

I'm too tired!!! I'm not in the mood 😞

What can we do then?

Together come up with a plan for dealing with the unavoidable times when you are in the mood to make love and your partner is either too tired or not feeling aroused.

What do you say or do currently?

When this happens I feel _____ and what I need from you is _____.

The circumstances that get in the way or make it difficult are:

-
-
-

My goals to address these barriers moving forward so we can expand our level of intimacy are:

-
-
-

Brainstorm together. What could we do in those instances from this moment forward?

How could you as a couple deal with these moments when your sexual agendas get derailed in the future?

It is important to know that when these sensitive moments occur feelings of hurt and rejection can come up to the surface. Therefore, discussing this in advance can prevent any unintended misunderstandings.

When this sensitive moment happen, what would need to occur to reassure you that you are still loved and safely connected?
