

WHAT TO SAY INSTEAD OF “NO”

Hello! There are a lot of reasons why, as women, we say no to sex. Some of those reasons are totally valid, but some are just excuses. I believe that it's important to only say “yes” when it's something that you want for yourself. And if you find yourself saying “no” a lot, then we need to figure out why that is. What makes sex not appealing to you? Do you not like sex? Do you not like the sex that you're having? Do you struggle to get in the mood? Do you think that sex is just for men? These are a few questions that I address with my clients.

And while I think it is ok to say no, I think there are ways of doing it that can help build connection and intimacy in the relationship, rather than tearing it down. Rejection can be terribly painful. It can damage the relationship when it is not done with care. And while you are never responsible for how your husband feels, it is your job to show up in your marriage as your best self.

So here are 16 things you can say to your spouse instead of saying “no.” I hope you find them helpful. If you do or you have any trouble having these kinds of conversations with your spouse, please consider joining my [Embrace You Elite Society Membership](#). This is where I coach women on how to have a great sexual relationship and help you solve the issues that are keeping you from having the sexual relationship you deserve.

XOXO,

Amanda

1. ENTICE ME
2. CONVINC ME
3. I WOULD LOVE TO CONNECT WITH YOU EMOTIONALLY BEFORE WE CONNECT PHYSICALLY.
4. CAN WE TALK FIRST AND THEN SEE HOW I FEEL?
5. I'M NOT OK WITH INTERCOURSE BUT I WOULD BE OK WITH _____ TONIGHT. (CUDDLING, A MASSAGE, GIVING YOU A HAND/BLOW JOB, ETC.)
6. NOT TONIGHT, BUT CONNECTING WITH YOU IS IMPORTANT TO ME SO LET'S MAKE A PLAN TO HAVE SEX _____. (TOMORROW, THIS WEEKEND, ETC. MAKE SURE YOU FOLLOW THROUGH).
7. IT'S EASIER FOR ME TO ENGAGE PHYSICALLY WHEN WE'VE CONNECTED THROUGHOUT THE DAY. CAN WE TRY THAT TOMORROW AND SEE HOW IT GOES?
8. I ONLY HAVE THE ENERGY TO ONE MORE THING TONIGHT. I CAN EITHER MAKE DINNER OR HAVE SEX, WHICH WOULD YOU PREFER?
9. I NEED SOME TIME TO CONNECT TO MYSELF FIRST. CAN YOU CLEAN UP DINNER AND GET THE KIDS TO BED WHILE I _____? (TAKE A WALK, TAKE A BATH, READ, ETC.)
10. I'VE COMMITTED TO NOT HAVING DUTY SEX. I KNOW THAT IF I HAD SEX WITH YOU TONIGHT I WOULDN'T FEEL TRUE TO MYSELF AND RESENT IT AFTER. BUT YOU ARE IMPORTANT TO ME, SO LET'S MAKE A PLAN FOR THIS WEEKEND.
11. I LOVE YOU. I'M ATTRACTED TO YOU. BUT I JUST CAN'T GET THERE TONIGHT. I'M SORRY.
12. I'VE HAD A REALLY HARD DAY AND JUST NEED TO SLEEP TONIGHT. BUT YOU MATTER TO ME, SO CAN WE PLAN FOR TOMORROW?
13. I WASN'T PLANNING ON HAVING SEX TONIGHT AND HAVEN'T DONE WHAT I NEED TO DO TODAY TO GET THERE MENTALLY. BUT I'LL DO THAT TOMORROW SO WE CAN PLAN FOR THAT.

14. I'M REALLY STRUGGLING WITH MY BODY IMAGE. I KNOW YOU LOVE ME AND MY BODY AND SOMETIMES I CAN BELIEVE THAT, BUT TODAY ISN'T ONE OF THOSE DAYS. WILL YOU JUST HOLD ME INSTEAD?
15. I OFTEN FEEL THAT SEX IS ABOUT YOU AND I REALLY WANT TO MAKE IT ABOUT ME TOO. COULD WE TRY JUST MAKING IT ABOUT ME TONIGHT AND SEE HOW IT GOES?
16. I'VE REALLY STRUGGLED FEELING CLOSE TO YOUR IN OUR MARRIAGE LATELY, WHICH IS ESSENTIAL FOR ME TO FEEL IN ORDER TO DESIRE SEX. CAN WE SET ASIDE A TIME THAT WE CAN TALK ABOUT HOW TO IMPROVE OUR MARRIAGE SO THAT I CAN FEEL BETTER ABOUT ENGAGING SEXUALLY?

Try these out.. see how they land. How do you feel? How does your spouse react? The ones that lead to fights, distance, contention... what are they? Some you may read and already know the rebuttal it will lead to.

Want to know what to do next, join the [membership](#) and inside you will get all the help you need and so much more. Learn how to have the hard conversations, how to handle the rebuttals, and how to actual want to have sex when you want and know how to be ok when you don't, regardless of how your spouse reacts.

I'm Amanda Louder

I'm a Certified Sex & Marriage Coach for Christian men, women, and couples. I love to help women uncover their underlying beliefs about themselves, their bodies, and sex so that they can fully embrace and enjoy this important part of themselves.

I help them learn more about how their body experiences pleasure. To be comfortable with their sexuality. I teach how pleasurable sexuality can bring women closer to their true self, their spouse and God.

