



What's Draining Your Sexual Energy?

These energy drainers lessen sexual desire, responsiveness, pleasure, and connection. How many of these energy drainers are negatively affecting your sex life?

- I'm worried someone (like the kids) will hear us having sex.
- We wait until bedtime to have sex, and then I'm too sleepy.
- I don't like how my naked body looks.
- Sometimes my spouse forgets to brush his/her teeth or shave before getting romantic.
- Our bedroom door doesn't lock, and someone could walk in on us.
- I don't achieve or rarely achieve orgasm.
- It physically hurts sometimes when we have sex.
- I am angry at or disappointed in my spouse.
- Sometimes I don't feel respected by my spouse.
- I feel rushed through sex.
- Sex sometimes feels routine and predictable.
- Our work schedules don't allow us much time to be alone.
- I miss hearing compliments from my spouse.
- The kids seem to always need something from us when we try to be alone.
- I don't know what to do about the sexual changes we've experienced due to aging, menopause, hysterectomy, erectile issues, or health/medication issues.
- We don't touch or kiss much unless we are about to have sex.
- The way we handle conflict decreases my interest in sex.
- My mind goes in a million directions when I am trying to focus on enjoying sex.
- The TV/phone/computer distracts us when we have sex.
- We don't laugh much in the bedroom anymore.
- We rarely try anything new when it comes to romance and/or sex.
- Our bedroom is cluttered.
- Our sleepwear is old and worn out.
- One or both of our jobs takes up more energy than is probably healthy.
- One or both of us don't get enough sleep.
- I need to forgive my spouse for something and quit replaying it in my mind.
- I miss feeling emotionally connected to my spouse.
- I am sometimes overwhelmed by everything I need to get done.
- I can hardly remember the last time we got away just the two of us.
- One or both of us doesn't really understand how our bodies work sexually.
- One or both of us have a physical or emotional condition that needs addressing, like depression, anxiety, obesity, diabetes, or drug/alcohol addiction.
- My menstrual cycle is unpredictable and interferes with our sex life.
- I am afraid of getting pregnant when we have sex.
- Our fertility treatments make sex feel mechanical or unromantic.
- Breastfeeding decreases my interest in sex and/or makes lubrication difficult.
- I am "touched out" after a day spent taking care of our kids.
- One or both of us have unresolved issues from sexual abuse, promiscuity, pornography use, etc.

- I don't like or trust our form of birth control.
- I get tired of being the one who usually or always has to initiate sex.
- I am reluctant to initiate sex because I am often turned down.
- One or both of us are confused about why one of us isn't interested in sex.
- I don't feel like I have any "say so" in our marriage. My opinions don't seem to matter.
- We don't have much as much fun together as a couple as we used to.
- We are lacking in spiritual intimacy.
- I am not sure if God thinks sex is a good thing.
- I see sex as something I "do" for my spouse, not as something we both enjoy fully.
- I tend to settle for "it was good for my spouse" when it comes to sex. I don't particularly pursue sexual pleasure for myself.
- Sex seems dirty or bad to me.
- I am worried that my spouse doesn't find me attractive anymore.
- Now that we are older, it doesn't seem normal or right for us to keep having sex.
- One or more of my married friends complain about having to have sex, like it's a chore.
- I usually rush through sex to get it over with.
- I put off having sex for weeks or months.
- We would like to get our kids out of our bed but can't seem to make it happen.

Add your own items

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Imagine a sex life where you intentionally took steps to eliminate as many energy drainers as possible. You and your spouse would have so much more energy leftover for creating deeply satisfying, tremendously pleasurable, soul-connecting sex!