


**No, NO, *NO!* to Go,  
GO, *GO!*:  
Starting Your  
Journey to Sexual  
Intimacy**



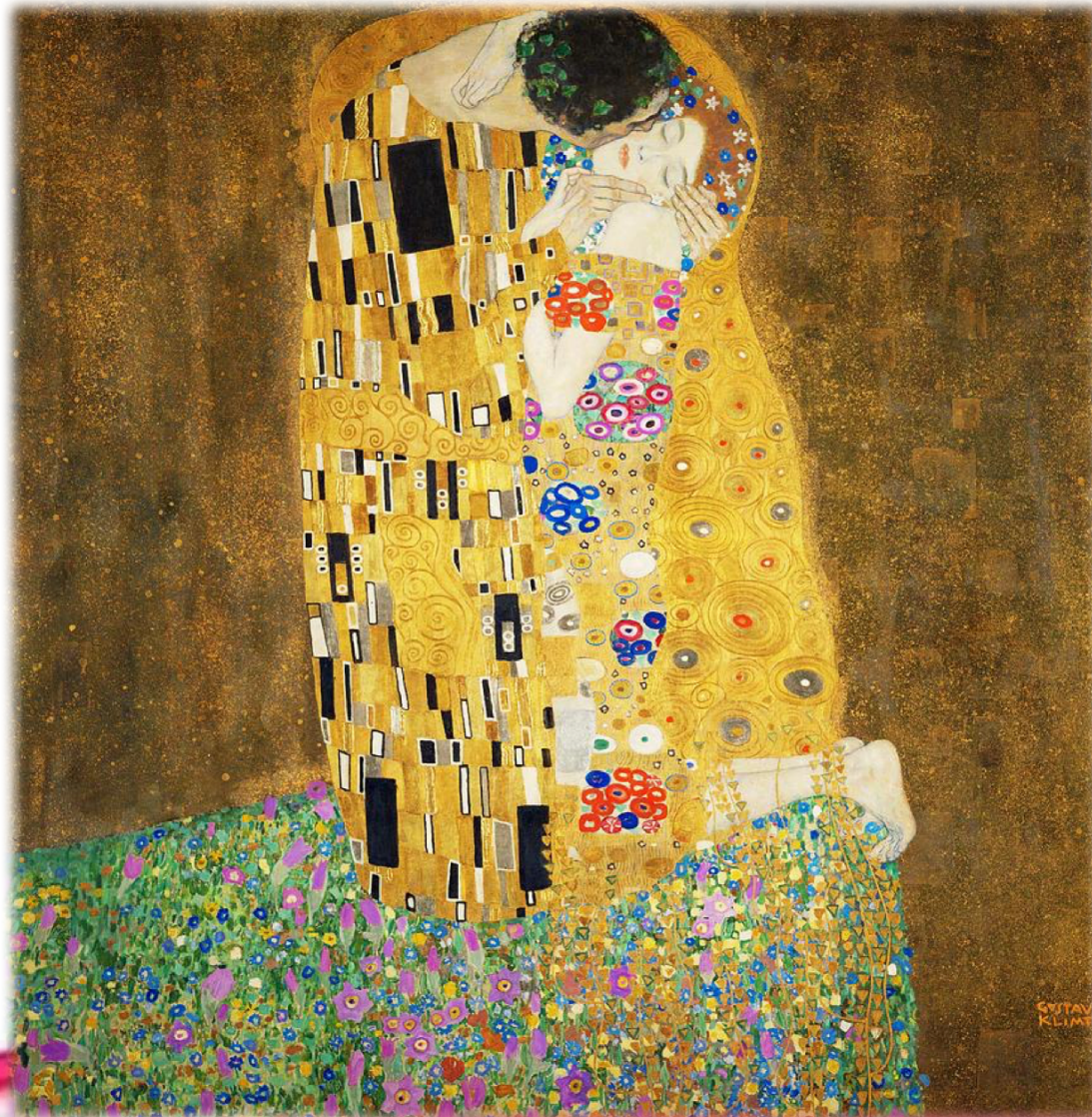
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# **A Shout Out and Little Background...**

*If sex is so natural, why would couples need to be prepared and educated before becoming sexually intimate?*



# The Kiss by Gustav Klimt



# Why Study Sexual Debut?



- Little instruction and education growing up
- Chastity paramount over knowledge
- Vague assumptions with many gaps
- Unmet expectations and lack of knowledge can lead to:
  - *disappointment, disconnection, and hurt*

# Traversing the Three Transitions

1. The emergence into adulthood
2. The transition to marriage
3. The transition into sexual activity
  - a. Navigating religion and sexual experience



# Is Good Sex Important to a Marriage?

## What We Know

- When sex is going well...



**...15-20% of marital satisfaction**

# Is Good Sex Important to a Marriage?


## What We Know

- However, when it is not going well, inconsistent, or nonexistent...




**...50-60% of marital dissatisfaction**

# Some Basic Assumptions

1. Heightened Vulnerability
  2. Sexuality is *central* to who we are—We are *sexual beings*
  3. Sex is an attachment behavior
    - Humans are biologically hard-wired to connect
    - We make bids for connection—proximity seeking
    - Sex is a powerful way to bond emotionally, physically, and spiritually
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# Some Basic Assumptions

1. Heightened Vulnerability
  2. Sexuality is central to who we are—We are *sexual beings*
  3. Sex is an attachment behavior
  4. Good and healthy sex takes work, patience, and time
  5. Sex is divinely gifted to husbands and wives
- 

# And two shall become one...



*“The bible celebrates sex and its proper use, presenting it as God-created, God-ordained, God-blessed. It makes plain that God himself implanted the physical magnetism between the sexes for two reasons: for the propagation of the human race, and for the expression of that kind of love between man and wife that makes for*

*true oneness. His commandment is to the first man and woman to be “one flesh” was as important as his command to “be fruitful and multiply”*

--President Spencer W. Kimball quoting Rev. Billy Graham, *Ensign*, May 1974, pp. 7-8

# And two shall become one...

## Handbook 2

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THE CHURCH OF  
JESUS CHRIST  
OF LATTER-DAY SAINTS

*“Married couples should understand that sexual relations within marriage are divinely approved not only for the purpose procreation, but also as a way of expressing love and strengthening emotional and spiritual bonds between husband and wife.”*

--LDS Handbook 2: Administering in the Church,  
21.4.4

# And two shall become one...



*“There is nothing unholy or degrading about sexuality in itself, by that means men and women join in a process of creation and in an expression of love.... Husband and wife are authorized; in fact, they are commanded to have proper sex when they are married for time and eternity.”*

--President Spencer W. Kimball, Teachings, 312.

# The Transition to Marriage: The Perfect Storm

- “Regression to the Mean”
- Relationship still evolving
- Forming a new system
- Common Issues among Newlyweds:
  - Finances
  - Balancing Job and Family
  - Couple Communication
  - **Sexual Frequency and Satisfaction**



# The Bridge on Journey to Sexual Intimacy

A stylized illustration of a wooden bridge with a curved railing, spanning a blue river. The background features green hills and a blue sky with white clouds. Four semi-transparent white boxes with black text are overlaid on the bridge, representing key components of sexual intimacy.

**Accurate Sexual Knowledge**

**Emotional Safety**

**Effective Sexual Communication**

**Healthy Sexual Self-Concept and Scripts**


# Sexual Self-Concept and Sexual Scripts: What's Planted in Your Garden?



# Defining Sexual Self-Concept

- Totality of oneself as a sexual being
- Developed throughout life and socially constructed
- Influenced by our *sexual scripts*
  - What is appropriate, normal, and acceptable
- Influences our choices
- Unhealthy Sexual Self-concept must be:
  - Acknowledged, Confronted, Analyzed, and Repaired

# Unhealthy Sexual Scripts

- “Sex is bad, sinful, evil, and/or gross.”
  - “To *desire* and *want* sex is “unholy.””
  - “Sex is really just meant for men.”
  - “Sex should only be engaged in for procreation.”
  - “Sexual urges are uncontrollable.”
  - “Good sex just comes naturally and shouldn’t require work.”
  - “I don’t like my body and I think it’s ugly.”
  - “Sex should and will be like the movies.”
- 


# Four Keys Healthy Sexual Scripts

1. See Self as Sexual Being
2. Views Sexuality and Sexual Intimacy as Positive and Beneficial to Marriage
3. Realistic Expectations of Sexual Intimacy
4. Healthy Body Image

# Sexual Knowledge



# General Sexual Knowledge

- Basics of sexual anatomy and physiology
  - Understanding of desire and arousal
    - Gender differences
    - Individual spouse preferences
  - Realistic Expectations
- 

# **Emotional Safety and Security**



# Connected Sex is the Best Sex



*“Secure bonding and fully satisfying sexuality go hand in hand; they cue off and enhance each other. Emotional connection creates great sex, and great sex creates deeper emotional connection. When partners are emotionally accessible, responsive, and engaged, sex becomes intimate play, a safe adventure” (Johnson, 2008, p. 186)*

# Attachment Theory: A Theory of Love and Bonding



- We are hard-wired to connect
- We do not outgrow this need
- Loving connections create a safe and secure base
- The loss of connection moves us to primal panic
- Emotional safety is obtained and repaired with A.R.E

**When emotional safety exists in  
a relationship, a satisfying sex  
life is more likely to also exist**



# **Sexual Communication**

**(Before and After the Wedding)**



# Sexual Communication

*“We have this crazy notion that our spouse is just supposed to know what pleases us. We shouldn’t have to talk about having good sex; it should just happen. But good sex doesn’t just happen. Since no two people are alike, no single formula works for everybody. What one person finds arousing and exciting is a pure turn off to another. If you want your spouse to know how you feel and what you enjoy, you have to tell him or her. Leave mind reading to the soothsayers”*

(Michelle Davis, PhD)

# So, what do you expect?

- Physical and sexual intimacy
- Purpose of sexual intimacy in our marriage
- What messages about sex
- Expectations of first night and honeymoon
- Sexual history
- Sexual self-concept and scripts
- Fears and apprehensions
- Frequency
- Boundaries
- Incompatible desires
- Experience talking about sex



# Sexual Communication

- Emotional Intimacy and Safety precede effective communication
- It's about risk and safety, *not skill*
- An emotionally safe discussion is:
  - Nonjudgmental
  - Trustworthy
  - Open
  - Honest



# **The Wedding Night and Beyond**

**A Learning Experience**

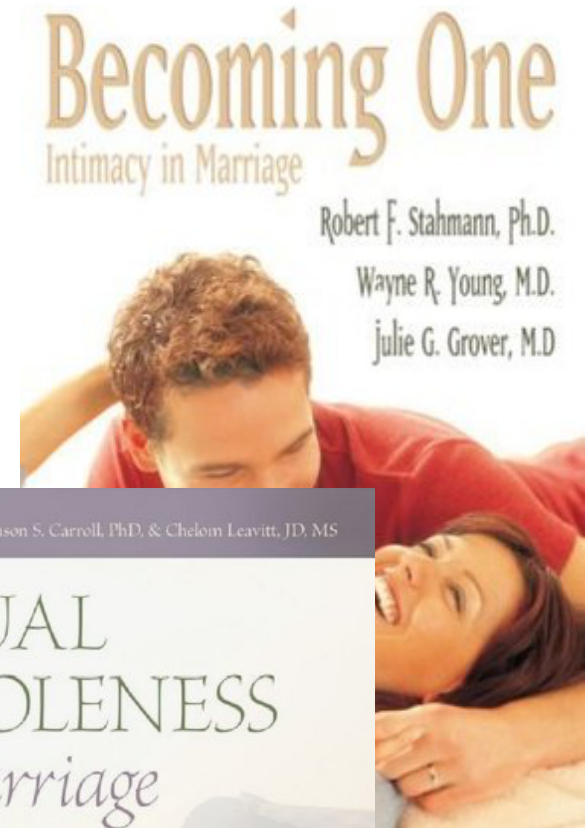
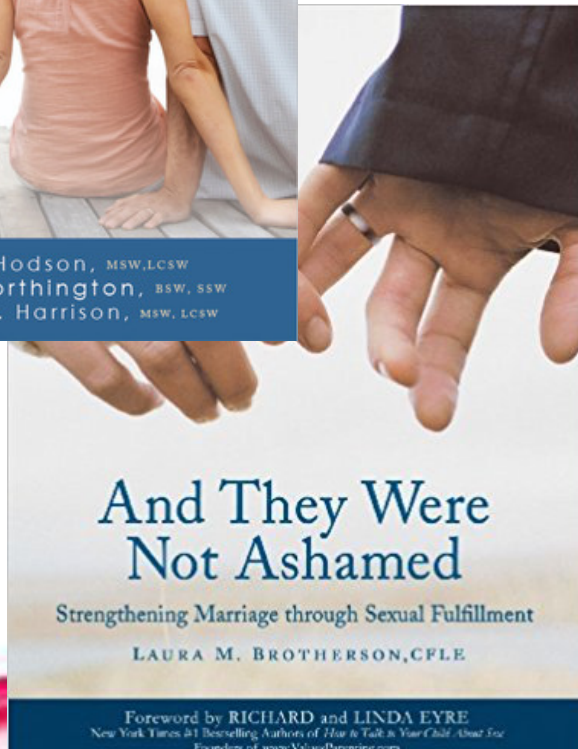
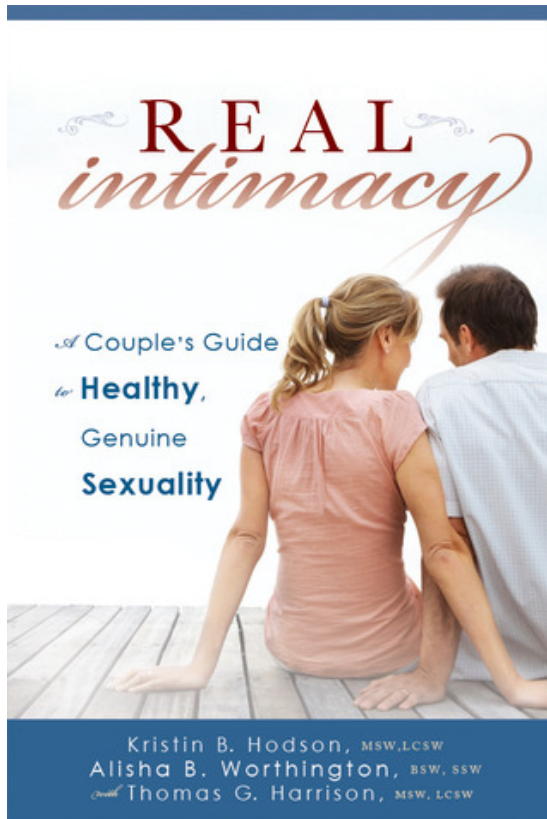


# Five Keys to a Great Wedding Night and Honeymoon

1. View this as a Learning Experience
2. Get a Premarital Exam
3. Discuss your Expectations
4. Embrace the Awkward!
5. Slow and Satisfy



# A Few Resources



Q & A

