

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)