

# The Intimacy Preparation Guide

## Honest Conversations Before the Wedding Night

### PURPOSE

*This tool creates the honest, private, and necessary conversations about physical intimacy that most couples never have before marriage — ensuring both partners enter this dimension of marriage prepared, aligned, and free from avoidable surprises.*

### INSTRUCTIONS

Complete Parts 1 and 2 privately and honestly. Parts 3 and 4 are completed together — only when both partners have finished the private sections. Handle every section with honesty, grace, and maturity. This is sacred ground.

***Parts 1 and 2 are completed privately. Share only what you choose to share.***

### PART 1 — YOUR PERSONAL HISTORY (Private)

#### My sexual history before this relationship:

- No prior sexual experience
- Limited experience
- Significant experience
- Prefer not to define — but my partner needs to understand: \_\_\_\_\_

#### Something from my sexual history my partner needs to understand:

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#### An area where I may need healing or professional support before marriage:

- Past sexual trauma
- Pornography use or addiction
- Shame or guilt related to past experiences
- Unrealistic expectations from media or culture
- Nothing significant to address

## PART 2 — YOUR EXPECTATIONS (Private)

My expectation about frequency of physical intimacy in marriage:

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My expectation about who initiates:

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What physical intimacy means to me emotionally:

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My greatest fear or concern about physical intimacy in marriage:

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## PART 3 — YOUR UNDERSTANDING (Private)

Mark your honest response to each statement:

Statement	Strongly Agree	Agree	Uncertain	Disagree
I understand that emotional safety directly affects physical intimacy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand that men and women are neurobiologically different in their approach to intimacy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am prepared to prioritize my spouse's experience above my own	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand that physical intimacy reflects the overall health of the marriage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am committed to honest communication about my needs and boundaries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## PART 4 — OUR SHARED CONVERSATION (Complete Together)

Something we have never discussed about physical intimacy that we need to:

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An expectation we need to align on before marriage:

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A boundary we are both committed to maintaining before the wedding:

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How we will handle seasons of physical disconnection in marriage:

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## THE COVENANT COMMITMENT

*"We are choosing to enter the physical dimension of our marriage with honesty, preparation, and mutual respect. We commit to prioritizing each other's experience, communicating our needs openly, and building a physical intimacy that reflects the covenant love we are choosing — freely given, mutually cherished, and honoring to God."*

Partner A: \_\_\_\_\_

Date: \_\_\_\_\_

Partner B: \_\_\_\_\_

Date: \_\_\_\_\_