

## 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.