

Module Ten

Physical Intimacy Across the Seasons of Marriage

“Every marriage passes through seasons that reshape sexuality – and couples who navigate them well share a framework that allows them to adapt without losing each other.”

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

- 1 The postpartum season is one of the most sexually disruptive in marriage – hormonal shifts, physical recovery, sleep deprivation, and the psychological transition to parenthood combine to produce a period where both spouses’**
- 2 Perimenopause and menopause produce hormonal changes that directly affect female sexual response – vaginal dryness, reduced libido, and physical discomfort are medical realities requiring medical attention, not evidence of lost desire.**
- 3 Aging reshapes male sexuality as well – slower arousal, changed refractory periods, and testosterone decline alter the mechanics of sex in ways that require adaptation rather than avoidance.**
- 4 Chronic illness – including depression, chronic pain, cancer treatment, and disability – does not eliminate the need for physical intimacy but requires a**
- 5 The empty nest season is the most underrated sexual opportunity in marriage – freed from the demands of parenting, couples who have maintained their connection often experience a second sexual flourishing that rivals the early years.**

SECTION
1

Identifying Your Season

This worksheet is for every couple — not only those in a difficult season. Couples who navigate transitions well are the ones who saw them coming and talked about them before they arrived.

1. Which of the following seasons most accurately describes where your marriage is right now? Circle all that apply: Early marriage — Newborn / infant stage — Young children — Teenagers — Empty nest — Perimenopause / menopause — Midlife — Chronic illness — Post-surgery / recovery — Later years

2. How has this season specifically affected the sexual dimension of your marriage? Be concrete — not general.

3. Were you prepared for the sexual impact of this season before you entered it — or did it arrive without warning and without a framework for navigating it?

SECTION
2

Season-Specific Questions

Answer the section most relevant to your current season. If multiple apply, answer all of them.

4. For couples with young children or postpartum: Has this season changed how available, desirable, or present the wife feels in the sexual dimension of the marriage? What has been most difficult to talk about? For the husband: How have you responded to this season — with patience and pursuit, or with pressure, withdrawal, or silent resentment?

5. For couples navigating perimenopause or menopause: Have the physical changes of this season been addressed medically? Has your spouse been included in that conversation or left to navigate it alone? For the husband: How have you responded to your wife's physical changes — with compassion and adaptation, or with disappointment, frustration, or avoidance?

6. For couples navigating illness, aging, or physical limitation: Has your definition of sexual intimacy adapted to your current physical reality — or have you allowed physical limitation to produce complete shutdown when adaptation was possible?

**SECTION
3**

The Couple You Are Becoming

These questions look forward — to the season coming and the couple you are building toward becoming.

7. Think forward five to ten years. What season will your marriage be entering? What do you know now about the sexual impact of that season — and what conversation do you need to have before you arrive there?

8. The module describes couples who experience a second sexual flourishing in

SECTION
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Commitment

Name one specific commitment each of you is making about how you will navigate the current or coming season together.

MY COMMITMENT:

MY SPOUSE'S COMMITMENT:

“The couples who stop being intimate are rarely those with medical limitations. They are the ones who stopped regarding their sexual connection as worth the conversation.”

SECTION
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The Covenant Is Not Seasonal

The commitment made at the altar does not include an expiration clause for the physical union. Each season reshapes the expression. The covenant protects the commitment.

10. In your own words: what does it mean to honor the physical covenant of your marriage in the season you are currently in — even if that looks different from what it once did?

Signed: _____ and _____ Date: _____
