



3 Sophisticated Strategies

. . . for a Wife's Sexual Sovereignty

Freedom can be defined as liberation from slavery or from the power of another person; the quality of being open, honest, or outspoken; and boldness of conception and follow through.

When we are involved in the process of conception, not only can it happen on a physical level to create another human being, but it can also happen on a mental level when we form an idea or a plan in our mind. It's a product of abstract and reflective thinking, and the originating of something in our mind. Think about this when it comes to the intimate experience we are currently having with our spouse . . . and what we want it to become.

There are three main types of freedoms we get to experience when living in a free country: Freedom From (slavery, coercion, and limited choices), Freedom To Do (and to pursue the things we dream of), and the Freedom to Become (what we want and are meant to be).

Often, in marriage and when it comes to our sexual experience, we lose sight of the concept of freedom. We start to feel duty bound and weighed down with heavy negative thoughts about sex, our spouse, or about ourselves. But now is the time to turn our thoughts back to the freedoms that still have power and potency inside of our marriage, so that we don't go and start looking for those freedoms outside of the marriage.

So, let's take a more sophisticated approach to our freedom in advocating for what we want our intimate experience to become moving forward . . . and let's do it with sexual sovereignty. A person with sovereignty is the authority of themselves. They are the one who knows themselves the best and can use their own unique power to make a change for the better. Use the following 3 strategies to start embracing your sexual sovereignty:

1. Start thinking more empowering thoughts about your freedoms and your sexual sovereignty, with a special emphasis on your first freedom, Freedom From. For example, you could think "No one is forcing me to have a limited sexual experience, or just a duty driven one." Another example could be "No one is forcing me to keep thinking I'm just my husband's sex slave." Write down your own sophisticated thoughts and think them in the morning when you wake up and in the evening after the kids are in bed and while you are winding down.
2. Decide ahead of time what you want the meaningfulness of your sexual experiences to be, moving forward, and make sure to have meanings that have deep personal value and significance to you, and help you develop as a person. Think of your second freedom, Freedom to Do. These new meanings will motivate you to DO something about your sexual experience, and not just wait around. An example might be "I am free to express the thing I long for in my intimate experience." Another example could be "I am free to create the most sophisticated and romantic experience anytime I want to." Write down a plan for the most meaningful night of intimacy you can dream of. Express your ideas to your spouse, then go and DO those things yourself to make it happen.
3. Finally, think of your third freedom, the Freedom to Become, and decide right now what you want to become by having meaningful sexual experiences with your spouse. Do you want to become more confident, more knowledgeable, more in the moment, more pleasure-filled, more explorative, more free? Make the decision now, and approach every sexual experience you have with what you want to become in mind.

There are endless beautiful intimate experiences that are available to you, and just waiting for you to create them. You have the freedom to create the emotionally intimate experience you dream of. Don't search "marriage counselors near me" anymore. Instead, join our "Make It Meaningful" monthly membership program right away and learn from the comfort of your own home!

