

TO CONSIDER TOGETHER

If your husband is willing, ask him to discuss the following questions together. These were taken from the book *His Needs Her Needs* by Dr. Willard F. Harley Jr. Be respectful and honest when you discuss.

1. Sit down with your collection of photographs – especially those from your courtship and wedding days. Compare these with the way you look today. Do you need to make some changes? How?
2. If my wife told me she was willing to change anything she could about her physical appearance, what would I ask her to change? Why?
3. How does my physical appearance affect my wife? Does she like it? Do I get lazy and careless about the way I look?
4. Am I satisfied with the frequency of our sexual encounters?
5. How do we feel about scheduling times of sexual intimacy?
6. Are we both having a satisfactory sexual experience? If not, at what stages are we having problems and how can we change that?
7. If your wife commented on your sexual desires and techniques to a sex therapist, what do you think she would say?
8. A woman is aroused by her husband's affection, attentiveness, warmth, kindness and tender sensitivity. Are these qualities you consistently try to develop and express? What do you think your wife would say in answer to this question?
9. Do we need to read a good sex manual together?

Taken from Dr. Willard F. Harley Jr., *His Needs/Her Needs*, (Grand Rapids, MI: Fleming H Revell, 1995), Page 55.