

Module Two

The Frequency Problem

“Why couples stop having sex is rarely about sex – it is about everything that sex requires that has quietly broken down.”

Complete this worksheet individually before sharing with your spouse. Honesty here is more important than comfort. There are no wrong answers – only honest ones.

MODULE FOUNDATIONS

- 1 Frequency decline is almost never about physical attraction – it is almost always about unresolved emotional distance, accumulated resentment, and the conclusion that vulnerability is no longer safe.**
- 2 Exhaustion is real but it is also a symptom – couples who are highly connected emotionally find time for sex; couples who are disconnected find reasons not**
- 3 Body image is one of the most underreported drivers of low-frequency marriages – shame about physical changes after pregnancy, aging, or weight produces withdrawal that looks like low desire but is actually fear of being seen.**
- 4 The spouse with higher desire almost always personalizes the decline – interpreting their partner’s withdrawal as rejection, unattractiveness, or evidence of a failing marriage.**
- 5 Most couples never have a direct, honest conversation about sexual frequency – they negotiate it silently through pursuit, avoidance, and resentment, which guarantees the problem deepens.**

SECTION
1

Naming the Reality

Before anything can change, both spouses need to name what is actually true – not the version that protects feelings, but the version that describes the marriage as it actually is.

1. How would you honestly describe the current sexual frequency in your marriage? Not what you wish it were – what it actually is.

2. How long has frequency been at its current level? Was there a specific season, event, or transition when things shifted – or did it happen so gradually you cannot name the moment?

My score:

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-

My spouse's score:

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-

Frequency in your

SECTION
2

Beneath the Surface

Unresolved emotional distance

Accumulated resentment I have not named

Exhaustion – physical, emotional, or both

Body image concerns affecting my willingness

Sex feels like obligation rather than desire

I feel my spouse sees sex as obligation

Emotional safety has eroded

Other: _____

5. If you are the spouse with lower desire right now — what is most honestly driving it? If you are the spouse with higher desire — what do you tell yourself about what your spouse’s withdrawal means?

6. Has your body image — changes from pregnancy, aging, weight, or illness — affected your willingness to be fully present during sexual intimacy? Be as honest as you can.

**SECTION
3**

The Conversation You Have Been Avoiding

Most couples negotiate their sexual relationship entirely through behavior — never through direct language. These questions surface what has never been said.

7. Have you and your spouse ever had a direct, calm, honest conversation about sexual frequency — not in an argument, not after a rejection, but as a genuine discussion? If yes, how did it go? If no, what has stopped you?

8. Complete this sentence: When my spouse declines sex, the story I tell myself is —

SECTION
4

Both Voices

Answer separately, then read your answers to each other without interruption. The listener does not respond until the speaker is completely finished.

10. What is the one honest thing you have never said to your spouse about the frequency of sexual intimacy in your marriage — the thing you have been carrying privately?

MY ANSWER:

MY SPOUSE'S ANSWER:

SECTION
5

Commitment

Based on what this module raised for you, name one specific and actionable thing you are committing to do differently. Not a feeling — a decision.

MY COMMITMENT:

MY SPOUSE'S COMMITMENT:

“The couples most at risk are not the ones who fight about sex. They are the ones who stopped talking about it entirely.”

Signed:

and

Date: