



# What If I'm Not In The Mood . . .

## For Sex?

When we are NOT “in the mood” for sex with our spouse, it is often because of what we are thinking beforehand. We find it easy to list off the things that take us “out” of the mood, but struggle to articulate things that get us “in” the mood.

This highlights a key component when we feel like we don't want to have sex: we are spending too much time thinking about the negative aspects of our life. This could mean that we are thinking negative things about ourselves in the relationship, or about our spouse, or about the sexual experience itself.

This leaves us spending little time, if any at all, on the positive things that actually get us in the mood more easily. This can leave us feeling miserable, which can then leave us very vulnerable to all kinds of potentially harmful pitfalls and traps.

The movie “The Sound of Freedom” is a reminder to all of us about the horrors that come to children in this world, and it has only increased over the past few years. Our children need us to have strong marriages so that mother and father can work together to protect them. Strong marriages have never been more important than now. So, what can we do? Well, no need to search “free couples counseling” anymore because we've got some free life-coaching tips for you right here.

Let's first start by developing a more mature understanding of what it means to be “in the mood” for sex. The word ‘mood’ can be defined as a temporary state of mind, a conscious state of mind, and a prevailing attitude. These definitions teach us that being in the mood has to do with what is happening in our mind, meaning the thoughts we are having.

Let's focus on the “temporary” part. We can choose to reroute our unintentional and unconscious thoughts of not being in the mood by adding a modifier to our thought. We can simply think in our mind “I'm not in the mood *temporarily*, but I could be with some adjustments. I wonder what could help.” Our brain will bring us answers to this and will enjoy the process.

When we choose to think new thoughts, we shift into using our conscious mind (instead of just running on the autopilot thoughts that we are so used to) which is important for becoming in the mood for something. Another thought we can choose to think on purpose when the familiar thought “I'm not in the mood” comes to our mind is “I can be in the mood anytime I choose to be or anytime I want to be.” Use our brain to think about your choice in creating the mood you want.

Second, let's really challenge ourselves to discover what actually does get us in the mood. If you allow your mind to dream about the most romantic love-making of your dreams, you will probably gain some insight. What are you longing to experience? You can totally create it! This is the beauty of being in a relationship that is meant for sexual experiences. If you are resistant to creating a beautiful and romantic experience yourself, that is a sign that you will need to level up.

Finally, let's put more focus on the other definitions of the word ‘mood’ as “a receptive state of mind predisposing to action, a distinctive atmosphere or context, and music inducing or suggestive of a particular feeling or state of mind.” These definitions invite us to create the atmosphere we want and to set the scene with music that would draw us in for a sexual experience. What emotional connection do you long for? What songs would help you feel that, and closer to your spouse?

We need to spend MORE of our time and attention to whatever gets us “in the mood.” When we spend our time in this way, we will be less reactive, feel less like a victim, and feel more empowered by what we are actually doing! This is us being proactive and not passive in our relationship. This is us choosing to safeguard our marriage and heighten our protective efforts for our children. And that feels amazing!

This is what a mature relationship looks like. This is what a healthy relationship looks like. And this is some of the best marriage counseling you can get for free. So, if the song “Let's Get It On” by Marvin Gaye gets you in the mood, it's time to queue the music!

