



FIELD MANUAL



WEEK 8

THE NEW US

Co-Creating a Sexual Identity as a Couple

GRIEVING WHAT WAS

Target Outcomes

- Name what you are grieving about the old form of your sexual relationship
- Recognize ambiguous loss and why it is harder to process than a clean loss
- Practice oscillating between loss orientation and restoration orientation
- Write your three grief letters
- Open a grief conversation with your partner without asking her to fix it

Belief Reframe

“Grief is not weakness. Grief is the doorway.”

Critical Points

- Boss: ambiguous loss -- present but psychologically changed
- Stroebe & Schut: dual process model -- grief oscillates between loss and restoration, not linear stages
- Underground, unnamed grief surfaces sideways -- as resentment, withdrawal, silence
- Naming your own grief out loud invites your partner to name hers
- Both partners are usually grieving simultaneously, often without ever saying so

Key Takeaway: You cannot build the new thing until you have honored what the old thing was.

Directives

Write your three grief letters -- to the old relationship, to your younger self, to what's next.

Notice this week when you're using restoration to avoid feeling loss, or loss to avoid building forward.

Name your own grief out loud to your partner, without asking her to fix it or feel bad.

THE GOOD ENOUGH SEX MODEL

Target Outcomes

- Release the performance model's all-or-nothing formula
- Name the five real purposes of sex -- performance isn't one of them
- See desire, arousal, orgasm, and satisfaction as loosely connected, not one package
- Complete your GES Expectations Assessment
- Approach your next encounter without demanding a fixed outcome

Belief Reframe

“Good enough is not settling. Good enough is the path to great.”

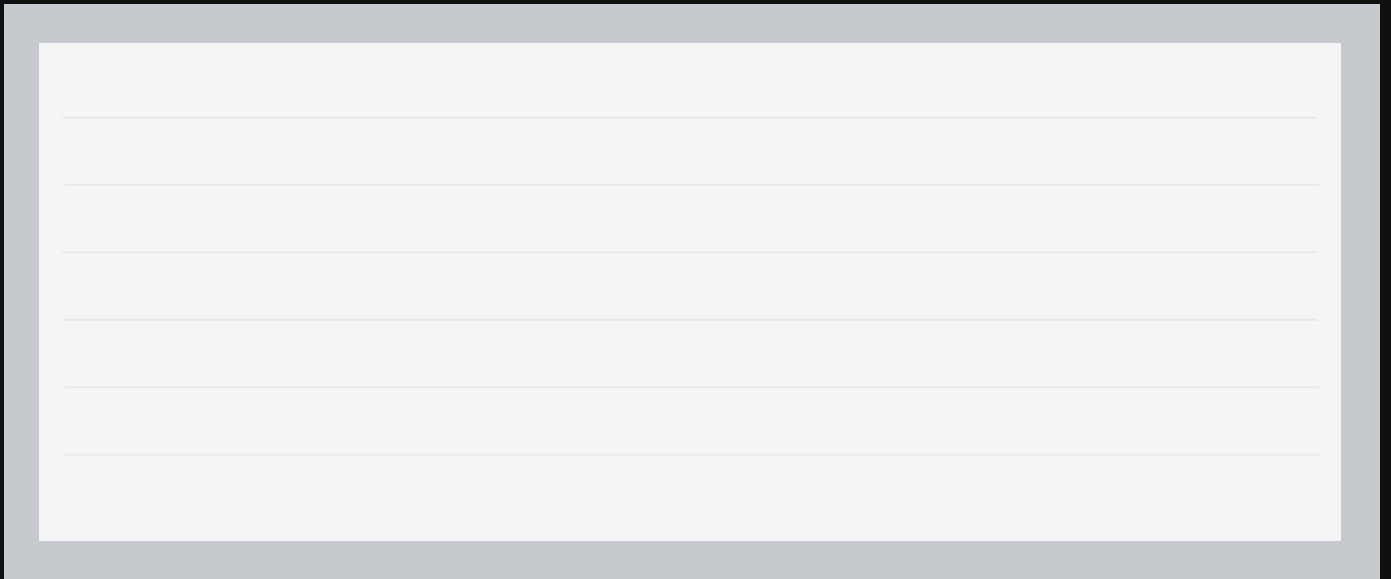
Critical Points

- Only 35-45% of encounters are mutually satisfying, even in thriving couples
- Five purposes of sex: shared pleasure, deepening intimacy, managing stress, building self-esteem, buffering disappointment
- Basson: responsive desire -- arousal and connection can arrive before desire does
- Satisfaction does not depend on orgasm; orgasm does not depend on erection
- Releasing performance pressure creates the safety pleasure actually needs

Key Takeaway: The bar isn't lower. It's just in the right place.

Directives

Write a reframe for every outdated expectation you're still carrying.



Complete the GES Expectations Assessment.

Have one encounter this week with no fixed goal for how it ends.

EROTIC MAPPING

Target Outcomes

- Recognize why your old sexual blueprint no longer applies
- Complete your five-category erotic map inventory
- Practice the four-rule sharing protocol
- Share your own map first, before asking her to share hers
- Schedule your next map check-in, six months out

Belief Reframe

“You wouldn't navigate with a thirty-year-old road map.”

Critical Points

- Erotic maps change with hormones, bodies, and life experience -- they are not static
- Mark et al.: sexual communication is the strongest behavioral predictor of satisfaction
- Five map categories: touch, emotional context, environment, activities, fantasies and curiosities
- Sharing protocol: curiosity not judgment; no immediate reactions; nothing shared is a demand; you go first
- Re-map every six months -- maps keep changing as bodies do

Key Takeaway: The couples who stay sexually alive are the ones who keep mapping.

Directives

Complete your erotic map inventory across all five categories.

Go first in sharing your map with your partner.

Schedule your six-month re-mapping check-in on the calendar now.

THE ARCHITECTURE OF INTIMACY

Target Outcomes

- Release the spontaneity myth as a biological artifact of your twenties
- Install a daily six-second kiss and ten minutes of no-agenda touch
- Build a weekly date night with real novelty
- Protect a monthly exploration evening on the calendar
- Treat planning as prioritization, not choreography

Belief Reframe “Planned intimacy is not the death of romance. It's how romance survives.”

Critical Points

- Spontaneous sex required high hormones and low life-load - conditions that no longer exist at this stage
- Planned context predicts higher satisfaction, frequency, and intimacy
- Gottman's six-second kiss builds daily presence and oxytocin-driven safety
- Shared novelty predicts higher attraction and satisfaction
- Structured couple rituals predict relationship satisfaction and commitment

Key Takeaway: Anticipation is erotic -- build it on purpose.

Directives

Install the six-second kiss and ten minutes of no-agenda touch daily.

Schedule this week's date night, including one genuinely new activity.

Put next month's exploration evening on the calendar right now.

THE RENEWAL CEREMONY

Target Outcomes

- Understand why rituals matter psychologically at this transition
- Plan your renewal ceremony's date, place, and structure
- Prepare your nine commitments across continue, let go, and explore
- Build your relapse prevention plan
- Complete your final self-assessment against your Week 1 baseline

Belief Reframe “This isn't the end of a course. It's the first day of the relationship you're choosing to build.”

Critical Points

- Intentional rituals mark transitions and make meaning real
- Ceremony structure: what we continue, what we let go, what we explore
- Relapse prevention needs three things: know your high-risk scenarios, plan your response, schedule quarterly re-engagement
- The 90-day maintenance plan tracks daily, weekly, and monthly check-ins
- Optimal sexuality is built on presence and connection, not age or hormones

Key Takeaway: A house with no maintenance becomes a ruin. So does a marriage.

Directives

Identify your top three high-risk scenarios and your planned response to each.

WHAT WE CONTINUE

1.

2.

3.

WHAT WE LET GO

1.

2.

3.

WHAT WE EXPLORE

1.

2.

3.

Schedule your first quarterly re-engagement and complete your final self-assessment.



EXECUTION RESOURCES

GRIEVING WHAT WAS

The Three Letters

Not shared with your partner unless you choose to. These are the funeral no one held.

LETTER ONE -- TO THE OLD RELATIONSHIP

Thank it. Name what was beautiful about it. Say goodbye.

LETTER TWO -- TO YOUR YOUNGER SELF

Honor what he gave you. Release him.

LETTER THREE -- TO WHAT YOU'RE BUILDING NOW

You don't know what it looks like yet. Introduce yourself to it.

You will not share these unless you choose to. They are for you.

GES Expectations Assessment

For each expectation, rate how strongly you still hold it, then write the reframe you're replacing it with.

Do I expect an erection every time? Still hold it (1-5): ____

My reframe: _____

Do I believe intercourse is the main event? Still hold it (1-5): ____

My reframe: _____

Do I feel like a failure if she doesn't orgasm? Still hold it (1-5): ____

My reframe: _____

Do I believe sex should be spontaneous to count? Still hold it (1-5): ____

My reframe: _____

Do I measure success by frequency? Still hold it (1-5): ____

My reframe: _____

This is not positive thinking. This is installing an operating system based on what the research actually shows.

Structured Erotic Map Inventory

Complete each category honestly. This is anatomy and preference mapping for the body and mind you have now, not the one from decades ago.

TOUCH PREFERENCES

Where do you like to be touched now? What pressure, what pace?

EMOTIONAL CONTEXTS

What states make you receptive? What shuts you down?

ENVIRONMENTAL FACTORS

Lights, timing, music, location, sobriety.

ACTIVITIES

Rate your current interest and openness to each, beyond intercourse.

FANTASIES AND CURIOSITIES

Not a demand to act on anything -- just honesty about the inner landscape.

Follow the sharing protocol exactly. You go first.

Intimacy Architecture Planner

Fill in each tier with a specific, repeatable practice -- not an aspiration.

DAILY

Six-second kiss + 10 minutes no-agenda touch. When, specifically?

WEEKLY

Date night. Which day? Whose turn to plan it?

MONTHLY

Exploration evening. Which date this month?

QUARTERLY

Relationship review. Next date on the calendar?

Rituals create reliability. Reliability creates the safety intimacy needs to flourish.