

## Part Five: Eight Gauges for a Great Marriage

*Chapter 8: Have Great Sex*

*Chapter 9: Enjoy Your Baby*

Feeling wanted and connected are biggies for both of you, regardless of your sexual temperature. The spouse with the lower sexual temperature often needs to feel connected before sex. As we noted earlier, emotional intimacy precedes physical intimacy. Here's the irony: the spouse with the higher sexual temperature often feels most connected after sex. Can you see how these differences might lead to problems? If you need to feel a strong connection before sex and you're married to someone who feels that connection more strongly after sex, that increases the potential for a sexual stalemate.

**NOTE:** If you're reading the optional companion book *The First Few Years of Marriage*, read chapters 8-9 before you watch this video. If you are interested in purchasing the book, [please follow this link](#).

*Everyone processes information in different ways. Below you'll find several questions to choose from for you to discuss as a couple or small group. Pick the ones that you want to talk about and get the conversation started.*

### QUESTIONS FROM THE VIDEO

- How do you feel about the statement, "Emotional intimacy precedes physical intimacy?" How do you see that playing out in your marriage?
- Identify the spouse that may need emotional intimacy more than the other in order to feel ready for intimacy. How can your spouse help you feel more emotionally connected?

### QUESTIONS FROM CHAPTER 8 & 9

- If you and your spouse have drifted a bit in your physical intimacy, how comfortable do you feel talking it over with each other?
- What do you think about the phrase "Happy sex life, happy couple"?
- How would each of describe your current sexual temperature as individuals?
- What major changes have you seen in your marital relationship since the baby arrived? If you don't have a child yet, what changes do you expect?
- What can you do to give each other more rest and refreshment in the midst of meeting your child's (or children's) needs?
- If you could request one thing from your spouse to improve romance in your marriage, what would it be?