

24 PAGES

THE ULTIMATE

Couple Intimacy Challenge

7 DAY PLANNER

TO REDISCOVER THAT FALLING IN LOVE FEELING, FROM THE LINGERING TOUCHES TO THE LUSTY GLANCES.

www.crcmo.com

YOU'VE MADE A WISE DESICION

Here's Why



✓ Kickstart Your Journey

Do you know what you just did? You just took a very important step to live outside of your normal routine and jump into an intentional journey of rekindling intimacy. Are you ready for some tips to start deepening your intimacy right from the start?



✓ You Are NOT Alone

As we begin, I hope you are sensing that you are not alone in facing love life challenges. Many couples struggle to maintain intimate connections and/ or have open conversations about their desires, especially as they move into long term love relationships.



✓ You've Come to the Right Place

If you and your partner find yourselves out of sync in terms of frequency, desire, or shared interests and worry about a potential decline in intimacy, now is the perfect time to embark on a journey of self-discovery and personal growth.

JOIN MY

7 Day

COUPLE'S INTIMACY CHALLENGE

TO LEARN HOW TO:

- Think about partner intimacy in a fresh, new way
- Build intimacy through exploring, sharing, and asking questions
- Overcome any buildup of awkwardness and reach back out to each other
- Get in sync and use your bodies effectively
- Transition from roommates to real, intimate partners



HI,

I'm Monica Houttuin,

For the past 25+ years, I have helped couples work to repair, rebuild, and rekindle intimacy. Only couples and a certified sex therapist brings help and discovery to the couples with whom I have provided counseling.

Every week I see couples who say they wish they had paid more attention to their relationship over the years. When I ask them why they didn't, they say:

- "I thought it was a phase."
- "We just got busy and before we knew it, we had "fallen out of love."
- "We are just like roommates now."
- "We should have done this years ago."
- "We wasted all this time blaming each other."

Sound familiar?

Often we don't actually know what we are doing "wrong" in our intimate relationships until it's too little, too late. This is not your fault. But, with my help, you too can successfully and effectively create a long lasting connection with your partner.

Join me in using proven scientific methods, like my 7 day challenge, that will take you as a couple from just surviving to happily thriving.

Monica Houttuin, LCSW, CST

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Counseling Rediscovering Connections



TABLE OF

Contents

02 You've Made a Wise Descision

03 The Power of Couple Intimacy Challenge 7 Day Planner

04 Hello Hello!

06 Before we begin...

07 Day 1: Busting Myths and Exposing Fairy-Tails

09 Day 2: Negative Self Talk About Me and You

11 Day 3: Unleash Your Inner Pleasure Detective

13 Day 4: Sharing Our Sexual Goals

15 Day 5: Turn Back and Choose Sexual Intimacy

17 Day 6: Discovering Your Own Sexual Pleasure

19 Day 7: What is Sexual Satisfaction

22 Checklist

25 What Now?

WELCOME!

before we begin...



Let's cover one thing, We are NOT going to treat intimacy like the elephant in the room. No beating around the bush. No walking on egg shells around here. No way! We are going to get down and dirty, release your hearts desires, and rekindle that spark you and your partner once had.

Now that's out of the way...

Pop the champagne and raise a toast, because, it is time to peel back the curtain...or the sheets, and get started on restoring the intimacy you've been longing for!

Here we go! Let's invest the time and attention your relationship deserves during the following 7 days. Focus on cultivating a deeper connection and prepare for greater pleasure together.



Day 1

BUSTING MYTHS AND EXPOSING FAIRY-TALES

DEBUNKING SEX

Busting Myths Around Sex and Intimacy

Your Mission: Crack the Code

Why It's Important: It's time to throw out the misconceptions and silence surrounding sex. Many of us grew up without open discussions about sexuality, leading to confusion and misconceptions.

Objective: Uncover and challenge these myths to pave the way for a healthier, more informed approach to intimacy.

Activity: Myth-Busting Exploration: Download the provided PDF below and dive into the world of sexual health and intimacy.

Reflection Quiz: "How Did You Learn About Sex?"

Answer thought-provoking questions to understand your initial introduction to the topic of sex.

Note Taking: Jot down your thoughts and revelations as you challenge long-held b**eliefs.**

Outcome Expected: By confronting and challenging these myths, you'll start to build a more nuanced and informed perspective on sexual exploration, paving the way for healthier and more open discussions about intimacy in your relationship.

Day 2

NEGATIVE SELF TALK ABOUT ME AND YOU

YOUR INNER CRITIC

Overcoming Negative Self-Talk in Intimacy

Reflection: How did you fare with busting myths from Day 1? Remember, understanding these myths is just the beginning.

Today's Focus: Confronting Our Inner Critic: addressing and transforming negative self-talk about our sexuality and relationships.

The Issue: It's common to battle negative thoughts about ourselves and our sexual experiences, like "What's wrong with me?" or "Am I doing this right?" These internal voices can significantly impact our intimate experiences.

Objective: Recognize and reframe negative self-talk to foster a more positive, confident attitude towards sexuality and intimacy.

Activity: Internal Dialogue Exploration: Reflect on what you often tell yourself during intimate moments.

What are these thoughts, and how do they affect you?

Journaling: Use the prompts provided in today's exercise to explore your thoughts and feelings. Think about the assumptions you might be making about your partner's thoughts and feelings. How might these be influencing your intimacy? This is a safe space – no judgment.

Outcome Expected: By addressing negative self-talk, you'll start to harness the power of your mind to enhance your intimate experiences. Remember, the brain is a powerful erotic organ, and transforming our thoughts can lead to a more fulfilling and joyful sexual journey.

Day 3

EMBRACE YOUR CURIOSITY AND SPICE UP YOUR RELATIONSHIP!

EMBRACING CURIOSITY

Exploring Personal Desires and Relationship Dynamics

Reflection: Remember, replacing negative thoughts with positive ones is a crucial step.

Today's Focus: Unveiling Hidden Desires: Embracing curiosity to explore and understand personal sexual desires and enhancing the dynamics of your relationship.

The Issue: Often, we're hesitant to express our true desires, sticking to what we dislike or don't want. But understanding what genuinely brings us pleasure is key to a fulfilling relationship.

Objective: Begin a journey of self-discovery and open dialogue about desires and preferences in your relationship.

Activity: Self-Discovery: Using the "Discovering Your Pleasure" PDF, engage in a journey to explore your desires, preferences, and what brings you joy and satisfaction.

Journaling: Reflect and respond to the thought-provoking questions in the PDF. Let your thoughts flow and be honest with yourself. If comfortable, consider sharing your discoveries with your partner. This could pave the way for deeper understanding and connection.

Outcome Expected: By exploring these facets of yourself, you gain insight into your own sexual identity and preferences. This self-awareness is a treasure that can enrich your relationship and lead to more fulfilling interactions with your partner.

Day 4

SHARING OUR SEXUAL GOALS

COMMUNICATING GOALS

Cultivating and Sharing Sexual Health Goals

Reflection: As you've explored your thoughts and preferences, it's time to consider how these insights can be shared and integrated into your relationship.

Today's Focus: Embracing Change and Communication: Recognizing and openly discussing our evolving sexual health goals and preferences.

The Issue: Many of us haven't fully explored or communicated our sexual health goals. Our preferences can change over time, but we often don't update our partners about these developments.

Objective: Create an open, respectful space to discuss these evolving desires, boundaries, and goals.

Activity: Fill out the provided worksheet on your sexual health goals, desires, and boundaries. This is a personal exploration to understand your evolving sexual journey. If you feel ready, use this worksheet as a starting point for a conversation with your partner. Share your insights and listen to theirs.

Self Reflection: Even if you're not ready to discuss these topics with your partner, understanding your own sexuality and preferences is a crucial step towards a more fulfilling relationship.

Outcome Expected: By articulating and sharing your sexual health goals, you contribute to a more honest, connected, and satisfying relationship. Embrace this opportunity to break down barriers, deepen your connection, and bring a refreshing spark to your relationship through shared understanding.

Day 5

BREAKING THE SILENCE: REIGNITE CONNECTION THROUGH COMMUNICATION

MINDFUL COMMUNICATION

Enhancing Connection Through Mindful Communication

Reflection: How did you feel discussing your sexual goals? Recognize that accepting and working on sexual health is a key step towards a fulfilling relationship.

Today's Focus: The Art of Love and Communication: Strengthening our relationship by breaking negative communication patterns and aligning our sexual health goals.

The Issue: It's crucial to address and amend any negative communication patterns that have developed over time.

Objective: Practice empathetic and mindful communication to reconnect and realign with your partner's desires.

Activity: Download and complete the "Turn Back and Choose Sexual Intimacy" PDF. Focus on reconnecting, making time for each other, and rediscovering the magic of intimate moments.

Self Reflection: Understanding Negative Cycles: Reflect on any negative communication patterns in your relationship. How have they affected your connection? Communication Plan: Create a plan to foster positive communication. Set aside time to discuss and reconnect with your partner.

Outcome Expected: By addressing communication issues and working on shared goals, you can rebuild and strengthen your bond. This process is about turning back to each other with understanding, patience, and vulnerability. Remember, professional guidance is always an option if needed.

Day 6

DISCOVERING YOUR SEXUAL PLEASURE - JOURNEY TO SATISFYING CONNECTION

CREATING SEXUAL PLEASURE

Empowering Your Intimacy: A Guide to Personal Pleasure and Shared Satisfaction

Reflection: The path to rekindling intimacy begins with understanding and owning your sexual pleasure. It's not just about turning your partner on, it's about fine-tuning what pleasure means to us each personally.

Today's Focus: Discovering Your Own Sexual Pleasure: A Journey to Satisfying Connection.

The Issue: A fundamental issue when we think "They just don't turn me on anymore," is placing the entire responsibility for our pleasure on our partners? This mindset creates undue pressure in our intimate relationship.

Objective: Embrace personal responsibility for your sexual pleasure. This mindset shift is transformative. Be curious, participate actively, explore.

Activity: Understanding and communicating what is satisfying pleasure for ourselves is key. Explore your Personal fulfillment. Use the Creating and Sharing - Couple Sexual Scenarios for guided questions and topics that can help deepen your understanding of sexual preferences and pleasure desires.

Self Reflection: Individually reflect on what you've learned about your yourself and your partner. How does this new understanding influence your feelings and approach to your your own responsibility and experience of pleasure?

Outcome Expected: This journey is about reaching new heights of pleasure and fortifying our connection. It involves integrating previous learnings about sexual health goals and preferences into your couple scenarios. It's about truly seeing and accepting each other for who you are.

Day 7

LIFELONG SATISFYING SEXUAL CONNECTION.

Embracing a Journey of Lifelong Sexual Satisfaction

Reflection: Think about the journey you've embarked on. From relearning ideas to understanding your stories and unspoken desires, it's been a deep dive into creating a more fulfilling relationship.

Today's Focus: Reflection and Forward-Looking Exploration: reflecting on our journey and looking forward to continued growth and exploration in sexual satisfaction and connection.

The Recap: Reflect on the key concepts we've covered: Relearning ideas and injecting novelty and aliveness in your relationship. Understanding the stories you tell yourself and how they influence your relationship. Exploring unspoken desires or fantasies. Creating space for individual growth within your relationship. Deepening emotional and intimate connections, moving beyond routine patterns.

Objective: use these insights as a foundation for continuous exploration, curiosity, and pleasure in your relationship.

Activity: Complete the "Sexual Satisfaction Assessment" PDF. This exercise helps you gauge your level of sexual satisfaction and the progress you've made.

Continued Journey: Consider how you can keep the momentum going. How will you continue to nurture and explore your relationship and sexual satisfaction? Set goals or plan activities that align with your newfound insights and understanding.

Outcome Expected: By taking stock of what you've learned and planning for continued growth, you're setting the stage for a relationship that thrives on curiosity, understanding, and pleasure.

COUPLE INTIMACY CHALLENGE

Checklist

Here's an end-of-the 7 day planner checklist for you to review and track your progress. Note what came easy and what you will save to work on in the time ahead.

DAY 1: BUSTING MYTHS ABOUT SEX AND INTIMACY

- [ ] Completed the "Myth Busting" activity
- [ ] Reflected on personal beliefs about sex
- [ ] Jotted down new insights or realizations
- [ ] Remaining Actions:

DAY 2: OVERCOMING NEGATIVE SELF-TALK

- [ ] Engaged in self-reflection on negative thoughts
- [ ] Completed the “Tackle Your Thoughts” exercise
- [ ] Identified areas for positive self-talk
- [ ] Remaining Actions:

DAY 3: EMBRACING CURIOSITY IN RELATIONSHIPS

- [ ] Explored personal desires and fantasies
- [ ] Filled out the “Discovering Your Personal Pleasures” PDF
- [ ] Considered sharing discoveries with your partner
- [ ] Remaining Actions:

DAY 4: SHARING SEXUAL GOALS

- [ ] Completed the “Sexual Health Goals” worksheet
- [ ] Discussed goals with partner (if applicable)
- [ ] Identified areas for shared growth
- [ ] Remaining Actions:

DAY 5: ENHANCING CONNECTION THROUGH COMMUNICATION

- [ ] Identified and worked on negative communication patterns
- [ ] Created and began implementing a communication plan
- [ ] Completed the “Turn Back and Choose Sexual Intimacy” PDF
- [ ] Remaining Actions:

DAY 6: DISCOVERING YOUR OWN PLEASURE SCENARIOS

- ☐ Reflect on your evolving understanding of personal sexual pleasure.
- ☐ Actively explore and communicate your desires and boundaries with your partner.
- ☐ Articulate your personal definition of satisfying pleasure and be curious about your partner's
- ☐ Remaining Actions:

DAY 7: LIFELONG SATISFYING SEXUAL CONNECTION

- ☐ Completed the "Sexual Satisfaction Assessment" PDF
- ☐ Set goals for continuous exploration and pleasure
- ☐ Planned future activities or discussions for growth
- ☐ Remaining Actions:

NOTES:

_____

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CONGRATULATIONS

You Did It!

Great job on working through and being curious about the 7 Day Intimacy Challenge! Taking charge of your sexual pleasure is truly transformative. Continue to explore, be curious, and actively engage in your journey; uncover new levels of pleasure and deepen connections on this path of self-discovery!

Remember, the journey of intimacy and sexual satisfaction is ongoing. Every small shift towards a positive connection can significantly impact your relationship. Stay open, curious, and committed to exploring new dimensions of your relationship.



P.S. Whether you feel elated or deflated right now about the state of intimacy and connection in your relationship, I am here to help, just a click away if you choose..

What Now?

Complimentary Breakthrough Consultation
Call for Couples

TAKE A LOOK TO FIND A CONSULTATION TIME.