



DISCUSSION QUESTIONS

EPISODE 12: THE SEX FACTOR

featuring Nicky and Sila Lee

1. Sila mentioned having felt a pressure to have “black belt” sex due to how sexual encounters are portrayed in films. Have you ever felt like this?
2. What one thing would you like to say to your partner about your sex life?
3. Can you identify any practical things that you could begin to do to make sex a priority in your marriage?
4. Would you like to be more present and engaged with your spouse during sex? What would that look like in reality?
5. Nicky set a challenge to each week plan to have sex and to anticipate it by talking about it before that evening. What can you do to make this happen?

