

Get Your Marriage On

JUMPSTART GUIDE



TOOLS FOR CLOSING THE DESIRE GAP IN YOUR MARRIAGE

Hello and Welcome!

If you're anything like us, you're dreaming of a fantastic marriage, one that's bursting with desire and passion. But let's be real—sometimes it feels like you're stuck in a rut and not sure how to even start to climb out. We totally get it. We've spent years studying, learning, and coaching to reach where we are today, and we're here to give you a head start on your journey.

Desire differences are a huge stumbling block for many couples. But they can be overcome. This guide is designed to give you specific resources that have helped us and many other couples. Now with the tools right at your fingertips, you'll have a jumpstart to building the relationship you both crave.

We're glad to have you as part of our Get Your Marriage On community, and we hope you find hope and help on your journey here with us.



-Dan & Emily

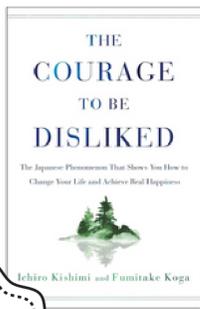
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BOOKS

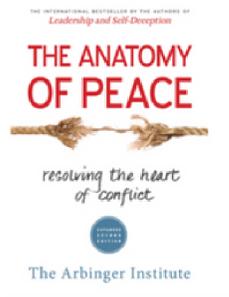
ABOUT INTIMACY AND SEX IN MARRIAGE



The Courage to Be Disliked

Ichiro Kishimi and Fumitake Koga

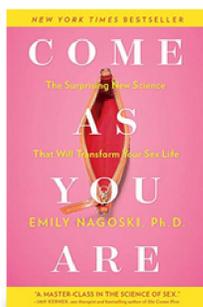
Although this is a book about any kind of interpersonal relationship, we found this book to be a huge help for our marriage relationship. The premise is our biggest struggles in life are interpersonal relationship struggles, and the way to overcome them requires personal growth in our relationships. Yet fear and risk of growth keep us back. Get the audiobook version, it's excellent because of the voice actors for the dialogue.



The Anatomy of Peace

The Arbinger Institute

The premise of the book is conflict can be a gift - a new way of seeing things we're missing. We also need to get to the root of the issue if we're going to have peace in our relationships.

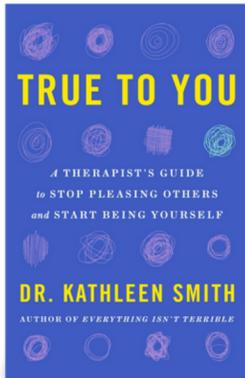


Come As You Are

Dr. Emily Nagowski

This book answered so many of my questions! It explained many things about my sexuality and our sexual relationship, such as spontaneous vs responsive desire, why context matters so much, accelerators and brakes, the impact of stress on sexual desire, and much more!

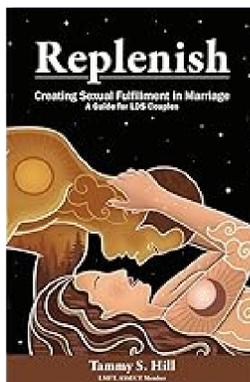
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True To You

Kathleen Smith

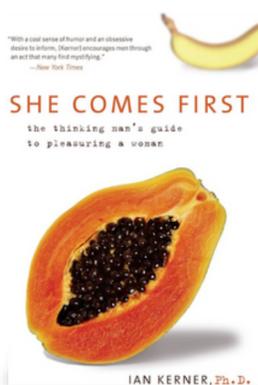
The premise of the book is we need to be less focused on others' reactions and live more true to ourselves when faced with conflict. She addresses common patterns for conflict within relationships, such as blaming, over- and under-functioning, and avoiding. She then talks about what to do to recognize the patterns in your own life and how to interrupt those patterns by living more true to yourself. This author has been a guest on my Get Your Marriage On! podcast (episode #195)



Replenish

Tammy Hill

Sex Therapist Tammy Hill discusses sex in a way you probably aren't used to hearing: how to approach sex as a sacred way to replenish yourself and your relationship. She walks you through a slow sex practice (similar to Tantric sex). The book is primarily written for Christians (or a Latter-day Saint audience) but the principles apply to all couples.

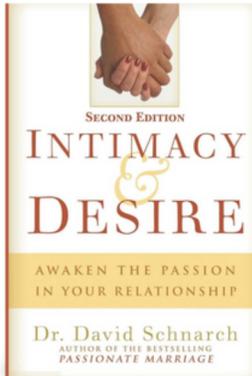


She Comes First

Dr. Ian Kerner

A must read, in my opinion, for all husbands wanting to learn how to pleasure a woman. It includes a very detailed guide on oral sex on her (cunnilingus) plus explains the female sexual response, a detailed explanation of the clitoral network, and many other important concepts for sexually exciting the woman in your life.

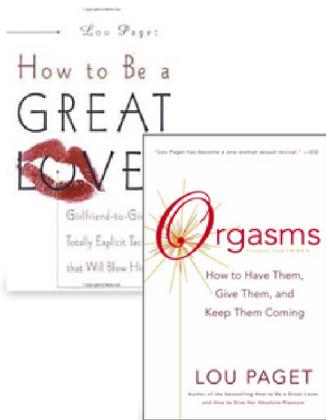
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Intimacy & Desire

Dr. David Schnarch

A very deep book about sex in marriage. His theory is that most normal sexual problems are actually intimacy problems, and the best way to solve intimacy problems is by following a set of proven principles rooted in differentiation theory. This is an excellent book for ideas on troubleshooting marital problems that affect intimacy and desire, and how to take sex to the next level.

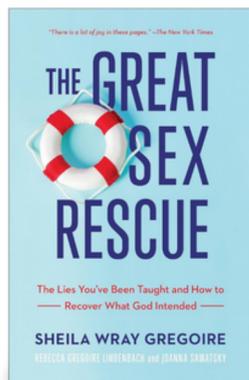


How To Be A Great Lover

Orgasms: How to Have Them, etc

Lou Paget

Lou wrote a series of books on sexual techniques that are tastefully written and quite thorough. She interviewed thousands of couples and compiled excellent sex tips and organized them into her books. If you're looking for a book to expand your repertoire in bed, this is an excellent place to start.



The Great Sex Rescue

Sheila Wray Gregoire

Sheila Wray Gregoire surveyed over 20,000 Christian women about their attitudes towards sex and where those ideas came from. She identifies specific messages that many women internalized from their church culture that have not been helpful in developing a healthy view of sex and intimacy in marriage. She addresses each of those beliefs and provides a better way of thinking about things. Well researched and well written.

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PODCASTS ABOUT INTIMACY TO SUPPLEMENT THE GYMO PROGRAM

Listen to the *Get Your Marriage On! Podcast* in your favorite podcast player.

MODULE 1: Taking full responsibility for self

- #134 - When sexual development leads to a faith crisis
- #178 - Why Christians Should Be Having The Best Sex

MODULE 2: The Three Stage Framework

- #102 - Normal Marriage Problems and Stage 3 Sex Pt 1
- #103 - Normal Marriage Problems and Stage 3 Sex Pt 2
- #161 - Whole Hearted Lovemaking and Stage 3 Sex with JFF

MODULE 3: Why Sex Is Hard

- #168 - 8 Reasons Why Sex Is So Hard (And Worth The Effort)
- #92 - Painful Sex No More

MODULE 4: Awareness & Accountability

- #60 - I took charge of my orgasm
- #41 - Doing it out of Duty or Desire?

MODULE 5: Balanced Belonging

- #140 - Entanglement and Toxic Individualism
- #133 - Slip Into Something A Little More Authentic Tonight

Click on an
episode title for
a direct link!



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MODULE 6: Courageous Choosing

- #68 - How I Fixed My Husband
- #119 - How women "kill their husbands softly"
- #45 - Everything Isn't Terrible
- #3 - Owning your own version of "sexy"

MODULE 7: Developing Desire

- #151 - How a "Good Girl" and Her Husband Bravely Chose a Better Sex Life
- #38 - Tell me about the last time you had sex
- #78 - Libido, Sexual Desire, and Food

MODULE 8: Anatomy of Arousal

- #188 - Awesome Intercourse and Pleasurable Penetration
- #121 - How I Learned To Orgasm

MODULE 9: Embracing Eroticism

- #137 - Blowjobs Aren't Just For Husbands
- #171 - Would You Rather? Embracing Your Eroticism
- #170 - Behold Your Beautiful Body Through the lens of Boudoir Photography
- #39 - What A Boudoir Photographer Taught Me About My Body

MODULE 10: Living Orgasmically

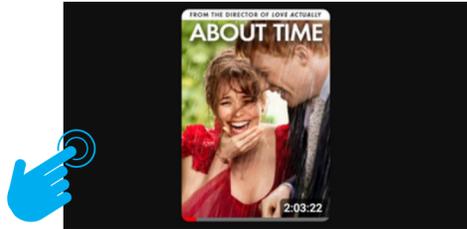
- #111 - Tantric Sex
- #179 - Orgasmic Meditation

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MOVIES / VIDEOS

FOR MARRIAGE & SELF-IMPROVEMENT



About Time

I like the message about cherishing relationships here and now, as imperfect as they are.



The Secret To Desire In Long-term Relationships

By Ester Perel



Eros and the Light of Christ

By Dr. Jennifer Finlayson-Fife

APPS

TO INCREASE INTIMACY & CONNECTION



Intimately Us



Just Between Us



Life After Pornography

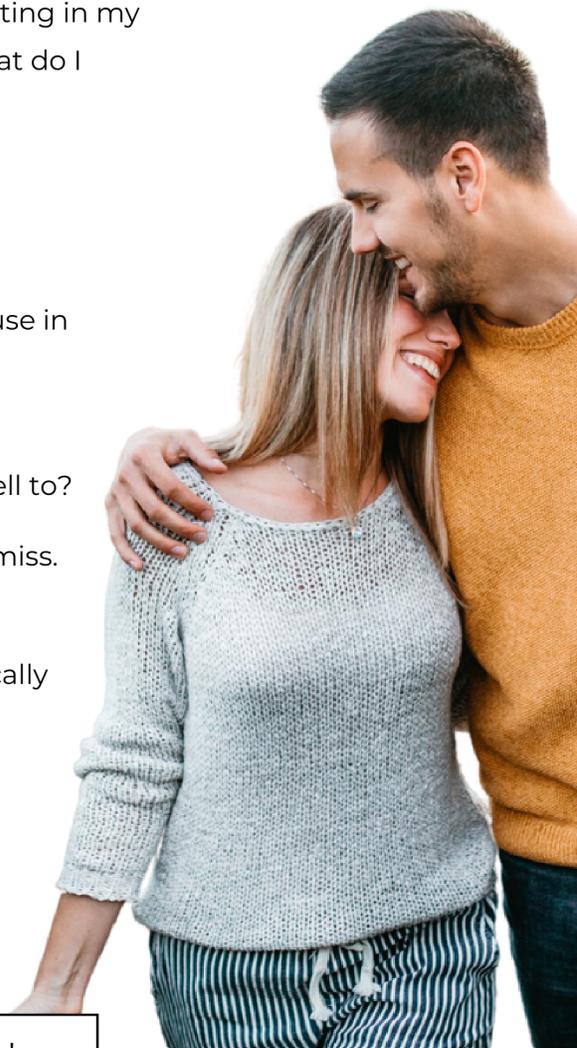


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QUESTIONS

TO DISCUSS WITH YOUR SPOUSE

- What is hard about being married to me?
- What conflicts do we have around sex? How have we gone about addressing our conflicts? What has been our pattern for dealing with these conflicts?
- In what ways do we make sex a duty or obligation for us in our relationship?
- What do I think about my sexuality? How do I feel about my sexuality? What are these thoughts and feelings creating in my marriage? (the same question can be flipped to, “What do I think about my spouse’s sexuality”).
- My top 5 turn-offs are . . .
- My top 5 turn-ons are . . .
- In what ways do I judge, shame, or minimize my spouse in an attempt to get control of the relationship?
- What erotic themes (such as romance, overcoming ambivalence, being naughty) do I tend to respond well to?
- If your spouse were suddenly gone, what would you miss most about him or her?
- In what ways can I be more whole-hearted and erotically generous to my spouse without it being a duty or an obligation?



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DESIRE QUIZ

DO YOU HAVE MORE SPONTANEOUS OR RESPONSIVE DESIRE?

This quiz is designed to help determine if you tend to identify more with responsive or spontaneous sexual desire. Each question has multiple choice answers. At the end, you tally your responses to see which type of desire you most align with.

1. How often do you find yourself feeling sexually aroused without any specific external stimuli?

- a) Very often
- b) Sometimes
- c) Rarely
- d) Never

2. When you think about your sexual desire, do you usually need some form of external stimulation (e.g., touch, visual stimuli) to feel aroused?

- a) Never
- b) Rarely
- c) Sometimes
- d) Very often

3. How important is an emotional connection with your partner for you to feel sexually aroused?

- a) Not important at all
- b) Slightly important
- c) Moderately important
- d) Extremely important

4. Do you find that your sexual desire is often triggered by your partner's advances or romantic gestures?

- a) Never
- b) Rarely
- c) Sometimes
- d) Often

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5. When you are under a lot of stress, how does it affect your sexual desire?

- a) It doesn't affect my desire
- b) It slightly decreases my desire
- c) It moderately decreases my desire
- d) It significantly decreases my desire

6. How frequently do you fantasize about sexual activities during the day?

a) Very frequently

- b) Occasionally
- c) Rarely
- d) Almost never

7. How often do you need to be in a specific setting or context (e.g., romantic dinner, intimate atmosphere) to feel sexual desire?

- a) Never
- b) Rarely
- c) Sometimes
- d) Often

8. When engaging in sexual activity, do you find that your desire increases as the activity progresses?

- a) Rarely
- b) Sometimes
- c) Often
- d) Always

9. How often do you feel sexually aroused when thinking about your partner, even when they are not physically present?

- a) Very often
- b) Sometimes
- c) Rarely
- d) Never

10. Do you need to feel a sense of closeness and connection with your partner before feeling sexually aroused?

- a) Not at all
- b) Slightly
- c) Moderately
- d) Very much so

SCORING & INTERPRETATION

If you answered mostly (a) and (b): You likely tend to have a more **spontaneous sexual desire pattern**. This means you often feel desire without needing specific external stimuli or a particular context.

If you answered mostly (c) and (d): You likely tend to have a more **responsive sexual desire pattern**. This means you often need some form of external stimulation, emotional connection, or a specific context to feel desire.

Feel free to adjust the quiz or add more context to the questions and answers based on your specific needs!



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BRAKES AND ACCELERATORS

COMMON DESIRE PATTERNS

Brakes

Anxiety about one's body- weight, body size and shape, breast size and shape, ability to orgasm

Feelings of guilt or anxiety that result from seeing sex in a negative context. People who grew up associating anything sexual as sinful or seeing sex as being forbidden will potentially bring that attitude into their married sex lives.

Stress, discouragement, or nervousness over struggles and worries over our children

Accelerators

Create a healthy space to appreciate all that one's body can experience and feel each day. Write gratitude lists for one's body and all that it has and can do and feel.

Create comfort, safety and permission to learn about and/or explore one's sexual desire and nature. Consider listening to podcasts, reading books, or getting coaching to help work through this mindset.

Create space or a functional boundary between your children's emotions and yours. Take time with foreplay to help separate intimate sexual time from the rest of life.

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Brakes

Feeling disheartened/
drained/ tense over an
untidy home, unfinished
household work or
unfinished work/business

Pressure to be sexual, or
feeling used or
inadequate

Uncertainty and/or
betrayal around spouse's
pornography use

Accelerators

Acceptance that it's ok to experience
pleasure along with work in life. The
unity of working together, along with
lightening the load of your wife, will
create greater intimacy and satisfaction.

Spouses, especially women, need to feel
like they have a choice to engage in sex
or not. Duty sex is no good for either
partner. Create an environment in which
both spouses feel free to say yes or no,
and in which both spouses respect
boundaries. Trust and respect increase
intimacy and connection.

This is a big one, and it may take some
time to take off this brake. Work to
understand that your spouse's
pornography use has nothing to do with
you, and it is often a coping method for
them to handle other stressors.
Communicate with your spouse and
seek to understand. Practice self-love
and find things that make you feel
worthwhile outside of your relationship.
If this problem persists, consider
reaching out to a marriage coach.

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Brakes

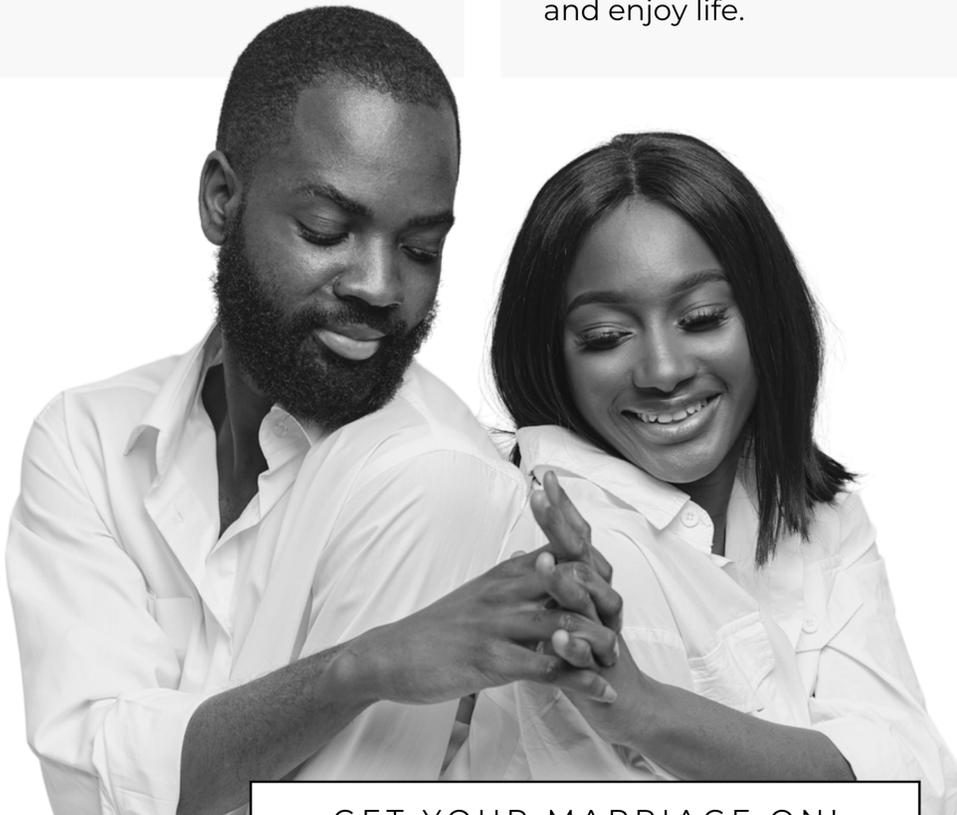
Financial stress or pressure; hopelessness

Overwhelmed due to perfectionism or unrealistic expectations

Accelerators

Give each other (and oneself) permission to experience pleasure, even in the midst of hard times. Creating a strong sexual relationship with your spouse doesn't have to cost a thing financially, and can help give one the fortitude to face trials with more resilience.

Work on mindfulness and being aware of where these expectations come from. Remember that life is not a competition. You don't have to compare to those around you (or how you perceive they are doing). Seek to accept and love yourself. Work on self-kindness, and understanding when it is good to rest and enjoy life.



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SEXY TEXT PROMPTS

WANT TO STOKE THE FLAME BUT DON'T KNOW WHAT TO SAY?

Here are a few ideas to get you started connecting with your spouse throughout the day. Feel free to rewrite in your own words, of course!

Romantic & Thoughtful

- "Just a little reminder that you are my everything and I love you more every day."
- "I feel so lucky to have you in my life. Your love and support mean the world to me."
- "Every moment with you is a treasure. I love you more than words can express."
- "No matter what happens, I know we can face anything together. Your strength and love inspire me every day."
- "I believe in you and everything you do. I'm so proud to be your partner."
- "Thank you for being you. Your love and care make every day brighter and better."

Playful Teasing

- "Guess what I'm not wearing right now... 😏"
- "You won't believe what I was dreaming about last night...you."
- "Thinking about our last night together is making it hard to focus on anything else."

Compliments and Anticipation

- "I can't stop thinking about how amazing you looked this morning."
- "I love the way you make me feel when you touch me."
- "Can't wait to wrap my arms around you tonight."
- "I'm counting down the minutes until I can have you all to myself again."

Role Play and Scenarios

- "If we were alone on a deserted island, what would be the first thing you'd do to me?"
- "Imagine we're on a secret getaway... what happens next?"
- "I'm in the mood for a little role-play tonight. Any ideas?"

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Suggestive Messages

- "I've got a surprise for you when you get home. Let's just say it involves no clothes."
- "I've been thinking about that special spot only you know how to touch."
- "How do you feel about a little adventure tonight?"
- "If you could do anything you wanted to me right now, what would it be?"
- "Can you guess what's under my clothes right now? Or should I give you a sneak peek?"
- "I found a new spot that I'd love for you to kiss. Any guesses where it might be?"

Reflecting on Past Intimacy

- "Remember that night in the hotel room? I want a repeat of that."
- "I can't get over how incredible it felt when you kissed me like that."
- "Thinking about our last intimate moment... ready for a sequel?"

Playful Commands

- "Meet me in the bedroom in 10 minutes. No questions, just trust me."
- "Close your eyes and imagine my lips on your skin."
- "Text me exactly what you want me to do to you tonight."

Voice and Video Messages

- "Sending you a voice message with a hint of what's to come later..."
- "How about a little video preview of what's waiting for you?"

Punny Pick Ups

- "Are you a magician? Because whenever I look at you, everyone else disappears. 🪄"
- "Are you a bank loan? Because you have my interest. 💰"
- "Do you have a map? Because I just got lost in your eyes. 🗺️"
- "If you were a vegetable, you'd be a cute-cumber. 🥒"
- "Do you have a sunburn, or are you always this hot? ☀️"
- "Are you a parking ticket? Because you've got FINE written all over you. 🚗"
- "If you were a fruit, you'd be a fine-apple. 🍌"
- "Are you a campfire? Because you're hot and I want s'more. 🔥"
- "Are you a light bulb? Because you brighten up my day. 💡"
- "If beauty were a crime, you'd be serving a life sentence. 🚫"

GET YOUR MARRIAGE ON!

READY FOR MORE? INTRODUCING THE **GET YOUR MARRIAGE ON PROGRAM**

Your new intimacy BFF.

Get Your Marriage On is a program for couples that will help husbands and wives want and enjoy sex and deepen the intimate connection, in 90 days or less.

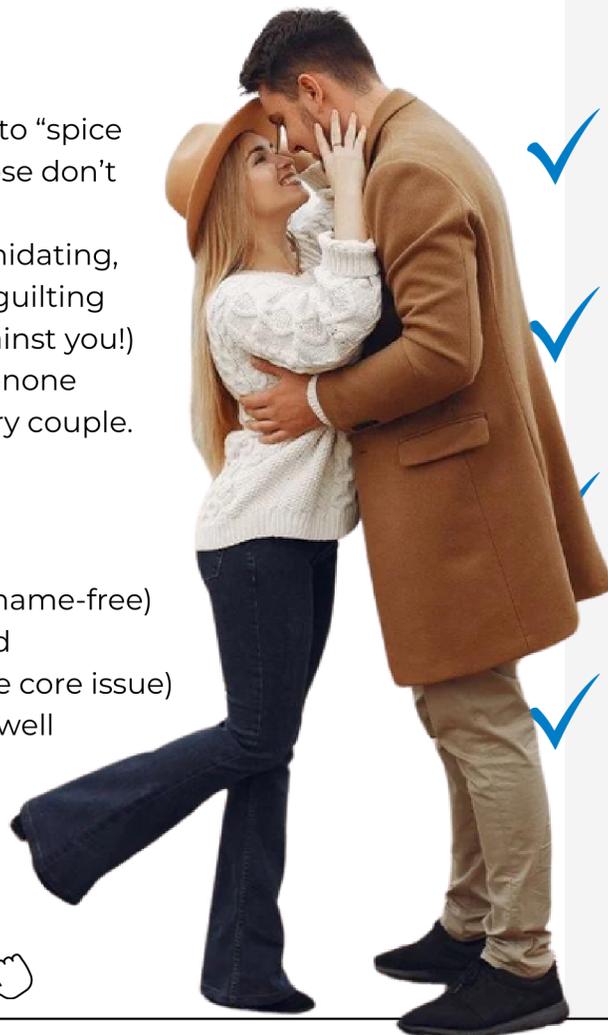
What it's not:

- A list of things to “spice things up” (those don’t help!)
- Shaming, intimidating, pressuring, or guilt (this works against you!)
- A one-size, fits-none nonsense (every couple is different!)

What it is:

- Sex-positive (shame-free)
- Intimacy-based (addressing the core issue)
- Professional & well researched (you can trust the process)

[LEARN MORE](#)



We address the root of the issue in your marriage.

✓ Research shows modern American sex therapy fails couples. The problem sexual desire in marriage is not an individual or genital issue. It is an intimacy issue.

✓ Cultural and family messages you absorbed also complicate intimacy issues and your sex life.

✓ Instead of quick fixes, we work with husbands and wives to address the root of the issues in their marriage.

✓ Our expert coaches give you specialized support for your individual circumstances every step of the way.

✓ Our men’s only and women’s only groups give husbands and wives the exact helps each needs for their relationship, in an accelerated and supportive way.

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