

Legendary Love. Module 5. Lesson 35. Summary and Reflection.

Module 5. Sex and Sexuality. Lesson 35. Summary and Reflection

Congratulations are in order for you finishing *Keep the Fire Burning*. If, perchance, you began with this module, I encourage you to go back to the other lessons as you will learn foundational tools and tips to keep your relationship strong.

In this module, you've learned about the importance of talking about your sexual needs and desires using the communication skills you explored in Module 2. Just as in all areas of life, you and your partner have different needs and desires as well as the similarities you share.

Your sex drives will fluctuate depending upon what's happening in your life as well as hormonal influences you each have. You may have different needs regarding being touched and where, how much touching is okay, how much excitement you want in your sexual relationship, and how often you want sex.

The lesson on spicing up your sex life was designed to stimulate your curiosity to discover more activities which keep the fire burning.

Before you finish this course, please take a few moments to reflect on what you have learned. Then, go out and use your new knowledge and skills to build a legendary love that lasts a lifetime!

Reflection

1. What is the most difficult part of talking to your partner about your sexual relationship? How are you going to address this?

2. What are the differences in sex drive between you and your partner? How do you adapt to those differences?

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3. Since you've learned about the effect hormones have on you, what have you noticed about the changes in your mood and sexual desire which may be due to hormones? What have you noticed in your partner?
4. Describe the similarity and differences between you and your partner in regard to what you enjoy sensually and sexually.
5. What sex games are you comfortable playing? What are some that are a little out of your comfort zone but you're willing to try?
6. What's the most meaningful thing you've learned from *Keep the Fires Burning*?