



## **"Insurance Against A Sexless Marriage"** an 'inner work-sheet'

In the arena of relationship skill-building, I see three crucial (and very different) areas:

1. Enhancing the level of **polarity** - passion - between you both.
2. Deepening the level of **intimacy** - genuine friendship - you share.
3. Clarifying the overall **logistics** - and purpose - of your relationship.

What is good for polarity is not necessarily what is good for intimacy, and vice versa. Each skill-set is needed for different moments, and a master sailor knows which skill-set to draw from, in whatever relationship weather you sail into.

So ask yourself what is needed most right now with your woman...

More attraction?

More understanding?

More trust?

Or more efficient skills at handling life?!

\* \* \*

## **Practices**

On the next pages there are a range of different practices.

Spend some time answering the questions below. Then, take action. Do you own suggestions. Share the conversations with your woman.

### (1a) Polarity: Alone

What rituals bring you a heightened sense of drive, clarity, and masculine energy?

- ☐ Meditation
- ☐ Time in Nature
- ☐ Working out (esp. heavy weights, lower body)
- ☐ Qigong
- ☐ Good male friendships
- ☐ Time away from your woman
- ☐ Other

How can you introduce these rituals into your current schedule?

.....

.....

.....

\* \* \*

What rituals does she do that bring her a heightened sense of softness, relaxation, and feminine energy?

- ☐ Bathing / Spa
- ☐ Dancing
- ☐ New Clothes / Haircut
- ☐ Time with good quality women
- ☐ Other?

How can you treat her - generously - so that she remembers the power of these rituals (and can bring her best self back to the relationship)?

.....

.....

.....

## **(1b) Polarity: Together — “Erotic Digging”**

Ask yourself:

▶ What do you think about, or fantasise about, that you’ve never done with your partner?

.....

▶ What was the greatest erotic moment you ever shared with her?

.....

▶ What secret thing that she does, which you never told her, really turns you on?

.....

▶ What still remains on your ‘sexual bucket list’ — something kinky you absolutely have to do before you die?

.....

▶ If you’ve got just five minutes, and you absolutely have to get off, what fantasy do you bring up in your mind?

.....

▶ What was your favourite porn video, or erotic story, when you were a teenager?

.....

Can you be daring enough to tell your woman about each of these?

What are her answers to these questions?

Create somewhat of a romantic space with each other. Wine, perhaps. Closed curtains. Candles. Or late-night in a pleasurable bar somewhere.

Explore...

## (2) Intimacy: Together — “Catching Up”

Before you begin, ask yourself:

▶ How *emotionally naked* have you been lately, with your woman? (Scale of 1-10.)

.....

▶ What is your relationship peak of *emotional closeness*?

.....

▶ What life circumstances created your most intimate/close moments with each other?

.....

▶ What’s something that you’ve been thinking about during the past 1-2 weeks, that you haven’t told your partner?

.....

▶ What is one thing that you could survive without having, but would make you feel amazing if she were to give it to you? (e.g., a massage, to tell you certain words, steak and blowjob night, to dance together, a night in with no kids or phone). Keep thinking here until you’ve got an answer that makes you smile.

.....

\* \* \*

Then, with your partner, ask:

▶ What is her biggest struggle, at this moment in her life?

▶ What is one thing I could give you, that would just make everything better?

▶ Could you do this thing for me, and fulfil this need that I realise I have?

Also, tell her what’s been on your mind.

Get your ‘friendship’ back up to date.

### (3) Logistics & Purpose: Alone

We'll begin our 'logistical' exploration - for now - by considering these big, over-arching questions. Use these prompts as food for thought, but play with bringing them into your early dates (especially if you're looking for a relationship). Meanwhile, your relationship-life depends on knowing these answers.

As I mentioned in the video, this is stuff that many of the Amorati never spend time thinking about. Too concerned with 'getting the girl', we rarely ask about the big picture of where this relationship might go. Answers to these questions *will* be front and centre in her mind, whether she asks you them or not!

\* \* \*

▶ What are your priorities in life, over the next 2-5 years? (Tip: be honest. You have permission to own your uncertainty with power.)

.....

▶ What is most important to you in relationship? What is most important that you give, and what is most important that you receive?

.....

▶ What are your needs in relationship?

.....

▶ What are your desires?

.....

▶ What are your standards — i.e., if she (or any woman) were not to live up to this certain standard, it would be impossible for you to relate to her?

.....

▶ What are your deal-breakers? (Be honest here — everyone will know if you're sacrificing your boundaries just to get some pussy/validation, especially you!)

.....

▶ What life challenge do you need to solve before you can really relax into the next depth of relationship with someone?

.....

▶ Or, what difficult life challenge do you need a woman's support to help you succeed in? (Enrolling the muse).

.....

\* \* \*



## Thanks for Playing!

We begin each week of the Mastery programme with some contemplation. Following that contemplation, as you get clearer on your answers, we challenge you to take action in your relationship.

Each Sunday, on our weekly call, you'll let us know what happened. And we'll be on-hand to offer you words of encouragement (or words of feedback), plus extra custom-made ways to increase the passion, intimacy, or clarity in your connections with women even more.

This, repeated, over thirteen weeks, creates miraculous results in men's intimate lives. Our process, done fully in just three weeks, is often revolutionary. And many men have told us they had insights worth the value of the course in just three weeks of work, practice and experimentation.

## **Are you ready to go deeper with women?**

Are you ready to develop skills and awareness that will prosper you throughout the rest of your relationships, and the rest of your life?

If so, join us.

Apply for Mastery today, and we'll speak on the phone very soon, to see if you're ready for the challenge.

[Click here to apply.](#)

~ Jordan Luke Collier