

Changes I Noticed in Myself and My Husband

Janna Allen, Guest Writer, Journey to Change series

Physical	Mental/Emotional	Spiritual	In My Husband (very emotional & expressive guy naturally)
<ul style="list-style-type: none"> • discovered what my body is like throughout my whole cycle. I know when I will have higher desire & won't. When I will have more sensitivity or not, which makes a good time to experiment with toys. • no undies at night & on occasion when wearing skirts • much more physical affection during the day • less tension, arguing or snapping at each other • wearing perfumes or body sprays he likes • wearing more skirts & dresses • laugh together, which has been a rarity in our marriage • GOOD SLEEP. I use to wake up & be up a couple hours most nights. No more. • Less back pain= less OTC pain relievers to sleep • I don't have to read to "shut-down" brain to sleep. (☺ I love reading) • I find him funny again, like when we were dating • We are dating. At least 1x a week sometimes more. • When we skipped sex to sleep, I didn't sleep as well • Gave him permission to push through any old habits of reluctance or irritation. End up enjoying it. • Tried new things • Easy to slip into complacency or "let's make this quick" & miss out on fun • Realize we have 2 different styles of communication • Charted= saw connection to certain activities vs. reactions • desired to spend time with him 	<ul style="list-style-type: none"> • Hardest when I am tired & busy • No worries about my "actions" leading to him having ideas or expectations later, it's a given • maintenance mode when company is around • see things he says & does with a new set of eyes. I appreciate rather than be annoyed • Feel sexier and more feminine • Want to show love & please him outside of tmb • Feel more secure & protected. I don't have be the "watch-dog". • Disappointed when we have to share times with others. Enjoy alone time. • More open discussions on relationship & tmb, we work through issues • Less anxiety • We handle PMS weeks better • 150 days before I noticed not having so many mind battles • no walls= raw, tender heart & had to learn new ways to handle old situations & his habits • new fear of "what if something happened to him" • fears & resistance that he'll get too focused on "things" & forget me • realized he holds some responsibility to lack of sex w/ being so busy & not available • questioned if too consumed w/ sex – experienced newlywed feelings 	<ul style="list-style-type: none"> • desire to help others in their own marriage • witness & testimony of God's mighty works (like an instantaneous healing or release of a stronghold) • protective wall around our marriage/family • praying when old thoughts & feelings arise ("I don't want to..." or feeling like "I deserve...") & having God change my attitude • enemy is sneaky. When we mutually agreed to forego nightly activity had dreams, & then a few days of mental/spiritual battle. • questioned if our situation/change is too rare to really be a help to others • realize more & more how blessed I am in having him. I often feel unworthy of the blessings that have been poured upon me... it's been with blood, sweat, scars & tears on our part & lots of mercy & grace on God's part, we've made it where we are. • taking me deeper & revealing roots (childhood) to certain things, why I react certain ways, why certain struggles, why certain thoughts & fantasies, why I am the way I am • need to continue prayer for desire & passion for & with Jay 	<ul style="list-style-type: none"> • was like a kid in Disneyland • feels loved & tells me often • desire to please me • desire to show me love in my love language (gifts- had to help by making a list of ideas) • less frustration & stress from outside world. "You are my tension reliever." • hard time focusing on other things, not wanting to go to work or do work because he's thinking of me or wants to be with me • disbelief; he realizes he really didn't do anything specific it was really H.S. & me thing • out of love, when he notices I am exhausted he will let me sleep • I noticed he is grumpier or more irritable when sex was skipped= connection or coincidence • his eyes have been open to truths, i.e. downplayed the importance of sex, given bad advice to others who came to him with marriage/sex questions • has a platform to share what we have learned= we know couples whose marriage beds changed • stands a little taller & prouder because I laugh @ his jokes again • Sees or experiences the benefit of coming to bed freshly showered • was tired of being constantly rejected so very rarely asked, & most of time when he did was rejected again • felt I was not attracted to him at all • didn't feel wanted or needed • glad we didn't bail out of marriage • feels respected • learning to take lead rather than constantly asking, which put me in lead by default • willing to learn= reading articles on TMB site • desire was increasing rather than decreasing • shared stress affects sexuality (I backed off)