

**Colorado Couples Counseling
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Bridges to Sexual Desire

For this assignment, each spouse lists at least 5 and up to 10 bridges to sexual desire. Share erotic turn ons and things that you would find exciting that would lead to feelings of anticipation and passion. What types of scenarios would you like to experiment with? It can be a setting such as a fire, or a special massage from your spouse that gets the excitement going for you. It can also be a feeling of closeness like when you have dinner together as a family or sharing household chores that helps you feel connected and relaxed with your partner.

Make a list of what these items are and share them with your spouse, then plan a time to carry out one of your spouses requests. Finally, swap lists with your partner so you will always have a reference of ideas that are exciting and connecting that you could initiate.