

Bait and Switch

Part 1: Individual Reflection — On Your Own

These are for you to work through on your own, before you take anything to your spouse. There are no right answers. Just honest ones.

1. What did sex mean to you before you got married? Try to answer honestly, including the parts that weren't very spiritual.

2. What does sex mean to you now? What does a yes say about you, and what does a no say about you?

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3. Where did you learn what you believe about your spouse's desire? Whose voice is that?

4. Think about the sex that is actually available in your marriage right now. Would you want it? What would have to be different for either of you to want it?

5. If you have decided your spouse deceived you, what would you have to give up in order to stop believing that?

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Part 2: Couple Discussion — With Your Spouse

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. What did each of you think marriage was going to give you? What has it actually given you?

2. What do you think your spouse is asking for when they reach for you? Ask them if you got it right.

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3. When did things start to shift for each of you? See whether you land on the same moment.

4. What has each of you stopped saying out loud because you assumed you already knew the answer?

5. What is one thing each of you is willing to change about your own half of this, starting this week?