

The Sex and Romance Checklist

*Love is always bestowed as a gift—
freely, willingly, and without expectation.
We don't love to be loved, we love to love.*

Leo Buscaglia



Be aware of the intoxicating power of sex.

- ☐ Sexual energy diminishes your judgment like alcohol.
- ☐ Be wary of anyone attempting to stimulate your sexual energy; they know that with sexual energy, they can change your No to a Yes.
- ☐ Pornography can be intoxicating, but it is by its nature animalistic and demeaning.
- ☐ Severe overindulgence in sex can have harmful physical and psychological effects.
- ☐ Girls can manipulate boys with sexual intoxication, just as boys attempt to manipulate girls with it.

Understand how boys and girls experience sexual energy differently.

- ☐ For girls, sex is often a profound *emotional and internal* experience.
- ☐ For boys, sex is primarily a *physical and external* experience.
- ☐ While girls can carry intimate feelings after sex, boys after sex can easily forget about a girl and her feelings.
- ☐ If a girl wants a boy to understand what she wants to get out of sex, she has to explicitly tell him.
- ☐ Boys rarely have the maturity to handle a girl getting pregnant.
- ☐ Even “good” boys will take advantage of girls who get drunk at parties.
- ☐ Boys never care about a girl more just because she gives him sex.
- ☐ Some boys make bets about taking a girl's virginity.
- ☐ Older men can still be boys inside, even though they seem more mature.

Recognize the differences between male and female consciousness.

___ Men find joy in external activities, and often talk about things outside themselves.

___ Women find joy in internal states, and often talk about things inside themselves.

___ Men tend to be action-oriented, whereas women tend to be internally oriented; therefore, men often focus on competitive activities, while women often focus on inner feelings and relationships.

___ Men understand simple, direct language, whereas women understand the nuances of subtext and non-verbal cues.

___ Women can communicate with each other in ways that men miss.

Practice the various kinds of romance

___ Be playful with and surprising towards your beloved.

___ Create opportunities that can become unexpected stories for your beloved to tell and retell.

___ Flirt skillfully and with understanding of its subtleties.

___ Give daily words of affirmation to your beloved.

___ Arrange to have quality time with your beloved.

___ Plan creative gift-giving for your beloved.

___ Serve your beloved unconditionally.

___ Touch your beloved daily, including hugs and kisses, holding hands, or massaging shoulders or feet.

Aim for giving true unconditional love every day.

___ Practice friendship for its own sake.

___ Give gifts and service with no thought of receiving.

___ Look patiently for the joy that comes in giving with no thought of self.

Make a commitment, whether or not a marriage rite is performed.

- ☐ Practice loyalty, no matter how others behave.
- ☐ Before marrying, ask yourself the four marriage questions.
- ☐ Base your marriage on love and friendship for their own sakes, rather than on the pleasure or usefulness of your beloved.
- ☐ Let go of your criticisms, especially those that can turn into contempt.
- ☐ Practice kindness and generosity in all that you think, say, and do.

Recognize that happiness comes from a lifetime of living right.

- ☐ Practice the classical virtues described by Aristotle: courage, generosity, justice, friendship, and citizenship, among others.
- ☐ Take Charles Murray's advice and watch *Groundhog Day* every few years.
- ☐ Become the type of person who embodies Hugh Hewitt's seven gifts: encouragement, energy, enthusiasm, empathy, good humor, graciousness, and gratitude.
- ☐ Create a balance wheel to see the gaps in your life; then implement a plan to bring more balance to it.
- ☐ Aim for the joy that comes with constantly giving unconditional love.