



62

Questions

ABOUT SEX

With 10 Bonus Sexy Bucketlist Challenges



These questions are meant to help you learn more about your spouse and get you thinking more about sex and intimacy as a way to deepen your marital intimacy. Sometimes we just don't think about sex or prioritize it enough, especially women. It's especially important that women take time to think about sex. A woman's greatest sexual organ is her mind. She has to "be there" mentally in order to enjoy it physically. I pray these questions help you think about sex and get you thinking about preparing yourself mentally for more and better sex with your spouse.

Sex is a good gift that God gave us to enjoy in marriage. Let's pay attention to and be grateful for the gift!

Chances are you know your spouse's answer to some of these questions but I'm sure some answers will surprise you or be new. For the ones you already knew the answer to, I encourage you to take that to heart and remember to try to live these things out to serve your spouse sexually.

- 1.** What's a weird place in our house we've never had sex that you'd be willing to try?
- 2.** When do you feel most attractive?
- 3.** What can I do to make you feel more attractive and desired?
- 4.** When is the best time of day to have sex?
- 5.** What are 3 things that I do that turn you on the most?
- 6.** Is there something new you think would turn you on that you'd like to try?
- 7.** What color do you think I look best in?
- 8.** Would you like it if I texted you something hot while you were at work?
- 9.** Is there anything outside of the bedroom that you think affects your ability to think about sex and enjoy sex? If so, what can we do to protect you from this or make it better?
- 10.** Do I do anything that turns you off? If so, what? What can we do to work together to solve this problem?
- 11.** Are you comfortable being totally naked in front of me? Why or why not?
- 12.** What is something that would make you feel more confident being naked in front of me?
- 13.** What is one thing I do during sex that you really enjoy?
- 14.** What is your favorite way to kiss?
- 15.** How often should we kiss? In what ways and what times?
- 16.** What is your favorite love making memory with me? Why is that your favorite memory?
- 17.** If there were no cost or legal limitations, where would you want to have sex?

- 18.** When you think “sexy talk” what comes to mind?
- 19.** Do you like the idea of sexy talk?
- 20.** In your opinion what is the best lighting for sex? Lights on or off? A little bit of light? No light at all? Candlelight?
- 21.** What do you think is okay and not okay to text each other when it comes to talking about sex?
- 22.** What is your favorite position? Why?
- 23.** What is your least favorite position? Why?
- 24.** If I want to have sex, how do you want me to communicate that to you?
- 25.** Do you need a heads up about me wanting sex? If so, how much heads up and what should that look like?
- 26.** Where do you like to be touched the most?
- 27.** What turns you on the quickest?
- 28.** Would you let me give you a hickey? Why or why not? If yes, then where?
- 29.** What would you do if I answered the door naked?
- 30.** How do you like to express your orgasms?
- 31.** Do you feel total freedom to express your orgasm? Why or why not? If not, what can I do to make you feel safer expressing freely?
- 32.** Is it more fun to be loud during orgasm, moderately loud, or quiet? Why?
- 33.** In your opinion, should animals be allowed to be in the room while we have sex?
- 34.** What makes you feel loved in the bedroom?
- 35.** What makes you feel heard in the bedroom?
- 36.** What is one thing I can do to make you feel safer in the bedroom?

- 37.** When can you tell I'm giving it my all (my total effort and attention - my A game!) in the bedroom?
- 38.** Can you tell when I'm not giving it my all? How can you tell?
- 39.** Being honest, how often do you give it your all in the bedroom?
- 40.** What keeps you from giving it your total effort in the bedroom?
- 41.** Describe the perfect sexual night for us in your opinion.
- 42.** Do you think we will ever be too old for sex? Why or why not?
- 43.** What are 3 benefits you see in our relationship outside the bedroom that happen when we are paying attention to our sex life?
- 44.** How important do you think sex is in a marriage?
- 45.** Why do you think sex is important in a marriage?
- 46.** What is one hot thing I can do for you this week?
- 47.** On a scale of 1-10 how important is foreplay to you?
- 48.** How long should we spend on foreplay in your opinion?
- 49.** Name 5 foreplay things you like, ranked in order of most liked.
- 50.** Do you think it's important to cuddle after sex? Why or why not?
- 51.** If you had it your way what would we do after sex? Describe the perfect evening in the aftermath of sex for us.
- 52.** Is nonsexual touching important to you? If so, how often do you want me to touch you? How do you want me to touch you? (remember - this is non sexual so things like sitting right next to each other, holding hands, putting your arm around each other, hugs, cuddling, simple kisses, etc.)
- 53.** What is your favorite nonsexual touch? Why do you think that is?
- 54.** What is the sexiest food? Why is it sexy?

- 55.** Describe in detail a successful sexual week for us in your opinion.
- 56.** Do you prefer me in lingerie or totally naked?
- 57.** What is the absolutely hottest thing I have ever worn?
- 58.** What is the absolutely hottest thing I could wear?
- 59.** Do you like it when I show you affection in public? Why or why not?
- 60.** What kind of affection do you think is okay to show in public? What are you comfortable with?
- 61.** What kind of affection is too far in public? What would make you uncomfortable?
- 62.** What is one thing you love to do to me in the bedroom? Why do you love it?



10 Sexy Bucketlist Challenges

It can be fun to spice things up in your marriage with a simple challenge. It challenges you to think about intimacy more and experience a new thing together (or just revisit if you have experienced it). The point isn't to push boundaries, it's to experience fun together.

Please stay at the comfort level of the spouse that is least comfortable. There is a difference in trying something new that's slightly out of your comfort zone but doesn't make you feel anxious and being truly uncomfortable. The first is what we would say is okay. If any of these things on the bucket list cause you real anxiety or discomfort then don't do them. Cross out those that aren't for you and instead make up your own! Pushing your spouse to do something that makes them very uncomfortable is not going to help your intimacy!

We encourage you to alter this bucket list to make it fit you as a couple. Then set a timeframe to accomplish this list. Last but not least, have fun completing it! ;)

10 Sexy Bucketlist Challenges

- 1** Have sex in a tight place. Ideas include: the closet, your car (cover the windows - don't get arrested!), the pantry, the laundry room, or the bathroom.
- 2** Have a night all for her. Make the whole evening about pleasing her sexually. Amp up the foreplay and drag it out for at least 45 minutes.
- 3** Have a night all for him. Make the whole evening about pleasing him sexually. Amp up the foreplay and drag it out for at least 45 minutes.
- 4** Each of you pick a song to have sex to then do it!
- 5** Have sex in front of a mirror.
- 6** Each of you buy each other something sexy to wear then gift it to your spouse and have sex in your newly gifted intimates.
- 7** **Husband:** Surprise your wife with this romantic treat. **NO peaking ladies!** **ONLY** [click on this link](#) to read the description if you are the husband.
- 8** **Wife:** Surprise your husband with this romantic treat. **NO peaking men!** **ONLY** [click on this link](#) to read the description if you are the wife.
- 9** Drag it out! Prolong sex as long as possible with tons of foreplay fun. Try to put off an orgasm as long as possible. Set a timer for 20 minutes if you need to before you say yes to penetration. This can also include start and stop sex. Have a code word when you are getting too close so your spouse knows when to stop. Have patience with each other with this one - remember it's just for fun. When one of you eventually orgasms it's okay. No one is really losing here ;)
- 10** Have clothes-on sex. Make it a challenge to have sex with as much clothes on as possible. This can be especially fun after a nice date out where you are all dressed up!

