

THE **7** SACRED **PATHWAYS** → TO INTIMACY

Workbook for Couples



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INTRODUCTION

Hi, and welcome to The 7 Sacred Pathways to Intimacy workbook, this goes hand in hand with The 7 Sacred Pathways to Intimacy book and also the training series, which you can access here if you haven't already: www.raisingroyalty.com/7-sacred-pathways .

It's an honour to have you joining us on this journey and we trust that these conversation starters, questions and challenges will bless you in the process of creating a marriage where you and your spouse are both receiving an abundance of what you want, when you want it and how you like.

The focus of this workbook is more on growth than comfort. There are some parts that will be fun and some parts will be gritty. Others are intended to be hilarious and some will be deeply personal, some will be exciting and some of it has the potential to be very confronting, as you work towards building the type of marriage where each of you are getting everything that you need, want, dream and desire.

The aim of this workbook is to help you gather more good information than you have ever had from each other that will position you to fast track your marriage dreams. It will not all be easy, but it will be worth it.

While this workbook is for couples, it is designed for each of you to fill out your own answers as some questions are specific to you as an individual. It's your choice if you want to work through it together comparing notes as you go, or fill it in by yourself and then come back together to compare notes.

Some sections require interaction and there's a lot of conversation starters so you will need to do a lot of it together.

Enjoy The Journey.

Chapter 2

What Do You Want?

For this exercise, describe in detail your definition of the most amazing marriage possible.

It's really important that you dream without limits for this exercise. Don't think about what is, what has been or even what you think is possible – this exercise is about you articulating your best case scenario, your deepest desires and your wildest imaginings.

Describe your wildest dreams in each of “The 7 Sacred Pathways To Intimacy”.

We will drop a few questions to help get you dreaming, but this space is about you expressing your heart felt dreams and desires, so prioritise expressing what you really want from marriage.

Remember in this dreaming phase, it's essential that you dream without limits. If there were no limits no restrictions, no lack and no resistance – what would you want for your marriage? Focus exclusively on capturing your most personal and intimate desires. No limits. No obstacles. No lies. Nothing shallow.

Just dream!

DESCRIBE THE MOST ROMANTIC 24 HOURS THAT YOU CAN IMAGINE

If there were no limits at all on your resources – what would be the most romantic 24 hour period that you can imagine?

Give precise details on what you would love to spend the full 24 hours doing.

Remember, to do this activity effectively, you must be honest and vulnerable and you must dream without limits. It must not be based on what has happened, what is happening or what's likely to happen. Possible, probable and rational are not important in this exercise – what is important is your most extravagant desires!

So get vulnerable and get limitless – what does your most romantic day look like? Morning, afternoon, evening and late at night?

Where in the world would you want to be? What would you want to do? What would you want to see? What would you want to eat? What would you want done for you?

How would it feel to get swept off your feet? Loved to the point you're about to explode with wonder, ecstasy and delight?



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Chapter 3

We Do Hard Things!

CONVERSATION STARTER

What is the hardest thing that you have ever done?

QUESTIONS

Do you value comfort or growth the most and why?

Chapter 4

Sacred Pathway Number 1

The Spiritual Pathway

Let's begin the process of confronting our darkness.

You may wish to keep the information from these questions private until you feel safe to share them as some of the content will be very personal.

This information is just between you and God for the purpose of stepping into brand new levels of freedom. Please prioritise your own personal safety. If at any point you don't feel safe with any of these questions, just take a break.

If you need to, leave them and move on and aim to come back to them later. But remember, facing our darkness, no matter how painful it is, is part of the non-negotiable price tag attached to the exceptional, satisfying, sizzling hot romance and intimacy that you are dreaming of.

Please answer these questions with the highest level of vulnerability, transparency and courage that you can summon.

CONVERSATION STARTER

How do you think global culture is impacting people's sense of identity?

What do you appreciate most about being vulnerable with your spouse?

How do you communicate with your spouse when you aren't feeling safe or, when you are feeling upset for any reason? If you have a communication strategy, what is it? How is your current way of communicating working out for you?

HERE ARE THE 4 “I FEEL, I NEED” STATEMENTS

STATEMENT 1

When you did _'this'_ I felt _____

The aim of Statement 1 is to ensure that there are no accusing statements, no inflammatory statements, and no attacking statements. You want to identify the specific behaviour or action that made you feel unsafe.

Remember you are trying to give them good information. If you do this with a lot of emotion, if you are getting intense, if they feel threatened or challenged, then your communication is not going to be as effective as it could be.

Be aware, vulnerability is scary for most people, even receiving good information could put someone on the edge of their own amygdala hijack.

If we use attacking words or we are carrying intense emotions, we could start the whole amygdala hijack cycle all over again.

Present your information clearly, calmly and without any attack in it. Highlight the behaviour or action that caused the issue.

STATEMENT 1 EXAMPLES

Wife: I felt unsafe when you drove the car at twice the speed limit on the way home today.

Husband: When you spent \$5,000 on jewellery without talking to me, I felt unsafe.

STATEMENT 2

I felt unsafe because _____

Statement 2 is a great opportunity to get vulnerable and give your partner good information about exactly how their action or behaviour made you feel.

STATEMENT 2 EXAMPLES

Wife: I felt unsafe because I felt ignored, I felt out of control, I felt in danger of death, I felt in danger of writing off the car, I felt in danger of hurting someone else and of getting fined.

Husband: I felt unsafe because I felt unimportant, I felt irrelevant, I felt afraid, I felt frustrated, I felt left out of the conversation, I felt like our dreams were being compromised.

STATEMENT 3

I need to feel _____

Statement 3 is another wonderful opportunity to let your partner know exactly how you want to feel. This is a powerful opportunity to build culture in your relationship. What are the feelings that you want to be experiencing?

The real focus of this statement is to let your partner know all the feelings that make you feel safe. A lot of people simply say: "I need to feel safe." You can elaborate, for example: "To feel safe I need to feel appreciated, and I need to feel celebrated."

STATEMENT 3 EXAMPLES

Wife: I need to feel safe; I need to feel like I am not in danger of death, car accidents, hurting other people or being fined.

Husband: I need to feel safe; I need to feel important; I need to feel included in the conversation, I need to feel like we agree with how we spend our money, I need to feel like we are working on our dreams together.

STATEMENT 4

I feel like this when _____

In Statement 4 you let your partner know exactly how they can make you feel like that.

These 4 Statements give your partner the perfect information that they need to create an atmosphere that makes you feel safe - an atmosphere where the sweetest intimacy possible can bloom.

Wife: I feel safe when you drive at the speed limit.

Husband: I feel safe when we make our money decisions together.

Trying to convince someone to care about your needs without being vulnerable enough to communicate them is a fear driven exercise in futility.

Danny Silk

ALANNA

It's also important to be able to mirror the above statements back to your spouse. This shows you are listening and that you have heard them correctly. Sometimes the things we say get warped in the space between our lips and their ears. It can take some patience and keeping control of our own emotions to get on the same page.

So in regards to the above conversation, the husband might say back to the wife something along the lines of;

Husband: So, you're saying when I speed, you don't like it.

The wife may reclarify along the lines of;

Wife: I felt unsafe when you sped, I was worried for our safety, we could have lost control and got injured.

Husband: OK, you were worried that we may have an accident and get hurt.

Wife: Yes.

Husband: I'm sorry I didn't take your feelings into account when I was speeding. I didn't realise that it made you feel unsafe and I want you to feel safe when I drive. I will be much more aware of my speed next time.

Wife: Thank you for saying sorry, I'll help keep you accountable for keeping to the speed limit.

In this way both husband and wife know they have heard each other correctly and they are on the same page.

Over time we have created our own version of the above statements, and they are often all combined into one or two sentences. But initially having them broken down helps to understand the rules of engagement.

In our relationship I am
responsible to bring:

In our relationship you are
responsible to earn and steward:

Love

Trust

Honour

Respect

Trying to convince someone to care about your needs without being vulnerable enough to communicate them is a fear driven exercise in futility.

Danny Silk

Chapter 6

Sacred Pathway Number 3

The Intellectual Pathway

CONVERSATION STARTER

If you had to guess all the things that your spouse wants most in the next 24 hours, what would it be?

QUESTIONS

What are your main love languages and what are your spouses?

On a 1-10 scale rate yourself and your spouse on how you each steward money. Explain why you gave the ratings you gave. 1 being the lowest rating and 10 being the highest.

Are your systems around money working well for your marriage? If so, describe what is working. If not describe what is not working.

On a scale from 1-10, 1 being completely untrue and 10 being a perfect description of you, how would you rate yourself against the following statements?

I manipulate and control my spouse:

I am secure in my identity:

I create a safe atmosphere in my marriage:

I say yes to all my spouses ideas even if I hate them:

I don't mind if I hurt my spouse in the process of winning an argument:

My spouse has realistic expectations of me:

I have realistic expectations of my spouse:

Because I'm smarter I should make the decisions:

I take ownership for the mistakes I have made in our marriage:

I withhold my thoughts, opinions and feelings:

I make fake agreements just to pacify my spouse in the moment:

What I say is not important:

My spouse trusts me completely:

I'm completely vulnerable with my spouse about every area of my life:

I have healthy boundaries:

I am a generous negotiator:

People and life experiences keep telling me that I have no value:

I have amygdala hijacks on a regular basis:

I live in fear of my spouses emotions and behaviours:

I feel safe right now:

Shouting at my spouse is acceptable behaviour:

We need help in our marriage:

I love discussing our best options and coming to a beautiful win-win solution:

I know there are unsafe behaviours that I need to stop immediately:

I am in a lot of pain in my marriage and it is all my spouses fault:

Our marriage keeps going from strength to strength:

My spouse trusts me completely:

Which of the following would you like included in your sex life and which wouldn't you like? Circle what you would like more of and cross out what you don't want in your life.

Vaginal Sex	Anal Sex	Oral Sex
Hand jobs	Massage with a happy ending	The Neighbours
Spontaneity	Scheduled sex nights	More sex
Less sex	Sex on the beach	Quickies
Before work sex	Sex while we are sleeping	At your parents
Sex toys	More foreplay	Porn
Fake orgasms	Orgasms	Condoms
Role play	Contraception	Sex games
Loneliness	Costumes	Manipulation
Music	Romance	Candles
Sexy new lingerie	Interruptions	Emotional connection
Chocolate sauce	A vasectomy	Tubal ligation
A better bed	A sound proof room	New locations
Romantic holidays	Arguments	Dutch ovens
Garlic breath	Good personal hygiene	Masturbating yourself
Healthy boundaries	My spouse initiating more	My spouse initiating less
Generous negotiation	Understanding	Extravagance
A focus on the things that pleasure me the most	A focus on the things that pleasure my spouse the most	Taking photos and videos of each other
Awkwardly trying new positions	Great new positions	Viagra
Professional help	Purity	Longer sex
Lights on	My spouse to jump me	Blindfolds

CONCLUSION

BEING DREAM MAKERS

It's supremely important to hold your dream for your ultimate marriage in the forefront of your mind as you tackle all the challenges that you will face daily along the journey towards mind blowing intimacy.

Now it's time to get vulnerable again. Please remember, that the success of everything that we are doing here depends on you being extremely real, transparent and honest.

Keep your answers secret, for now, if you need to, but keep it real and honest at the deepest level!

What have been, what are and what do you think will be the biggest obstacles and challenges to seeing your most extravagant relationship dreams come to life?

Please list all the things that have been the biggest challenges to extreme intimacy in the past. What are your biggest challenges right now and what do you think will be big challenges in the future?

Think about internal obstacles in yourself and in your spouse.

Think about challenges in your circumstances.

Part of the aim of this exercise is to have you capture and write down what your greatest fears are as you embark on this journey of bringing your wildest dreams to life. So open up, don't harden up.

CONGRATULATIONS

If you made it this far, you have done more to invest in the health and future of your marriage than most people ever will. We know that the information that you have gained during this process will be invaluable to you both, as you build daily towards the intimate and romantic marriage that you desire.

Our prayer is that God's grace will be on you abundantly as you wake up tomorrow and start building your dreams together. Our advice as always is - do hard things.

If you haven't picked up on it yet, Alanna and I are very fun, silly people and we have laughed a lot as we put this together. We also deleted a lot of potentially inappropriate comments – that had us in stitches!

If you have further questions or want to go deeper with us on this journey then join us and the amazing 7 Sacred Pathways to Intimacy family for our live trainings then click here: www.raisingroyalty.com/7-sacred-pathways .

Once again, all our love to you and may your marriage be a marriage where both of your needs, wants, dreams and desires are abundantly fulfilled.

To your success,

Benji and Alanna