

GETTING YOUR SEX LIFE ∞ OFF TO A ∞ GREAT START

*A Guide for Engaged
and Newlywed Couples*



CLIFFORD L. PENNER, P.H.D.
JOYCE J. PENNER, R.N., M.N.

A PDF COMPANION TO THE AUDIOBOOK

© 1994 by Clifford Penner and Joyce Penner. All rights reserved. No portion of this book may be reproduced, stored in retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, or any other—except for brief quotations in reviews without prior permission of the publisher.

Published in Nashville, Tennessee, by Thomas Nelson. Thomas Nelson is a registered trademark of Thomas Nelson, Inc.

Thomas Nelson, Inc. books may be purchased in bulk for educational, business, fund-raising, or sales promotional use. For more information, please e-mail SpecialMarkets@ThomasNelson.com.

Unless otherwise indicated, all Scripture references in this volume are from the New American Standard Version of the Bible © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977 by The Lockman Foundation. Used by permission.

Scripture verses indicated KJV are from the King James Version of the Bible.

Verses indicated TM are from *The Message*. © 1993. Used by permission of NavPress Publishing Group.

Verses indicated NIV are from the New International Version of the Bible, © 1983 by the International Bible Society. Used by permission of Zondervan Bible Publishers.

Clients' stories included in this volume are composites of actual cases. Names and details have been changed to protect identities.

Library of Congress Cataloging-in-Publication Data

Penner, Clifford.

Getting your sex life off to a great start : a guide for engaged and newlywed couples / Clifford L. Penner and Joyce J. Penner.

p. cm.

ISBN 978-0-8499-3515-2

1. Sex instruction. 2. Sex in marriage. 3. Sex—Religious aspects—Christianity. I. Penner, Joyce. II. Title.

HQ31.P4463 1994

646.7'8—dc20

94-28374

CIP

Printed in the United States of America

08 09 10 11 12 QWSR 30 29 28 27 26

So You've Found the Love of Your Life . . .

Sharing Love

When I love you I show it by _____.

I know you love me when you _____.

I know you are reaching out to me when you _____.

When you reach out to me I feel _____.

I get insecure about your love for me when _____.

When I feel insecure about your love, it helps me if you _____
_____.

I have difficulty expressing my love for you when _____.

The biggest threat to our love that I have ever experienced was _____
_____.

The way I like to deal with conflict is _____.

I see our greatest strength as _____.

I see our greatest weakness as _____.

Even when I don't feel loving toward you, I commit myself to love you and
will demonstrate my unconditional love by _____
_____.

2

.....

Getting to Know Yourself

TABLE 2-1

States of Sexual Development

Stage	Critical Learning	Impact on Sexual Adjustment
Infancy	Bonding	Capacity for intimacy
Toddlerhood	Touching, naming, and controlling of genitals	Positive acceptance of genitals (user-friendly)
Preschool	Question-asking	Open communication regarding sexuality
School age	Exploration	Sexual awareness
Preadolescence	Erotic feelings and bumbling discovery	Self-acceptance and competence in relating to opposite sex
Adolescence	Decision making	Taking responsibility for own sexuality

3

.....

Getting to Know Each Other

Communication Model

SENDER:



Listen to your inner self.

Determine what it is you think, feel, or need.

Choose carefully the words, gestures, and emotions that will accurately reflect the message you wish to send.



Affirm that you indeed said what you meant and that your message was received accurately.

OR

Clarify, rephrase, or add to your message.

RECEIVER:



Put aside your thoughts and feelings.

Listen to and observe the words, body language, and feelings of the other person.

Rephrase in your own words what you think the sender is trying to say.

Sharing Myself

1. Usually I am the kind of person who _____
2. Right now I am feeling _____
3. When things aren't going well I _____
4. I want to become the kind of person who _____
5. I like such things as _____
6. My best attribute is _____
7. My greatest weakness is _____
8. I am happiest when _____
9. When I feel anxious I _____
10. In conflict situations, I usually _____
11. The most distressing experience I have ever had is _____
12. I usually react to negative criticism by _____
13. I fear _____
14. I prefer to be with people who _____
15. I prefer to be alone when _____
16. I believe in _____
17. The best thing about me sexually is _____
18. Five years ago my feelings about sex were _____
19. I am hoping that _____
20. Ten years from now I _____

Background History

Describe your family of origin.

List the positive qualities of your mother.

List the negative qualities of your mother.

Describe your relationship with your mother.

In what ways is your partner similar to and different than your mother?

List the positive qualities of your father.

List the negative qualities of your father.

Describe your relationship with your father.

In what ways is your partner similar to and different than your father?

Describe your parents' relationship now and when you were a child.

What do you think your parents' sexual relationship is or was like?

How were emotions expressed in your family of origin?

What type of affection was expressed?

How were you disciplined?

Describe your siblings and your relationship with each of them.

What similarities and differences do you see between your siblings and your partner?

Describe any sex education you received.

What is your first remembrance of your genitals?

Describe any sexual experimentation:

Exploratory play?

Discovery of pornography?

Sexual jokes?

Masturbation (self-stimulation):

When did you start?

What was your practice?

What were you taught about it?

How did you feel about it?

Did you engage in adolescent sexual activity?

Homosexual play and/or fantasies?

Describe any traumatic or abusive sexual event.

How was nudity handled? Was privacy respected? Were you ever exposed to a sexual scene or an older person's body for his or her sexual gratification? Were you ever touched on your breasts or genitals or kissed in a way that made you feel uncomfortable?

Describe your dating and marital history, especially noting any particularly significant events that might affect your sexual relationship in marriage. Do not share unnecessary details that would cause jealousy and comparisons.

Describe the person who has most significantly affected your view of yourself as a man or a woman.

Describe your favorite memory of your family.

4

.....

Clarifying Expectations

You and Me

My first impression of you was _____.

What I like about you is _____.

My general image of you is _____.

What puzzles me about you is _____.

My most frequent daydreams about you are _____.

I love it when you _____.

I feel uncomfortable with you when _____.

When I am upset with you, I _____.

When you are upset with me, I _____.

I worry about you most when _____.

Our physical involvement makes me feel _____.

The best feeling in any physical, sexual contact is _____.

I feel sexual sensations when _____.

When I fantasize about sex, I picture _____.

What turns me on is _____.

The surest turnoff for me is _____.

What I think you need to know about me is _____.

When I imagine having sex with you, I feel _____.

When I think of our future, I _____.

Your Sexual Patterns

Sexual Desire

How often do you feel the urge to be touched and to be close or for sexual arousal and release?

What stimulates those urges in you?

How do you handle those urges?

What changes have you noticed in your sexual desire since you started dating?

Initiation

How do you express that desire to each other?

How do you act upon that desire (e.g., ignore it, substitute physical exercise, call a friend, pray, masturbate, hold each other, or engage in other physical touching)?

If you act on the desire with each other, who initiates that action?

Are you happy with how that happens?

Is it mutual?

What about your response to your sexual desire would you like to change?

What about your partner's response to his/her sexual desire would you like to change?

Pleasure

To what degree have the two of you been or are you currently physically involved with each other? Circle any behaviors on the list below.

Hand-holding

Hugging

Polite kissing

Total-mouth kissing

Intense, passionate kissing

Full-body rubbing with clothes on

Breast stimulation over clothes

Genital stimulation over clothes

Breast stimulation under clothes

Genital stimulation under clothes

Full-body pleasuring, no clothes

Oral-genital stimulation

Total sexual experience, except entry

Total sexual experience, including entry but without orgasm while inside

Total sexual experience, including entry and thrusting to ejaculation

Does your involvement agree or disagree with your beliefs?

If it agrees, is that mutual?

If it disagrees or is not mutual, how might you change or get control of your sexual activity without shutting down your desires for one another? List behavioral changes that you could make. (For example, plan your times alone so that you could be interrupted.)

Do you experience discomfort, guilt, or inhibitions when you are engaged in physical touching with each other?

If so, discuss how you might reduce or eliminate any negatives connected with your physical interaction.

What kind of touching is most pleasurable to you?

Are you aware of experiencing any arousal?

Are you aware of any restrictions you have on allowing yourself sexual pleasure other than the decisions you have made to limit your sexual involvement before marriage?

What events, feelings, or actions have contributed to your times of greatest pleasure without violation of your boundaries?

Letting Go

Are you a person who needs control in your life, or are you able to let go and take risks?

Have you ever experienced sexual release?

If so, through what forms of stimulation?

If not, has that been by decision or because of inhibition?

What expectations do you have for sexual release and satisfaction in marriage?

Affirmation

What do you feel after a time of being close physically?

What do you need from your partner at that time?

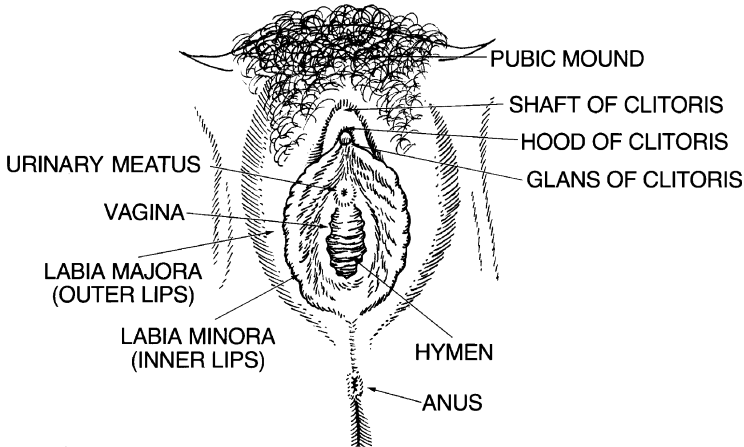
How might you express your affirmation of your partner?

What affirmation would you expect as part of a total sexual experience?

6

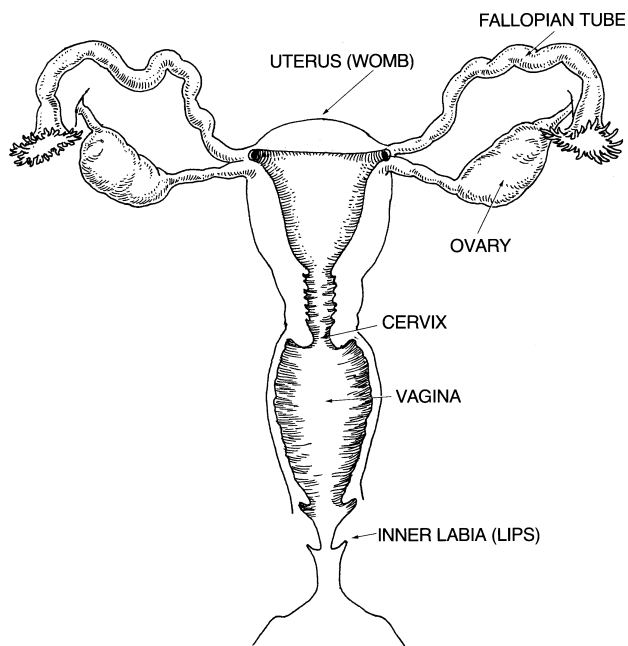
♦♦♦♦♦

Discovering and Enjoying Your Bodies



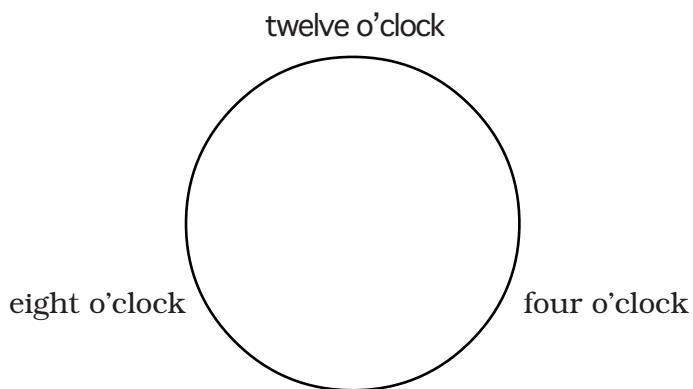
EXTERNAL FEMALE GENITALS
(FRONT VIEW)

FIGURE 6-1

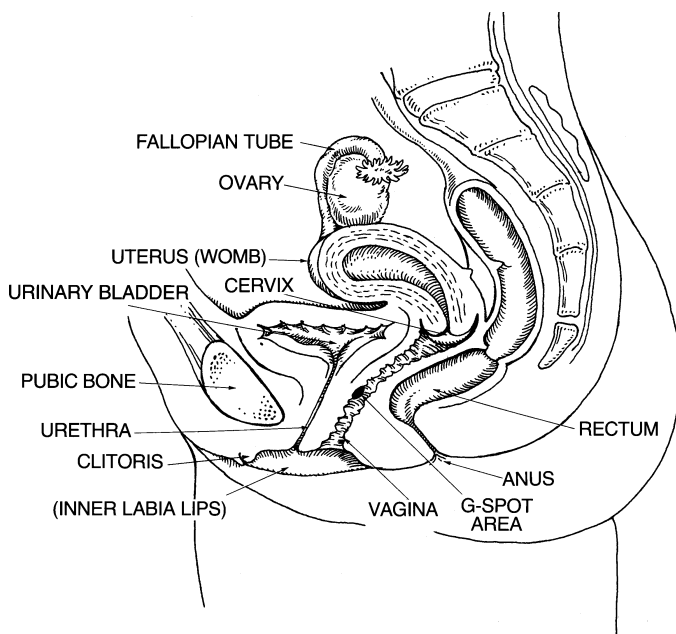


INTERNAL FEMALE GENITALIA
(FRONT VIEW)

FIGURE 6-2

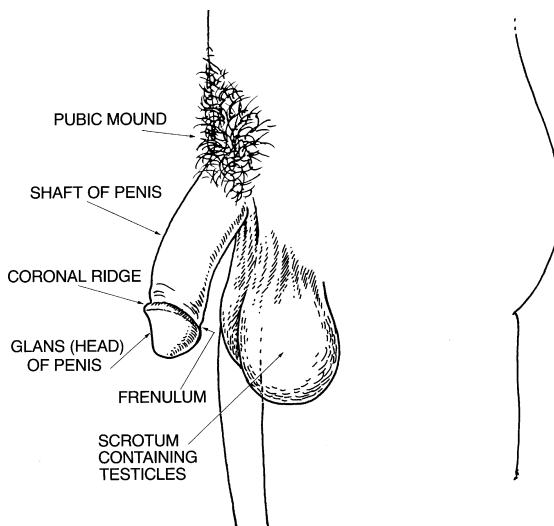


Opening of vagina with four, eight, and twelve o'clock positions identified.



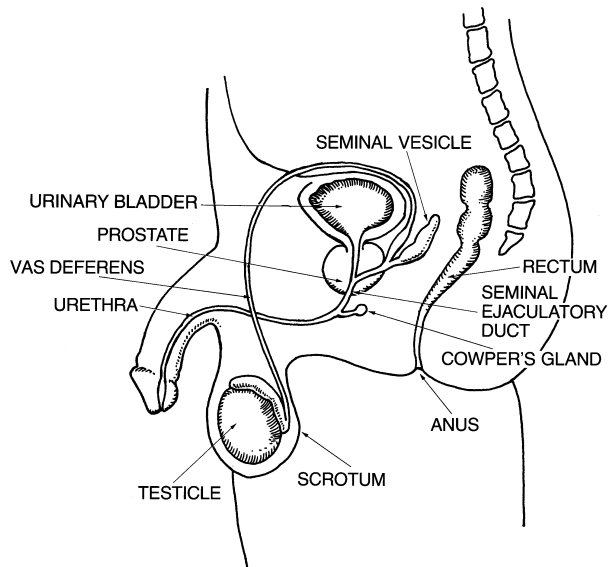
**UNAROUSED INTERNAL FEMALE GENITALIA
(SIDE VIEW)**

FIGURE 6-3



**CIRCUMCISED EXTERNAL MALE GENITALS
(SIDE VIEW)**

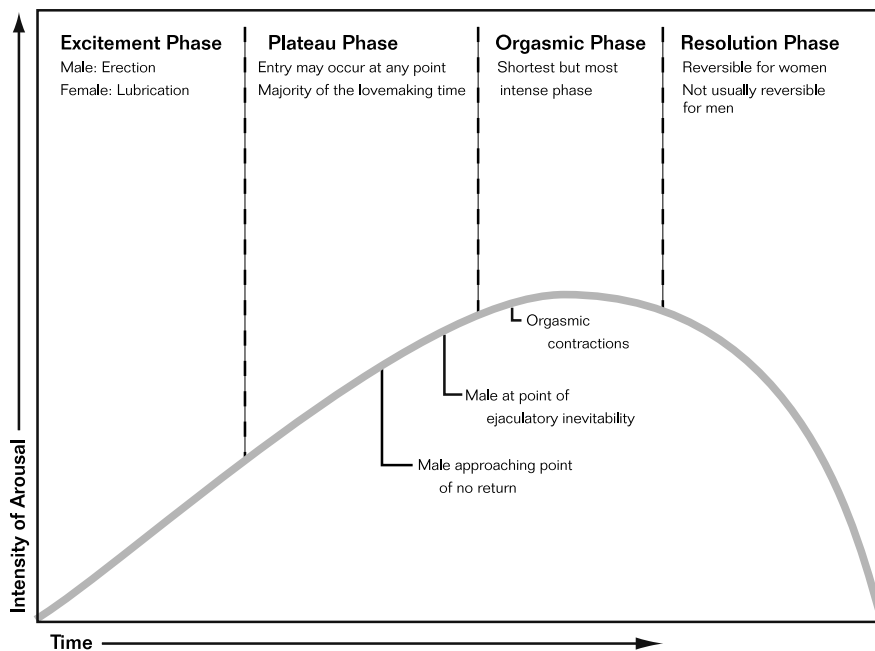
FIGURE 6-4



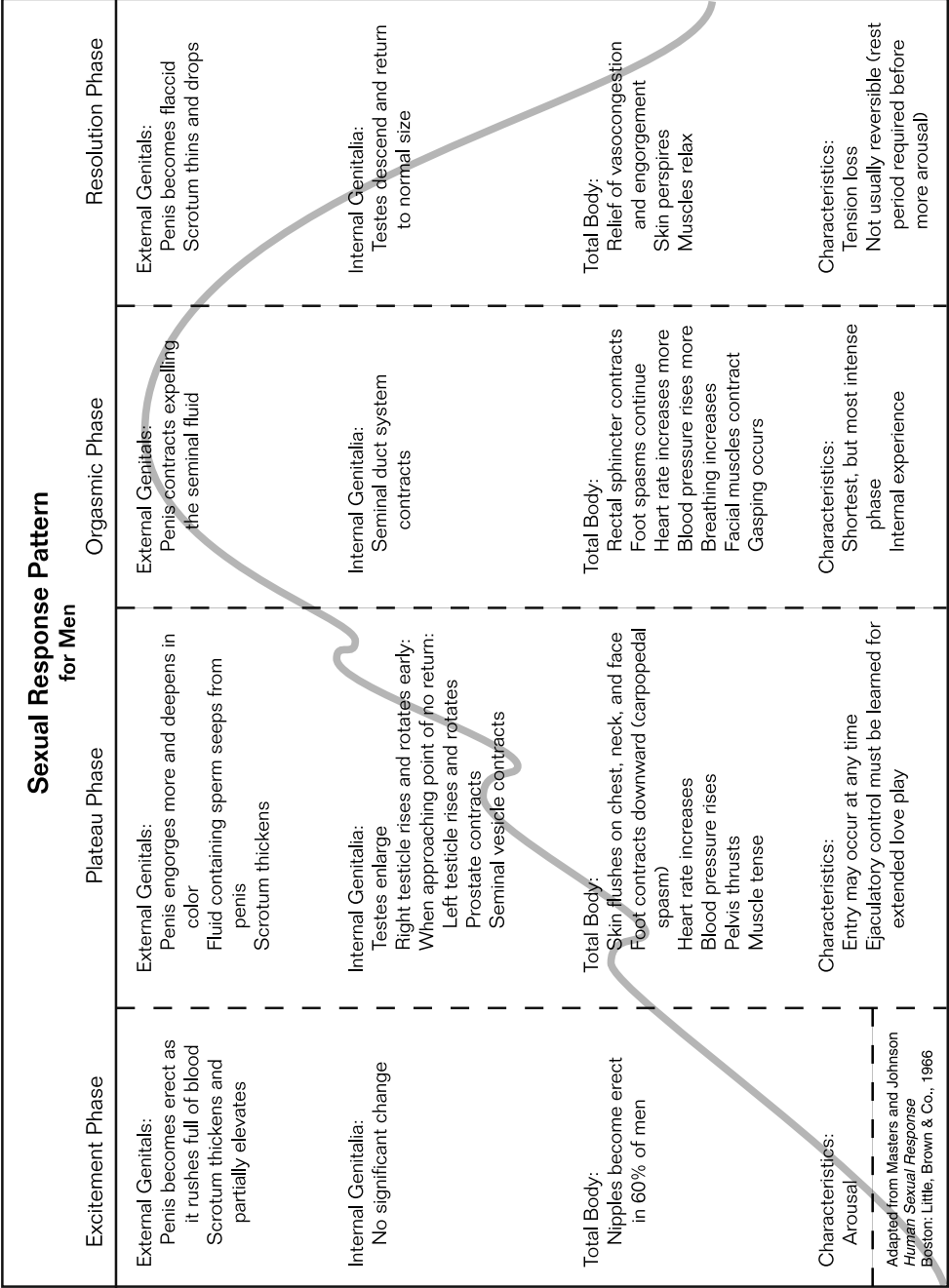
UNAROUSED INTERNAL MALE GENITALIA
(SIDE VIEW)

FIGURE 6-5

FIGURE 6-6
SEXUAL RESPONSE PATTERNS



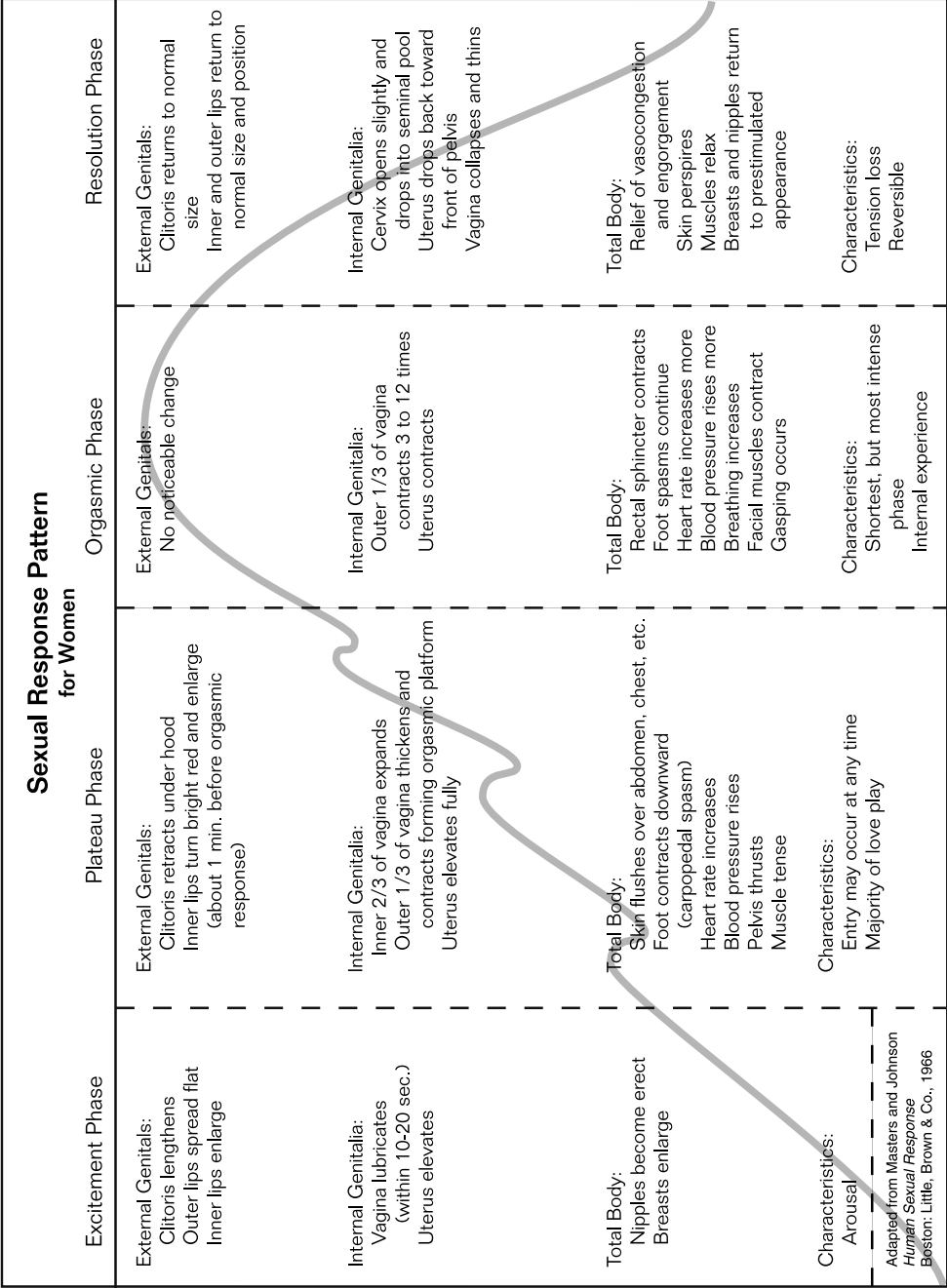
Adapted from Master and Johnson, *Human Sexual Response*
(Boston: Brown, Little, and Co., 1966)



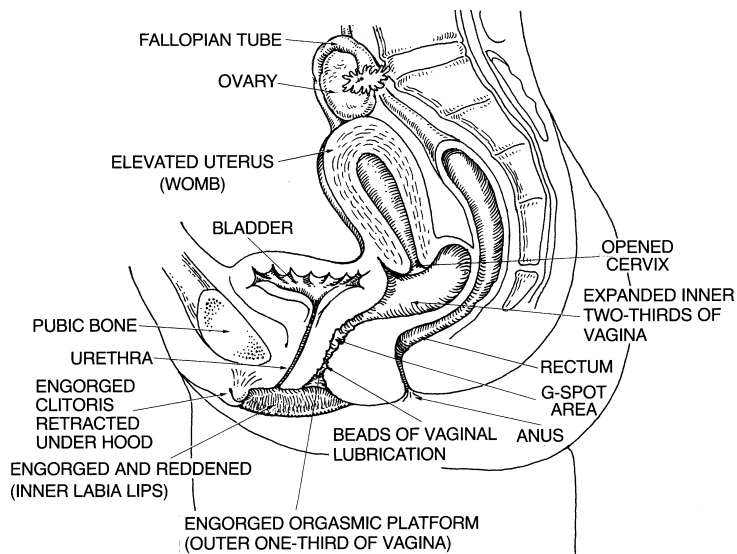
Level of Sexual Arousal

Phases of the Sexual Response

FIGURE 6-7



Phases of the Sexual Response **FIGURE 6-8** © Copyright 1993 Penner & Penner



**AROUSED INTERNAL FEMALE GENITALIA
(SIDE VIEW)**

FIGURE 6-9

10

♦♦♦♦♦

Your Wedding Night

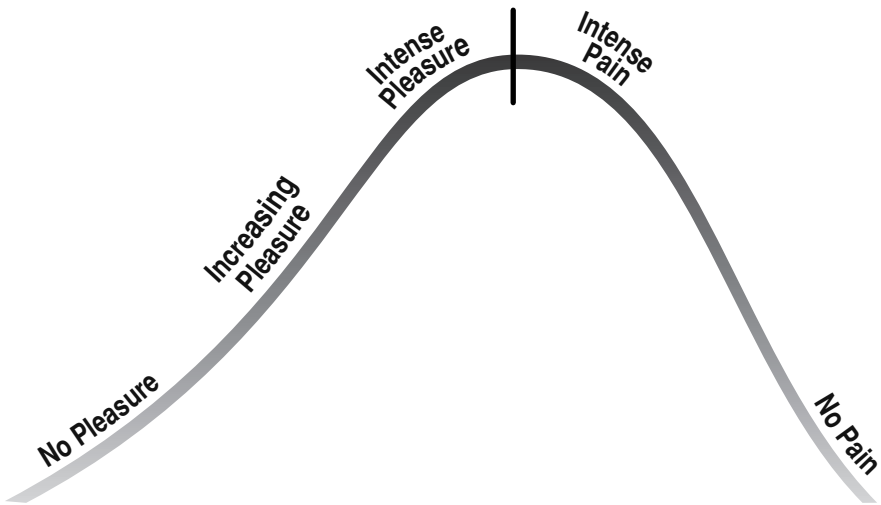


FIGURE 10-1