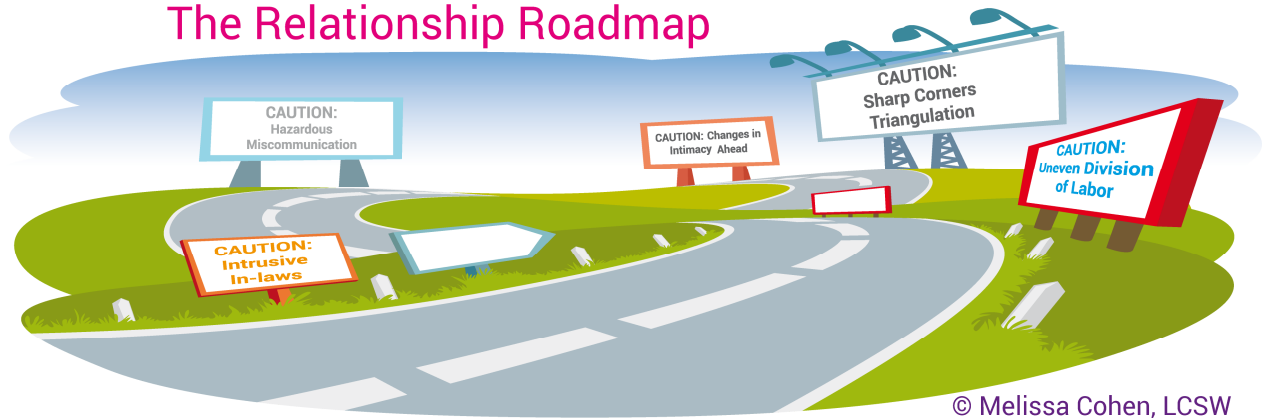


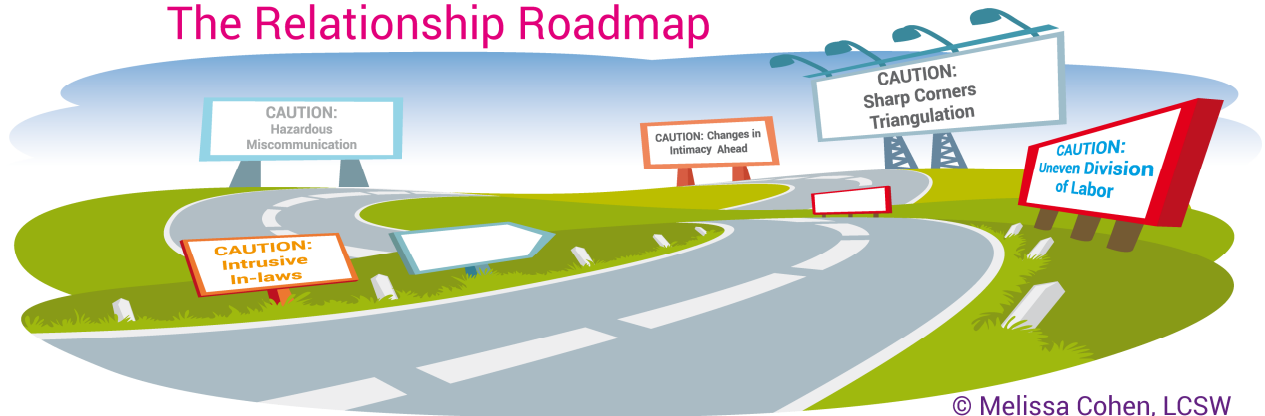
The Relationship Roadmap



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- Intimacy means to be truly known by your partner. It is built on honesty, trust, self-disclosure, respect and togetherness.
- It is through intimacy that each partner can feel loved and appreciated as a spouse, not connected to the demands of parenthood.
- For many couples, the process of procreation takes the sexy right out of sex.
- The changes that a woman's body experiences the parenting years—which will include procreative years, peri-menopause and menopause, often result in changes in sex drive and in what feels good sexually..
- Many moms have de facto de-prioritized their own sexual satisfaction. They do not feel connected to themselves sexually because they are in mommy-mode.
- It is critical that you have an open **conversation about what feels good now**.
- Many couples avoid physical closeness when intercourse is off the table. This is a big mistake because it sets up a paradigm where sex is the only form of touching that is valued.
- Regardless of how often you have intercourse, intimacy and affection are very important to foster your feeling of connection in your relationship.

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- Most couples find it very difficult to go from virtually no touching to having sex. Couple need to touch with affection **everyday** whether they are hoping for sex or not.
- Mothers tend to be on touch-overload while fathers are touch-starved.
- We have the misconception that sex is supposed to happen spontaneously. Unfortunately, that doesn't work for parents. If you wait for it to happen spontaneously, you're going to be waiting forever.
- Benefits of scheduling sex:
 1. You'll find that when you know on that day that you're going to have sex, you may be extra nice to each other, or start to flirt again.
 2. Even the act of thinking about sex as you go through your day will prime you for sexual arousal.
 3. The next day, you may notice how much closer you feel, how much nicer you are to each other which motivates you to keep on scheduling it.