

The Art of Receiving

Part 1: Individual Reflection — For Wives

These questions are here to help you notice what gets in the way of receiving, and what it might look like to let that change. There are no right answers. Just honest ones.

1. When your husband focuses attention on you during sex, what is your first instinct? Do you redirect, deflect, or check out? What do you think that's about for you?

2. Where else in your life do you find it hard to receive? Think about compliments, help, gifts, or praise.

The Art of Receiving

3. What messages did you grow up with about your body or your own pleasure? Where did those messages come from, and do you still believe them?

4. What would it feel like to stay present and actually let yourself feel something good? What part of that is uncomfortable?

5. How much of your attention during sex is on his experience versus your own? What do you think drives that?

The Art of Receiving

Part 2: Individual Reflection — For Husbands

These questions are for the husbands. Sit with them honestly.

1. When your wife redirects or checks out during sex, what story have you been telling yourself about what that means?

2. Have you ever felt like a predator or like you were doing something wrong, even when she said she wanted to be close? What has that been like for you?

The Art of Receiving

Part 3: Couple Discussion Questions

Work through these together. Some in one sitting, some spread across the week. The goal is not to solve anything. The goal is to talk about what usually goes unsaid.

1. Do you know what your spouse is hoping you'll feel when they focus attention on you? Have you ever told each other?

2. Has there been a moment when one of you wanted to give something and felt the other pull away? What happened, and what did each of you make it mean?

The Art of Receiving

3. What does receiving feel like for each of you? Is there a difference in how comfortable you each are with it?

4. What would make it easier to stay present and receive? What does the giving spouse need to know to help create that safety?

5. What's one small thing you could try together this week that moves in this direction?