models godly marriage
- Reminds our kids there's an aspect of our relationship that is just about the two of us

Sex can equip us in other roles

- Helps us thrive in other aspects of our life
- Reminds us to keep our priorities straight

Sex can bring more fun into our relationship

- Ignites the joy of sexual pleasure, which is a gift from God
- Allows time with the person I love
- Fosters continued sexual playfulness between us

Use these pages to have deeper conversation on changes you both want to make toward improved intimacy.

