

Why Couples Stop Kissing

Part 1: Self Reflection

These are for you, on your own. There are no right answers, just honest ones.

1. When did the kissing change in your marriage? See if you can put a rough time frame on it, and think about what else was happening in your life then.

2. What have you decided your spouse's kisses mean about how they feel about you? Where did that interpretation come from?

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3. How much do you have left at the end of a day? If the answer is nothing, have you ever said that out loud to your spouse, or have you left them to draw their own conclusion?

4. How comfortable are you being known by your spouse, up close, with nothing to do and nowhere to look? What happens in you when it goes on longer than a few seconds?

5. If nothing about your spouse changed, what would you want to do differently in how you show up?

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Part 2: Couple Discussion

Work through these together. Set aside some time when you're not tired and not in the middle of something.

1. When one of you kisses the other, what does that kiss mean to the person doing it? Check whether it matches what the other person has been receiving.

2. Is there anything about kissing that's physically unpleasant for either of you? Get specific about what and when. Agree ahead of time that neither of you will take the answer as an insult.

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3. Is there something sitting between the two of you that has never been said? You don't have to solve it tonight. Start by admitting it's there.

4. What would it take for each of you to trust that a long kiss doesn't mean sex is starting?

5. Show each other one thing you'd like more of. Not describe it, show it. Then pick one thing you'll each try this week, and decide how you'll tell each other how it went.