

SHEILA WRAY GREGOIRE

*The*

# GOOD GIRL'S GUIDE TO GREAT SEX

Creating  
a *Marriage*  
That's Both  
*Holy and Hot*

REVISED AND EXPANDED

A PDF COMPANION TO THE AUDIOBOOK

ZONDERVAN BOOKS

*The Good Girl's Guide to Great Sex*  
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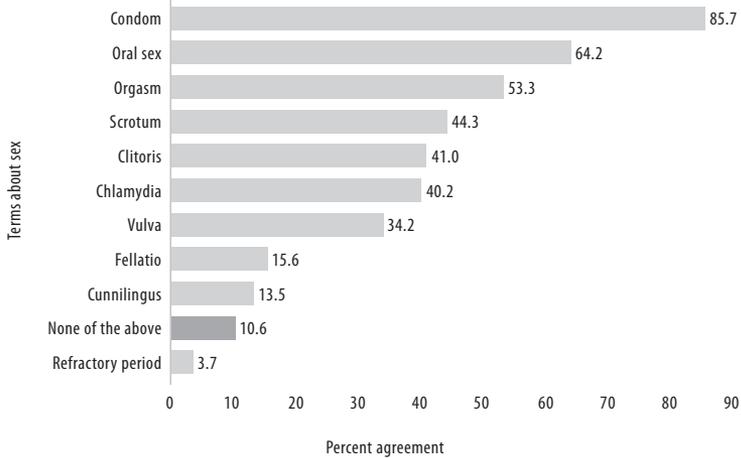
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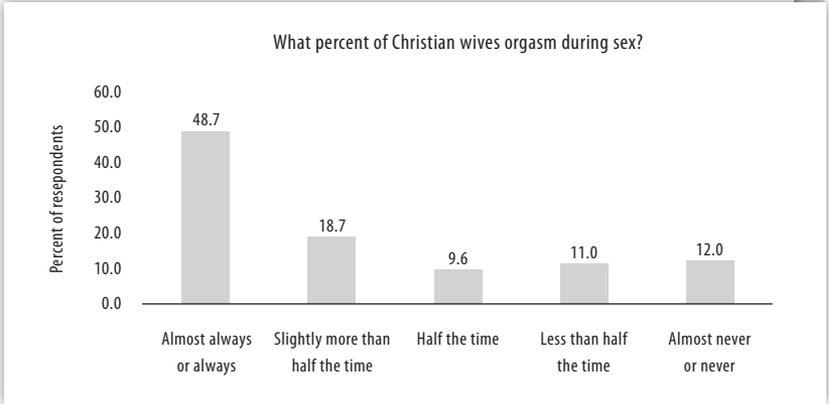
# Great Sex Basics

When women finished high school, how many of them knew these terms about sex?

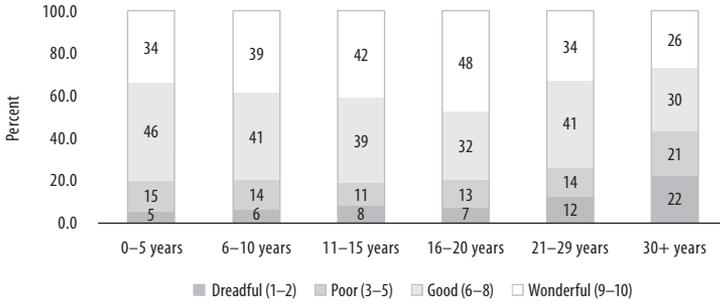




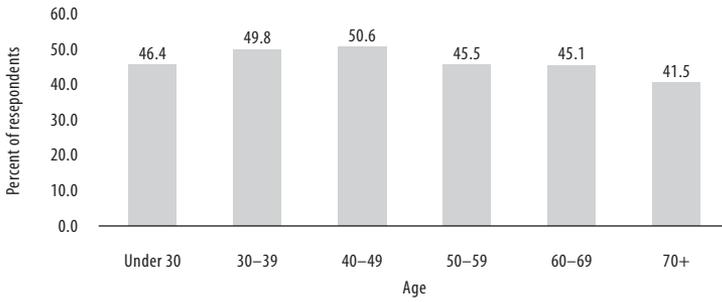
# Reaching for the Stars



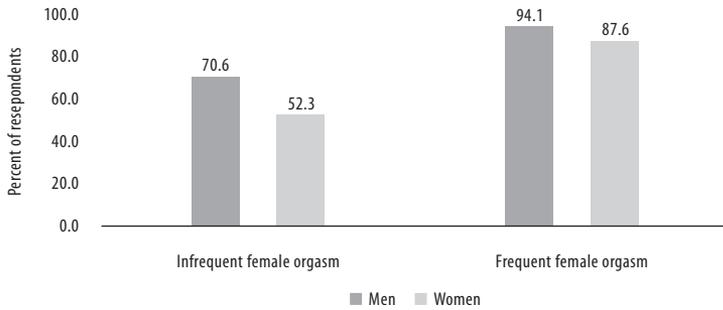
### How does the length of the marriage affect sexual satisfaction?



### How does orgasm change with age in Christian women?



How does female orgasm frequency affect the likelihood that couples will think the husband does enough foreplay?



What is the effect of women's arousal during sex on a couple's marital and sexual satisfaction? (How many times more or less likely are they to experience the following?)

I frequently orgasm during sex	17.3
I am satisfied with the amount of closeness I share with my husband during sex	11.1
I am comfortable talking to my husband about what feels good sexually and what I want sexually	6.6
I feel that my husband considers my needs, desires, and wants in our marriage as much as he does his own	3.8
I am satisfied with the amount of housework my husband does	2.6
I am confident my husband is not tempted by other women	2.3
I often feel uncomfortable about how my husband looks at other women when we are in public	-3
When we have conflict, I don't feel like my husband really hears me	-3.3

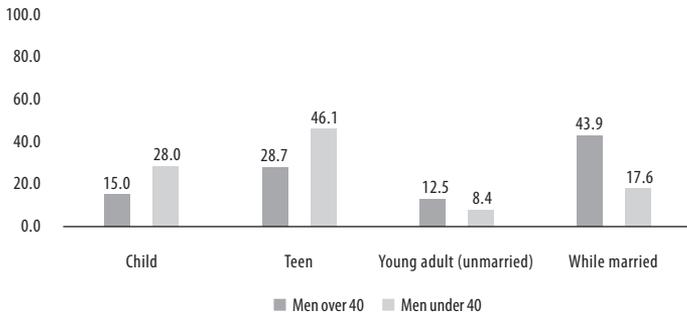


# Learning to Make Love, Not Just Have Sex

What is the effect of a husband believing that sex prevents porn use on a couple's marital and sexual satisfaction? (How many times more or less likely are they to experience the following?)

I feel that my wife considers my needs, desires, and wants in our marriage as much as she does her own	-2.1
I am satisfied with the amount of enthusiasm my wife shows in the bedroom	-2.0
When we have conflict, I feel my wife "hears me"	-2.0
I am satisfied with the amount of adventure my wife shows in the bedroom	-1.8
I make my wife's sexual pleasure a priority when we have sex	-1.7
I am comfortable bringing up difficult conversations with my wife	-1.7
My wife makes my sexual pleasure a priority when we have sex	-1.6
I am comfortable talking to my wife about what feels good sexually and what I want sexually	-1.5
I am satisfied with the amount of closeness I share with my wife during sex	-1.4
My wife frequently orgasms during sex	-1.3

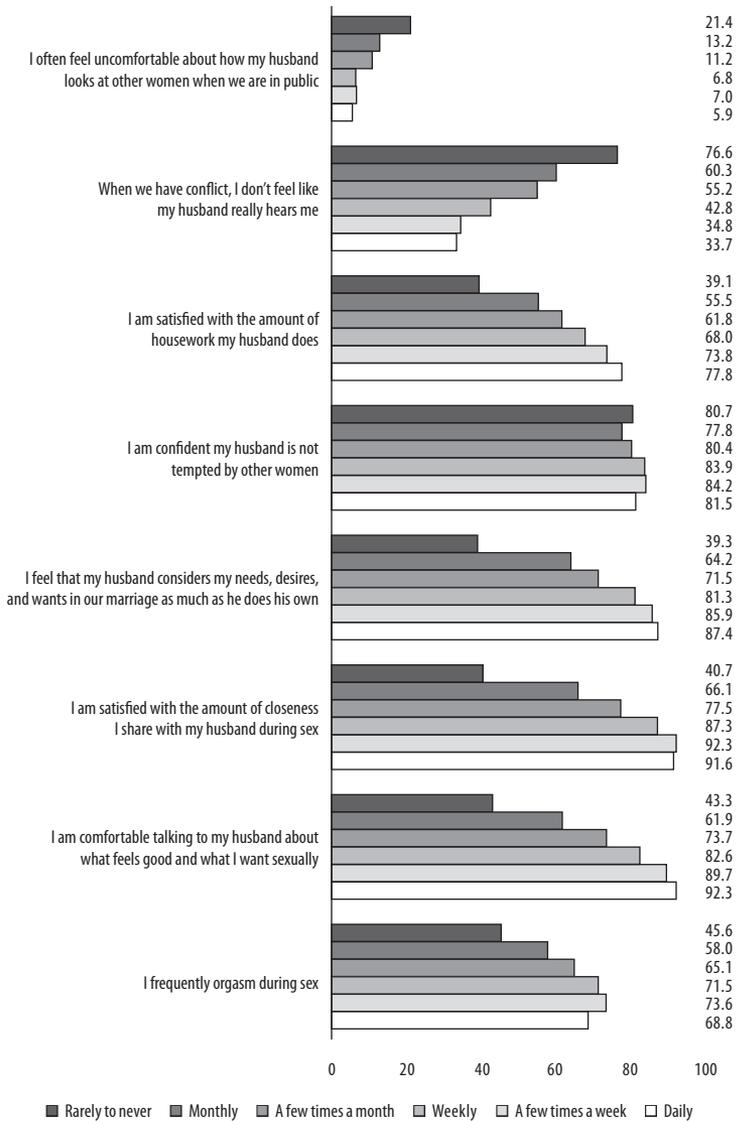
When did men who have had a porn problem in marriage first begin using pornography?





# From Fizzle to Sizzle for Her

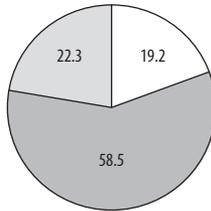
What is the effect of sex frequency on women's marital and sexual satisfaction?  
 (What percent of women agree with the following, given how often they have sex?)





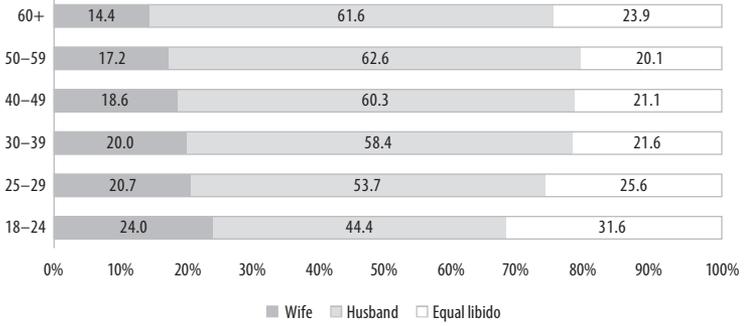
# From Fizzle to Sizzle for Him

How does libido vary in Christian marriages?



□ Wife with the higher libido   ■ Equal libido   ■ Husband with the higher libido

Libido Difference By Age

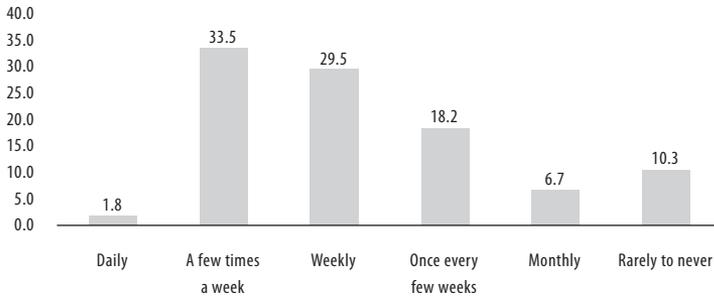




# The Sex Cycle

*Learning to Give*

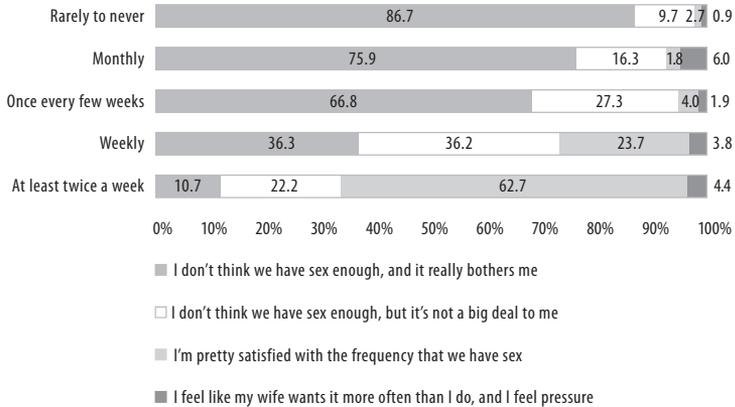
How frequently do married Christian couples have sex?



What is the effect of a wife having frequent, satisfying sex on a couple's marital and sexual satisfaction? (How many times more or less likely are they to experience the following?)

I feel that my husband considers my needs, desires, and wants in our marriage as much as he does his own	5.3
I am satisfied with the amount of housework my husband does	2.6
I am confident my husband is not tempted by other women	2.7
When we have conflict, I don't feel like my husband really hears me	-3.2
I often feel uncomfortable about how my husband looks at other women when we are in public	-3.8

How does frequency of sex affect a husband's satisfaction with how often they have sex?



## Appendix 2

# Discussion Questions

### For Engaged Couples

This book comes with a companion book for your fiancé—*The Good Guy's Guide to Great Sex!* Ideally, have him read his book, and then, after you're both finished, set aside two or three blocks of time to discuss these questions together.

#### ***Preparing for Marriage***

1. Does your partner know your sexual history? Take some time to share in general terms about how many partners you've had, whether those encounters have been in long- or short-term relationships, and whether they have been consensual or not. Allow your partner to ask any questions they have, but remember that you should not answer anything that might allow your partner to picture something explicitly. Talk about how you will put your sexual past (if any) behind you, and assure each other that the past is truly in the past.

2. Do you intend to use contraception? If so, each of you think of the method you are most drawn to, and then talk about this with each other. Do you have reservations about what your spouse wants to do? How will you decide what to do?
3. What do you want to do about sexual activity before the wedding? If you intend to wait for sex until you're married, make practical plans for how to make this easier. If you have been sexually active, does one or both of you want to stop? Are you honoring each other's boundaries?
4. Has porn or erotica been a part of your life? How much has this affected your view of sexuality? Is either a part of your life now? What are your plans to deal with this?
5. Have you experienced sexual abuse or other trauma in your past? Have you sought help and treatment for it? Your partner needs to be aware of any trauma you have suffered. If you have never disclosed this, please do so before the wedding. If there are any known triggers (like settings, sounds, touches, etc.), share them with your partner so you can be sensitive to each other and avoid them as much as possible.
6. Is there something that could affect your sex life that you need to seek help for before marriage? For instance, could you benefit from seeing a trauma therapist, going to a licensed counselor, or dealing with porn or other addictions? What plans do you have to adequately address any roadblocks before the wedding?

### ***Planning for the Honeymoon/Wedding***

7. Discuss your expectations for the wedding night. Are you both confident that you'll be able to go at the slower person's pace? How can you make sure that you aim for arousal on your honeymoon?

8. What is your main goal for your honeymoon? Do you want to experience a big adventure together, or do you want something more relaxed? Do you want to travel or stay closer to home? If sex will be new for you, is what you're planning conducive to getting used to sex? Talk about how to plan for a honeymoon that will be the most memorable while also helping you feel intimate, relaxed, and comfortable.

### ***Planning for Romance***

9. How are you going to keep having fun outside the bedroom once you're married? What things are you doing now while you're dating that you want to make sure you continue?
10. Each of you think of a time when your beloved did something that showed that they loved and cherished you. What about it made you feel special? Share that memory. How can you each bring more romance into your relationship?

### ***Planning for Sex***

11. For many couples, orgasm is a skill that takes a while to learn. How will you handle it if orgasm is difficult for you? What will you do to both bring down the pressure and also keep aiming for your pleasure?
12. Revisit the sexual response cycle in chapter 10. Do you understand the difference between excitement, arousal, and orgasm? Reassure each other that you will take the time and attention needed to go through each stage.
13. One of the key factors in women's orgasm is women feeling they can speak up during sex if something isn't working for them. Discuss: what is the best way that he can make it easier for you to feel like you can speak up? Are there things that either of you are nervous about communicating

- during sex? How can you reassure each other that speaking up isn't a criticism, but a desire to move towards real passion? Commit to each other now that you will speak up during sex when things aren't going the way you want, and that you will respond positively to your partner if that happens.
14. Did you grow up hearing that sex is a duty that people need to perform in marriage? Have you believed this? How will you ensure that in your marriage sex will always be something mutual and never coerced or pressured? Talk about how you will handle each other's "no."
  15. Are there things you would like your spouse to do that you think will help you feel loved and close during sex? Discuss these together.

## For Married Couples

This book comes with a companion book for your husband—*The Good Guy's Guide to Great Sex!* Ideally, have him read his book, and then, after you're both finished, set aside two or three blocks of time to discuss these questions together.

### **Setting the Stage**

1. God made sex to be intimate, mutual, and pleasurable for both. In which area do you think you're strongest as a couple? Which area do you think you struggle with most? Think about it individually and then compare answers. Discuss ways you can improve the areas you both feel need improvement (especially if they're different!).
2. Is there an area of your sex life where you might benefit from some outside help (from a doctor, a pelvic floor physiotherapist, a licensed marriage counselor, a trauma-informed counselor, a porn recovery group)? What have

been the barriers to getting that help? How can you overcome them?

### ***Emotional Intimacy***

3. What kind of touch warms you up and makes you more interested in sex? Are there kinds of touch that make you less interested? What would you like your spouse to do more of?
4. Each of you think of a time when your spouse did something that showed that they loved and cherished you. What about it made you feel special? Share that memory with your spouse. How can you each bring more romance into your relationship?

### ***Physical Intimacy***

5. Revisit the sexual response cycle in chapter 10. Are there steps you feel you may have been skipping or rushing through too quickly? Discuss ways to make sex feel as good as possible for both of you.
6. Are you both regularly reaching orgasm? If not, discuss how you will make the person who is not reaching orgasm a priority in your lovemaking. Are there certain positions or types of stimulation that are more likely to lead to orgasm? Women often feel self-conscious if orgasm takes too long or isn't happening. Is this a problem for you? If so, how will you address it? Men are sometimes defensive if they're asked to do different things in bed to stimulate her. Is this a problem for you? If so, how will you address it?
7. During a sexual encounter, do you each feel comfortable communicating with your spouse in the moment if something isn't working or you want something different? If not, identify the barriers that keep you from doing so. Is there something you or your spouse can do to make this easier?

## ***Spiritual Intimacy***

8. When you're making love, do you feel emotionally close to your spouse? How can you enhance your emotional connection during sex?
9. Share with your spouse your favorite sexual memory. What was it about that encounter that was so amazing? What can you do to create more sexual memories?
10. Are there things you would like to do to spice up the bedroom? Talk openly to each other about your ideas. Remember the principles in the book about how adding spice is meant to enhance intimacy, not detract from it, and honor each other's "no."
11. Do you feel comfortable stopping a sexual encounter if it's not working for you? How can you and your spouse set up a dynamic where both of you feel free to initiate or to stop things without any fear or guilt? Do you ever have sex only out of obligation? What can you each do to change this dynamic so that sex is something you each enter enthusiastically? (If coercion is ever a part of your sexual life, please seek help.)

## ***Libido***

12. What are your top three libido killers? Guess your spouse's and compare notes. What can you each do to reduce your spouse's libido killers?
13. Do you have a spontaneous or responsive libido? What do you think your spouse has? Compare answers. Of the two of you, does one of you want sex more? Does one want it less? How can you make sure you're making each other feel wanted and desired based on the principles in this book?
14. Out of the last five times you made love, who initiated: him, her, or both of you? Compare your answers. Are you happy with this, or do you want to make some changes?