

Overcoming Sexual Temptation

D: W: _____ - Emotion, Calculation or Choice

Desire: Wanting

T: DfW: _____ - or, more completely:

Desire for Wrong

WYEWtDSYWKiW: _____

When Your Emotions Want to Do Something Your Will Knows is Wrong

L: IWiC: _____ - Lust IS a "Fall"

I Would if I Could

AFWOiaOfG: _____

A Fall Without Opportunity is an Opportunity for Growth

WLMO, F! _____

When Lust Meets Opportunity, FLEE!

SA: ICSID: _____ - Now there are Effects.

I Could, So I Did

THREE STEPS TO OVERCOME SEXUAL TEMPTATION

E: _____

Embrace

E: _____

Elevate

E: _____

Expand

80/20 Men: SiAS: _____

Sex is About Sex

80/20 Women: SiAI: _____

Sex is About Intimacy

Promiscuity: Men/Women

MhWtGS: _____

Men have Woman to Get Sex

WhStGM: _____

Women have Sex to Get Men

DFL: _____

Denial Frees Lust

RPGF: _____

Resist Practically Guarantees Fall

HCL: _____

Hiding Cultivates Lust

E: _____

Embrace

E: _____

Elevate

E: _____

Expand

Sex and Sexuality

MS _____ is as A _____ to Women as
P _____ is A _____ to Men.

Male Sexuality, Alien, Pregnancy, Alien

The Opposite Sex simply does not have an equivalent. We can learn. We can empathize. We can wrap our HEAD around it... but we cannot FULLY grasp what it is really like. So we must LOVE and do our BEST to Understand. That also means as open Communication as possible, and that takes Trust and Skill.

He Brought Her Roses

Bringing Roses Right

NISwYW _____ because you are

TAAW: _____

NEVER Initiate Sex with Your Wife because you were Thinking About Another Woman

E,E,E: _____

Embrace, Elevate, Expand

In this case, Expand is to take the E _____ behavior to Your Wife.

ELEVATED

You bring home your prompted F _____.

FEELINGS

You bring home that E _____ and use it to _____

ENERGY, Love Her

You N _____ bring home your LftOW _____

NEVER, Lust for the Other Woman

The Oops Ultimatum

Message: *No Matter* how good a husband you are, no matter how much you love me, no matter how badly I treat you, no matter how long we've been married... nothing you can EVER do will matter more to me than a ten minute mistake.

_____ of spouses who divorce over an affair later _____

80%, Divorce was a Mistake

A Betrayed Spouse Response

"ILY,IFY,WDYC" _____

I Love You, I Forgive You, What Do You Choose?"

Question: "WDYC?" _____

What Do You CHOOSE?

Question: "WiYP?" _____

What is Your Plan?

I make my _____ based upon my partner's _____.

Choice, Choice

F: _____ - Forgiveness is NOT Restoration.

Forgive

The Standard Offender's Offer

EPONR: _____

Establish Point of No Return

6Mo24/7UIM: _____

6 Months of 24/7 Unlimited Impulse Monitoring

2YoSC: _____

2 Years of Spot Checks

Real Love

RLEtD: _____

Real Love Embraces the Darkness

Real Love Embracing the Darkness, LtmtLYiD: _____

Loves too much to Leave You in Darkness

RLSMCBoYPC: _____

Real Love Still Makes CHOICES based on Your Partner's Choices

MSiND!: _____

Male Sexuality is NOT Darkness!

GDMStI&MM. _____

God Designed Male Sexuality to Inapire and Mature Men

A Note from an Agathos Woman talking about Male Sexuality

WHY wouldn't I embrace it? GOD MADE IT! I am not in denial of the infinite genius wonder of the God of all Creation! He made it perfect. I just accept it and love it and embrace it.

GOD MADE IT! He is perfect. He is genius. He KNEW that it would take woman being EXCEPTIONAL! ALL that He made her to be in order to embrace that! Woman has to be all she can be, align with His perfection as much as she can to even REMOTELY see and embrace, and GOD designed it that way! HE KNEW WHAT HE WAS DOING!

He knew that if she was broken and hurt and messed up, she couldn't embrace, couldn't see. She has to walk her own path to the Spirit level in order to handle that which He created perfect. WOW! NOW THERE IS A THOUGHT PROCESS THAT I AM AMAZED CAME FROM ME!

This won't seem to shake from my brain. I know that there is this question in the mind of many Christians: 'WHY would God have made it that way?' "It is just *wrong*. God could not have made it that way! Man/Satan perverted it."

Not a chance.

God is perfect and infinite in his genius. I go back to my statement: He knew that both man and woman would have to be at their FINEST, the closest to Him, their alignment with Him as it should be, to be able to live this. THAT was his goal! He wired Man that way because then he would have to love properly to use it properly. Men would have to live by principle to use it properly. He would have to be connected to the one that created it to use it and accept it and embrace it. It was designed for the perfect alignment to be there.

Woman needed to know how to love, be aligned, live by principles, accept, embrace and be all that she can be according to God's genius design. She would have to be strong and loving and powerful to love Man and accept and embrace him as God wanted her to.

In short we have to BE, to LIVE AND BE "God's Man and God's Woman" in order to operate and live this out the way it should. He was GENIUS! He knew without living according to design, it would be corrupt and vile at its worst. But He created it JUST for the reason that in order to have it be as it should, beautiful, light, amazing.....we would have to be aligned and live his design correctly and be all he created us to be.

How cool is that!

The Darkness in Men

The HS _____ of HM _____ is often both T _____ and M _____ to W _____.
Healthy Sexuality, Healthy Men, Terrifying, Mystifying, Women

Starry Night Sky

MoWYSiD: _____
Most of What You See is Darkness

MSiND: _____
Male Sexuality is NOT Darkness

MSiOED: _____
Male Sexuality is often Expressed Darkly

Rape and Molestation

Pornography

Lies for Sex

Selfish Sex

DEoMSCD: _____
Dark Expression of Male Sexuality Cultivate Darkness

When Male Sexuality grows in a vacuum with no moral guidance, with no techniques, with no understanding, it has a natural tendency to express darkly.

Thus it is important for boys to be taught _____
Embrace, Elevate, Expand

It is important for boys to be taught what to think and how to control their thoughts and use masturbation in a healthier and safer way than the excesses to which pleasure might drive them.

MiMN: _____
Masturbation is Morally Neutral

WaMTiNMN: _____
What a Man THINKS is NOT Morally Neutral

MSRMtbaTF: _____
Male Sexuality Requires Men to be at Their Finest

E,E,E: _____
Embrace, Elevate, Expand

Some part of Embrace, Elevate, Expand is "Women and Children First" when there is danger. A Man's willingness to Protect a Woman, any woman, from danger. In fact, the average felon freed from prison walking down the street toward the average woman, would be much, much more likely to protect her than attack her.

Male Sexuality is at the Heart of Much of the BiM: _____
Best in Men

Protective Response – Man will risk everything for Woman

Helpful Response – Man will go out of his way for a Woman.

Value Production – Man's achievement and ambition is fueled by Woman.

Love – The highest expression of the best in Man is freed by Woman.

Archetype: Knight in Shining Armor Rescuing the Damsel in Distress.

Male Primary Gender Fantasy: SAAtMAW: _____

Sexual Access to Many Attractive Women
Napoleon Hill, *Think and Grow Rich*, "Sex Energy"

Napoleon Hill's Transmute Sex Energy and Sex Mixed with Love sounds a lot like

E,E,E: _____
Embrace, Elevate, Expand

Thinking Through Feminine Beauty

ML: _____, MA: _____

Men Look, Men Appreciate

The more _____ a man has, the _____ he will look, and the _____ his _____.

Testosterone, More, Stronger, Caveman "Me Want" Impulse.

Men get Turned On by _____ - and do not fill in the rest of the person.

Parts

Men get Turned On by _____ of a Woman.

The Shape

Men are particularly attracted to PTDNH: _____

Parts They Do Not Have

Most Men have TFP: _____ and TFL: _____

Their Favorite Parts, Their Favorite Looks

Standards of Beauty and Favorite Parts May Vary.

MWtSWiNC: _____

Men Want to See What is Normally Covered

Even GML: _____ and have the same turn-on response – except the OotliM: _____

Gay Men Look, Object of their Impulse is Men

If testosterone levels are high enough, even M&S: _____

will trigger the initial impulse. The innate humanity of M&S: _____

is the first drive to RoE: _____

Mothers and Sisters, Mothers and Sisters, Repress or Elevate

RwCD, EwBC: _____

Repress will Cultivate Darkness, Elevate will Build Character

AfMiNtsaE: _____

Aroused for Men is NOT the same as "erection"

◆Men live in a perpetual state of temptation, but grow so accustomed to it that it falls just to the background for most of their day-to-day life.

◆Despite their temptation, most men seldom _____ - seldom have "desire plus intent" - and this helps them learn _____ and _____.

Lust, Maturity, Self-Control

Napoleon Hill's "Sex Transmutation" - that the Sex Nature of Men, harnessed and Elevated, can then help him Expand His Identity as a Man and lead, build, achieve, conquer, solve, create, and love deeply, fully and passionately.

WHEN Men Look You MUST KWYALA: _____,

KWiM: _____, HtPotW: _____

BPAI: _____

Know What You Are Looking at. Know What It Means. Honor the Personhood of the Woman. Be polite about it.

MMoC: _____ still look – they are just polite about it

– and they enjoy TBoaRP: _____

The Beauty of a Real Person

Men Need to KNOW

◆When you look, ALWAYS remember you are looking at a Human Being.

◆When you look, ALWAYS be aware of the Realities in what you see.

◆When you look, ALWAYS be polite and respectful.

◆When you look, ALWAYS Elevate. ALWAYS!

How Women Make a Difference

◆When the first beautiful, bikini babes a young man sees are all _____, it is easy for them to _____ together.

Strangers or Pictures, NEVER Think of Sex AND the Woman's Humanity

◆When the first beautiful, bikini bases a young man sees are all stranger or pictures, their _____ and that often leads to the _____ of their sexuality.

Sexuality Develops in a Vacuum, Darkest Expressions

◆When the first beautiful, bikini bases a young man sees are all stranger or pictures, they tend to DSAfL: _____, DifR: _____, and DiftWP _____

Disconnect Sexual Attraction from Love, Disconnect it from Respect, Disconnect it from the Woman's Personhood

How Women Make a Difference

◆When the first beautiful, bikini babes a young man sees are all _____, like his _____, like his _____, like his _____ - THEN it is easy for him to think of female beauty in the context of the _____ of the women he knows.

Close to Him, Mother, Sisters, Close Female Friends, Humanity

◆THEN his _____, and this makes a HUGE difference in his ability to EEE: _____ - and...

Sexuality Develops in a Context, Embrace, Elevate, Expand

◆It helps him see female bodies as _____, but as beautiful _____ containing a _____

More Than Just Sex Objects, Works of Art, Woman to be Loved and Respected

AMWLiW: _____ needs to connect to the HiAW: _____

A Man Who Learned it Wrong, Humanity in Attractive Women

◆This is most easily accomplished by first developing the skills to connect...

◆Then connecting with women as _____, as _____, as _____

Human Beings, Peers, WOMEN-but as Equals

◆If part of his problem is that less covered women (shorts, workout wear, bathing suits, bikinis) always spark and get _____ - then he needs to practice connecting with " _____ " who are _____

Stuck at the Impulse, "Safe Women," So Clothed

◆Women of Beauty and Character who are comfortable with Male Sexuality can help by connecting Woman to Man in NON-Romantic, friendly ways.

Agathos Bathing Suit & Dress Guidelines. T20%R: _____

The 20% Rule.

If 20% of Similarly Situated People Dress in Such a Way, Then It is Presumptively Okay.

◆AMM: _____ . Help them know you're a _____

Practice _____

Accept Men as MEN. Person. Graciousness.

Embrace, Elevate, Expand

The Mantra: EEE: _____

Embrace, Elevate, Expand

S _____ G _____
R _____
P _____
O _____
W _____
S _____ M _____ H _____
E _____
A _____
B _____ S _____
B _____
W _____

Warren Farrell: PGF: SATMAW: _____

Primary Gender Fantasy: Sexual Access to Many Attractive Women

GDTOP: _____

God Did This on Purpose.

Such easy Impulse drives Men easily. It helps them Sacrifice. It helps them Risk. It helps them help women in particular and people in general without needing to know them personally. It helps them transmute all the easily gathered sex energy to accomplish, to achieve, to invent, to build, to become more... and they can do it with a glance. Imagine if they needed connection to feel that impulse. When the ship was going down, they would not automatically protect the women – it would be every man for himself – and he would only work for the one's he knew and cared about.

Embrace Foolishly: DRH: _____

Denial, Resist, Hide

Embrace Immaturely: E&S, E&EP, E&ID: _____

Embrace & Stop, Embrace & Express Physically, Embrace & Condition Darkly

Embrace and Get Stuck: F&E: _____

Freeze & Elevate

Elevate: CtL: _____

Climb the Ladder

Sex Impulse: Caveman "Me Want"

Emotional Impulse: I Feel.

Sex Energy: Impulse, Elevate.

Language of Emotions: Impulse, Elevate

Expand: TitMP, TitMA: _____

Take it to More People. Take it to More Activities

EYlaaP, EYlaaM: _____

Expand Your Identity as a Person, Expand Your Identity as a Man

EYlaaF,B,H,P&EE: _____

Expand Your Identity as a Friend, Boyfriend, Husband, Parent and Everything Else

PGF:SAtMAW: _____

Primary Gender Fantasy: Sexual Access to Many Attractive Women

Healthy, Unleashed, Worthy Women deserve a Healthy, Unleashed, Worthy, Leader, Royal Knight of a MAN. How much of a MAN do you need to be in order to be Worthy of Sexual Access to Many WORTHY Women?

A Heart Desire of Most Healthy, Unleashed, WORTHY Women: CUP&MWCLH: _____

Completely Unleashed Potential and a Man Who Can Lead Her

Authentic Masculinity 1

Stupid Ideas of Manhood:

Stupidly T: _____ - Fighting, NOT "Chicken" (or any of the other words someone might use), Danger, Stunts, Taking Pain Tough

Stupidly U: _____ - Unhealthy Diet, Poor Exercise, Stupid Exercise, Smoking Unhealthy

Stupid ICDA: _____ - Doing things for which he is unqualified because "it's a man-thing." "I Can Do Anything"

Stupid D: _____ - "Lead" by Command, not Example.

Bossiness, Beating Others Down, Using Power Selfishly Domineering

Stupid I: _____ - "I can do what I want," Drugs, Drunkenness, Excessive Play, Excessive Entertainment Indulgence

Stupid R: _____ - How many women can I bed? How often can I have sex? How far can I push the line? Relationships

Stupid M: _____ - My Net Worth Equals My Self-Worth Materialism

Stupid M: _____ - I am more of a man because I spend more money (cash or credit!) Moneyism

Stupid I: _____ - I am more of a man because I make more money. Incomism

Stupid S: _____ - I am more of a man because I have this title, that position, or this trophy. Statusism

Stupid IAAR: _____ - "I never have to apologize" (and if I do, I apologize for how you feel, not what I did). "I never have to explain myself - you should just accept my word." "Do not question me." "Never disagree with me." "I said it; that settles it." I am god of my little universe. "I Am Always Right"

Stupid LR: _____ - "I have it under control" (when he clearly does NOT have it under control), "I do not need any help" (when he clearly does need help). "A man never needs help." "A man never asks for directions." "Lone Ranger"

Unattractive Parts of Being Male:

Men are PE _____
Physically Expendable

Men are EE _____
Emotionally Expendable

Men MP _____
Must Perform

Men CLW _____

But WDNLM _____
Can Liberate Men, Women Do Not Liberate Men

WCCRiMO _____,
Women's Choices Can Result in Men's Obligation

Most Men LiDB _____,
Live in Double Binds

Most Men Live Their Whole Lives HD30%T&20%L: _____ (at best!)

Half Despised, 30% Tolerated, and 20% Loved

But they take it because it's the best deal on the table.

Authentic Masculinity 2

***Four Pillars of a Man's Heart* by Stu Weber**

K:AMoV&C: _____

King: A Man of Vision and Character

W:AMoS&P: _____

Warrior: A Man of Strength and Power

M:AMoF&W: _____

Mentor: A Man of Faith and Wisdom

F:AMoH&L: _____

Friend: A Man of Heart & Love

***Wild at Heart* by John Eldredge**

Men have a

BtF: _____

Battle to Fight

an AtL: _____

Adventure to Live

and a BtFF: _____

Beauty to Fight FOR

GDMtbD: _____

God designed men to be dangerous

Biblical Examples of Manhood

Adam: Dominion over the Earth, Leader

Abraham: Obedient to God, Wealthy Nomad, Warrior, Leader

Joseph: Visionary, Leader

David: Warrior King, Leader

Solomon: Wise, Wealthy, Leader

Daniel: Pious, Leader

Jesus: Bold, Teacher, Sacrificial, Love, Purpose, Leader

Peter: Bold, Teacher, Sacrificial, Purpose, Leader

Paul: Bold, Teacher, Sacrificial, Purpose, Leader

Adulthood

Adulthood is About R _____

Responsibility

Adulthood is About WP _____

Will Power

Adulthood is About SL _____

Self-Leadership

Adulthood is About MaL _____

Making a Life

Manhood

Manhood is About being a KP _____

Knight Protector

Manhood is About being a NG _____

Noble Gentleman

Manhood is About being a VP _____

Value Producer

Manhood is About being an EL _____

Example Leader

Drawing and Holding Lines (Part 1 of 2)

The Line: AFAYCtG: _____
As Far As YOU Choose to Go.

MMDNHTOL: _____
Most Men Do NOT Have Their Own Line

Their “line” is controlled by fear of rejection by the woman, fear of reprisal by a girlfriend or wife, or fear based upon their own insecurity about their masculinity. Honestly, they *want* their line to be “as far as I can go.”

AMwNLWGAFaHL: _____

A Man with NO LINE Will Go As Far as HER Line.

If *she* has no line, you will “push” to the end because you will keep “pushing” – waiting for the line – and if you do not find one, you end up going all the way. Even if she HAS a line, but she does not “defend her line” (more on this later), many of us will push past her line and take whatever we can get.

BRtDYL!: _____
Be Ready to Defend Your Line!

“Take me!” can push a man over the edge even if he *thought* he had a line! Most of the time most men only need to NI: _____, but we also need to be able to DOL: _____. Modern Women are much more likely to be sexually assertive than some men are prepared for!

Not Initiate, Defend Our Line

MWNtDTL: _____
Most Women Need to Defend Their Line

Many Woman Hide. They avoid situations, avoid relationships, hide behind parents, hide behind boyfriends, hide behind husbands. But when a relationship walks (runs? races?) up to her line, she must defend her line against a man.

EM&EWMhaL: _____
Every Man and Every Woman MUST have a Line.

Even if you cross the line, you know where it was. If you do NOT have a line, you have NI: _____ whether or not you WTF: _____. If you do not have a line, you do not know HFtGB: _____

No Idea, Went Too Far, How Far to Go Back

Basic Line Philosophy: DtLbF&S: _____

Draw the Line between Friendly and Sexual.

That line will vary person by person. For some, full frontal hugs are innately sexual. For others a friendly kiss on the lips is still friendly. There is context and intent for the actual activity. You can kiss someone on the lips in a friendly way. You can just touch them and gaze into their eyes in an obviously sexual way.

APMBCA: _____
All Principles Must Be Consistently Applied.

What rules you would want for yourself should be the same rules you would be comfortable others having – including your wife, your girlfriend or your daughter.

DYL: _____
Define Your Line.

Try to define it in words, by action or principles or both. Healthy people choose lines on Principle, not on Emotion. The Line MUST be no further than your current PoNR: _____ on your morality.

Point of No Return

HtL: _____ MtC,SttC: _____
Hold the Line, Make the Choice, Stick to the Choice

MBTL: _____
Momentum Breaks Through Lines

Do NOT bump into lines every time. If you keep going to it, you'll go across it. If you cross the line, stop, apologize (even if she WANTED it), and GO BACK!

PoNRoYL: _____
Point of No Return to Your Line.

Find the place where you can control your forward motion. That's your new line.

BD: _____ - Sometimes we can hold our lines in ordinary circumstances. We can see the obvious coming, like a kiss, but we miss other ways past our lines. A massage. A certain look. We need to find and close our back doors. We need to watch the back doors, especially the innocent ones, as diligently (or MORE diligently) than our front doors! Learn how to do that.

Back Doors

LoB: _____ Behavior means something. It means something to you. It means something to the recipient of it. It means something to the audience. You must be aware of what you mean, aware of what she hears, aware of what any witness sees and thinks. If you do not want to deliver a message, then do not do the behavior that delivers that message.

Language of Behavior

FR: _____ - Some people have fringe rules. Fringers do NOT need to be accommodated. Ordinary DOES need to be accommodated. Some people are important in your life, so even fringe rules *might* need to be accommodated because the interpretation can affect others you care about.

Fringe Rules

RTR: _____ - The lines should be Chosen and Honored – even if you BOTH “feel like” pushing the lines in a moment of mutual lust. The Line is a CHOICE, not made or changed on Impulse.

Respect, Treasure, Reverse

Drawing and Holding Lines (Part 2 of 2)

DNb”TG”: _____

Do NOT be “That Guy”

A moment of intense mutual pleasure may give way to days or weeks or a lifetime of weirdness, regret, or unduplicatable passion. If she regrets it later, you have become “That Guy” – the mistake she wishes she had never made – and you might always be remembered as a mistake. If you do make that mistake, you can mitigate the “That Guy” effect by Respect, Treasure and Revere.

CO&CAiE: _____

Cross Once and Crossing Again is Easier.

Once you’ve failed to Hold the Line, it is easier to fail to Hold the Line again. It is the “This is the Line” competing with “Well, we’ve ALREADY done it, so....”

C3o4T&tLiTA: _____

Cross Three or Four Times and the Line is Tossed Aside

Once you cross 3 or 4 times, you may give lip service to the Line (“we really shouldn’t...”), but then it will be ignored. In a short time, there IS no Line. You might even feel a twinge of guilt, but you will just ignore it until even that fades.

YSHa”HR”tS: _____

You Should Have a “Her Reason” to Stop

Your mind will be filled with HER. Not your wife or girlfriend. Not your moral standards. It will be filled with HER. In that moment, you need a “HER Reason” to Stop.

- If you “hide” behind your wife or girlfriend – a stated or thought “She’ll never know” will often give yourself permission.
- If your standard is objective morality – “mutual consent” often trumps it - and even the very religious may think “God will forgive me” (because He will).
- A disease reason to stop is trumped with a “clean bill of health.”
- A pregnancy reason to stop is trumped with birth control.
- Even a “Me” reason to stop means that I might let myself off the hook.
- All these reasons are GOOD REASONS – but we should ALSO HAVE a “HER reason.”

VM: _____ - Men often want sexual things

more when they are hurting, losing, facing problems or any other time they want their masculinity affirmed so they can do what they need to do or feel better.

Vulnerable Moments

Less Expected Danger Point: _____

When a man feels masculine because he just overcame some major challenge, he often feels he deserves a celebration expression. Almost all men, when they win, want to celebrate with a special woman, and they want to be rewarded for their victory with passionate “You are such a MAN I just HAVE to have you!” sex. Be aware of those moments. You might feel you are at your strongest as a man, but you are also at your most vulnerable as a man, too.

Moments of Victory

OToW: _____ - Impaired Judgment or

Impaired Self Control. Drinking, even a light “buzz.” Being sleepy. Being with her a long time right AT the line – a natural temptation arises to go forward more.

Obvious Times of Weakness

AHtW: _____
ALWAYS Honor the Words

In a moment of lust, the very best “no” someone may muster is with the words – the actual words of “no” or “we shouldn’t” or anything else that even *implies* a no – but everything in her eyes, body, and even the breathless tone of her voice might be screaming yes. She might even be fully engaged in the physical activities of a resounding “yes!” Her body might be very responsive... She might even drop her no and give in to the moment *enthusiastically* – but in the end.....

YEU”TG” _____
You End Up “That Guy.”

Her thoughts and feelings about it will last the rest of her life. If she *blames* you afterwards (“I DID try to say ‘no’ and he did not stop!”), you got a moment of pleasure and what might it cost you? Maybe a lifetime of disdain. Maybe a child. Maybe a disease. Maybe making a relationship weird. Maybe the end of a friendship. You may lose more than you might imagine.

IMCHMTYME: _____
It might cost HER more than you might expect.

There is a Life Context to every choice, and you have no idea what the long term repercussions might be in HER life. You have no idea what choices SHE might make as a result of that one moment. You have no idea how SHE might feel about herself, about her self-worth, about whether she ends up thinking that her primary value to men is “just a body,” and, certainly, if you lack discretion, you have no idea how making your event public might affect her.

Ta”HR”tHtL: _____
These are “HER Reasons” to Hold the Line

IL: _____

ISL: _____

IR: _____

IAM: _____

It's Leadership. It's Self Leadership. It's Responsibility. It's Authentic Masculinity.

It is Showing HER WYAaaM: _____
Who You Are as a MAN

It is showing HER that you can make a decision and stick to it – even when you do not want to. It tells her that your regard for her is bigger than your “me want.” It tells her that she is MORE to you than a body, that you want a good future for her more than you want pleasure with her now. Elevate! Elevate! Elevate! It makes the yes or no of it a CHOICE you Choose and Stick To.

THMYYWH: _____
Treasure Her More Than You Want Her

RHMTYWH: _____
Respect Her More Than You Want Her

LHMTYWH: _____
Love Her More Than You Want Her

Drawing and Holding Lines For Married Couples

MDNM"NL": _____
MARRIED DOES NOT MEAN "NO LINES"

"S"sNaL. _____
"Sex" is NOT a Line

"S"iaCoB: _____
"Sex" is a Category of Behavior

When you are married, it is not "anything goes." There are many issues to be discussed and explored that ought to be done in the Courting Phase of a relationship. Since few of us do that... You need to find a safe opportunity later... but as soon as you can develop a safe opportunity. In this case...

TMCSO: _____ . That will usually be the woman.
The Most Conservative Should Offer.

MLSBWJ: _____
Married Lines Should Be Explored Without Judging.

Something that happens from time to time is that the woman judges the man's desires as "perverted," "sick," or evidence of being a "sex addict." From time to time, the man judges the woman as being a "prude," "frigid," or any other terms he might use to judge her different sexuality.

Almost All Married Couples Should Have Reasonable Lines for:

Frequency: 2-4 times a week normal.

Less only be if neither desires it more than that or specific times – period, illness, injury, pregnancy, guests, guests in the house, being guests in another's house, lack of privacy, etc..

More only be if BOTH have a sex drive above that or special times – Vacations, Honeymoons, Unusual Times of Prolonged Privacy, etc.

GENERAL RULE: TAIAYUTIAGRfItbN,EDNC: _____

The Answer is Always Yes Unless There is a Good Reason for It to be No, Emotions Do NOT Count

This should be within the agreed upon limits of The Lines.

Avoid rejection to avoid doing damage to the relationship.

A normal man takes sexual rejection very personally. It is not a rejection of an activity, it is a rejection of him as a Man.

After about 3 rejections, a normal man will stop asking, or stop caring about you.

Positions: Yes, there are plenty of positions.

For married couples having sex only with one another, there are no morally wrong positions.

Just because it is not morally wrong does not mean it may not be physically painful, nor does it mean that a partner is required to do it.

Miscellaneous Things: Oral Sex, Hygiene concerning sex, Places, Risks of Being Caught, Public Displays of Affection, Toys, Pornography, Circumstances, Foreplay, Afterplay, Afterglow, Role Play, Outfits, sex during her period, sleepwear alone, sleepwear when others are around (kids, family, guests), talking about sex, talking about sex with others (and, if allowed what truths can be shared with whom), Vocabulary regarding sex, Whatever other intimate things might need to be covered...

Off Limits: Threesomes, Anal Sex (unless both want to try it), Swinging or Swapping, Watching or Being Watched, Anything painful.

Note for Men: A Woman's Sex Drive is boosted with generous Romance, generous Intimacy, and generous meeting of her needs and fulfillment of her values.

Pornography 1

What constitutes Pornography? PiitEotB: _____
Pornography is in the Eye of the Beholder

General Definition: SEM _____ (movies, photos, drawings, writings) with the primary purpose of SA _____.
Sexually Explicit Material, Sexual Arousal

This includes "adult" movies, Playboy, hentai, Penthouse Letters.

VPSP: _____ - More Sexual Than Public Standards.
Violate Pubic Standards Principle

Where Bikinis are Publicly Worn, they are not pornographic. Where women are routinely topless (such as the French Riviera), topless would not be pornographic. Where women's top are almost always covered, it is pornographic. Thus, the line of what is and is not pornography may vary wildly from culture to culture and through history.

Fringe Conservative Definition: AtLtST: _____
Anything That Leads to a Sexual Thought

This includes Victoria's Secret catalogs, Sports Illustrated Swimsuit Edition. By this standard, nearly anything could be pornography. A woman in shorts!

PMatSwKFMMatMA: _____

Porn Movies are to Sex what Kung Fu Movies are to Martial Arts

The purpose of a fight-action movie is to get you from fight scene to fight scene. The plot may make little sense, and it may be very unrealistic, but it serves it's sole purpose of giving the movie an excuse for another fight. Porn movies do that with sex. They are crafted to get you from sex scene to sex scene. Just as real fights are not like the choreographed fights in the movies, real sex is not like porn sex.

Problems Pornography Creates:

1. CUE _____
2. CIS _____
3. COoW _____
4. FPGFfF _____

Conditions Unrealistic Expectations, Conditions Immoral Standards, Conditions Objectification of Women, Fulfills Primary Gender Fantasy for Free

MPGF:SAtMAW: _____

Male Primary Gender Fantasy: Sexual Access to Many Attractive Women

"Sexual Access" is not "having sex" or even "having a physical relationship." It can be as simple as a respectful attraction with the "no" based on morality.

Men achieve their PGF with healthy women through AM _____
_____, L _____, A _____,
F _____, F _____, A _____,
IC _____, IR _____

Authentic Masculinity, Leadership, Achievement, Fame, Fortune, Attractiveness, Intimate Connection, Intimate Relationship

TPsNtP,tPitCT!: _____

The Problem is NOT the Porn, the Problem is the Conditioned Thinking!

This means that ANYTHING that Causes the Problem Thinking is a Problem!

PE: _____ - Conditioning Unrealistic Expectations, Conditioning Immoral Standards, Conditioning Objectification of People, Creates an Expectation of the Primary Gender Fantasy without Being Worthy of What You Want.
Pornography Effect

A Lot of Things Create the Porn Effect. Women Take Note! YOU may be guilty!

Immoral Standards can include Violation of Marriage Vows. Somehow, the only "violation of marriage vows" that pops into people's head when that is said is Adultery. The vows probably included Love, Honor, Cherish, maybe Obey, to be a partner (not an opponent) when outside circumstances are Better or Worse, when the financial state is Richer or Poorer, and whether you are in Sickness or Health. You may have promised to Have, Hold, and to Cleave. Violating those is also a violation of vows!

WPiaP,PiaP: _____

When Pornography is a Problem, Pornography is a Problem

IPiNaP,PMNbaP: _____

If Pornography is NOT a Problem, Pornography May Not be a Problem

Two Common Times Men Seek Feminine Beauty or Pornography:

1. When TMiC: _____

Their Masculinity is Challenged.

This is the PGF version of "mercy sex" or "comfort sex."

2. When TSSE: _____

They Seek "Sex Energy."

A. "Caveman" Use of Sex Energy is _____

Sexual Gratification

B. Masculine Use of Sex Energy is _____

Achievement

Innocuous: Bathing Suits, Clubwear, Bikinis, Lingerie.

Soft Porn: Partial Nudity, Nudity, Overtly Sexual Even When Covered

"Normal" Hard Pornography: One on One, Girl on Girl, Threesome

"Borderline" Pornography: Group Sex, Harmless Fetishism

"Problem" Pornography: Harmful Fetishism: Child Pornography, Bestiality

If you being conditioned by the porn, it will tend to draw you to harder and harder porn.

Study after Study has found that WRtEaMaMD _____

Women Respond to Erotica a Much as Men Do

When a Woman feels DC _____ to her man, she knows she can THL _____, she FT _____, and she is LR _____, all by a man she Loves and Respects as AM _____ - She WANTS to pleasure him.

Deeply Connected, Trust His Love, Feel Treasured, Lavishly Romanced, Authentically Masculine

She may want to look better for him, dress more sexy for him, reveal herself to him, be more sexual more often, and be more adventurous – which may include sharing porn.

Couples Use of Porn: SCS: _____

Special Circumstances Spice

Used sparingly, it can be a spice for variety and intensity. Only the wife should initiate.

Pornography 2

PE: _____ -

CUR: _____

CIS: _____

COoP: _____

CaEotPGFw/oBWoWYW: _____

Pornography Effect: Conditioning Unrealistic Expectations, Conditioning Immoral Standards, Conditioning Objectification of People, Creates an Expectation of the Primary Gender Fantasy without Being Worthy of What You Want.

DaLaHaLwP: _____

Draw a Line and Hold a Line with Pornography

One Suggested Line: Beauty and Fitness on FlexOnline.com

Why? It's a body building site. They typically have fitness champion beauties in bikinis and thongs. It's sexy, but not overtly sexual. AND if you ever feel you are wishing some ordinary woman you knew (or were dating, or were married to) looked like that – click over the men – and see the muscle and physique champions on the men side. It gives you some perspective. If your woman asked you to look like the body builders and would be unhappy with anything less... well... it's obvious what THAT would take.

KWYALA: _____

Know What You Are Looking At

Remember all the rules for Feminine Beauty discussed in that lesson. As you head into the realm of pornography, remember that these women make their living at what they do. In porn, what they do is look hot and have performance sex for the camera. It's not real sex. It's performance sex. It's not even about the pleasure of the participants. It's about putting on a show. It's her job.

M!FBitbAftWI: _____

Men! Feminine Beauty is to be Appreciated for the Woman Inside

Men appreciate beautiful, sexy women. A man who does NOT WANT to look is more of a concern than a man that wants to look, wants to admire, wants to see more, wants to enjoy. Embraced, Elevated and Expanded, it can be tremendously powerful, IF you really, honestly Embrace, Elevate and Expand. The Pornography Effect prevents that.

Suggestion: WSVaPS: _____

Women Should Visit a Porn Shop

Women who would like their eyes opened to the nature of male sexuality should consider visiting one or more porn shops. Take a look to see what's available. Some are relatively tame stores, while others have products for legal fetishes. This will give a woman some perspective on a man's sexuality. A man she might have thought was "perverted" or "addicted" will be seen in a different light.

YMWPSTbC: _____

Your Man Will Probably Seem Tame by Comparison

It will help you appreciate authentic masculine sexuality better.

Masturbation to Porn: WaYT? _____

What are You Thinking?

The Pornography Effect, tells us that the issue is not the Pornography. With Masturbation, the Pornography Effect governs. The issue is not the Masturbation. The issue is the Conditioned Thinking.

Suggestion:LMARS: _____

Learn More About Real Sex.

There are a lot of books, educational/training videos, and other materials available.

Self Gratification

MiMN: _____

Masturbation is Morally Neutral.

WYTWYMiNMN: _____

What You Think When You Masturbate is Not Morally Neutral

_____ % of Males Masturbate. This include ALL teens, adults and senior citizens.

“ _____ % of Teen and College Age Men Masturbate. The other 1% Lie About It.”

_____ % of Males in Sexual Relationships Masturbate.

_____ % of Females Masturbate. This includes teens, adults and senior citizens.

_____ % of Females in Sexual Relationships Masturbate.

90, 99, 40, 65, 30

If at least 90% of our sons and 65% of our daughters WILL masturbate and it has some potential dangers physically, psychologically, sexually and in their marriage,

WAWTOC? _____

What Are We Teaching Our Children?

MiaOtTYS: _____

Masturbation is an Opportunity to Train Your Sexuality

The general discomfort with serious discussions on sex (jokes seem to have no end) usually leads to sexuality developing in a vacuum. In the Internet Age, this is a massive mistake for parents. There is NO telling what might happen!

CT: _____ on the subject is usually limited to trying to get to the WD”P”: _____ with no thought to the fact that

S&SiaHPoM: _____

Christian Teaching, Wedding Day “Pure”, Sex and Sexuality is a Huge Part of Marriage

Happily Marriage Couples tend to have sex 2-4taw: _____

Single Men should limit Masturbation to 1tiad.4tiaw: _____

Single Women should consider Masturbating at least 2taw: _____

Practice thinking thoughts of being married, intimately connected, and of mutual pleasure. Pick one person that is symbolic of your ideal and stay with that.

2-4 times a week, 1 time in a day, 4 times in a week, 2 times a week.

The Male Average “from 0 to done” is 3m _____.

The Female Average “from 0 to done” is 20m _____ (if at all)

3 minutes, 20 minutes

Men, practice extending your time. Target, 10 minutes or longer.

Women, practice faster orgasm. Target, 5 minutes or less.

John Gray found that the thing that made sex “memorable” for the woman was her orgasm. The thing that made sex “memorable” for the man was the woman’s orgasm!

Ideally, her orgasm should be “normal,” not “memorable”!

Some Couples Like to Watch One Another. Men in particular often like to watch a woman masturbate, often “studying” what she’s doing so he can do it to her later.

Safety Notes: No Petroleum Jelly. Nothing Abrasive or Harsh (Jacuzzi jets, sheets, high pressure shower massagers). Use proper lubricant. Household Item that is usually safe: vegetable oil. Do not “bend” or put downward pressure from the head of the penis. Circumcised men, keep the head clean.

If a woman uses objects, make sure they are smaller than a man and clean.

Additional Thoughts on Masculinity and Sexuality

DM:MDbWYA: _____

Defensive Masculinity: Masculinity Defined by What You Avoid

MDbD: _____

Masculinity Defined by Disconnecting

MDbWYA: _____

Masculinity Defined by What You're Against

AM:DMMO: _____

Aggressive Masculinity: Defensive Masculinity Made Offensive

MDbDoD: _____

Masculinity Defined by Damaging or Destroying

PM:NST: _____

Passive Masculinity: No Such Thing

MiNP, OSMaP: _____

MASCULINITY is NOT Passive, Only Some Males are Passive

AM:MDbWYP: _____

Assertive Masculinity: Masculinity Defined by What You Pursue

MDbC: _____

Masculinity Defined by Connecting

MDbyWYF: _____

Masculinity Defined by What You're FOR

MDbPaC: _____

Masculinity Defined by Protecting and Creating

MDbC&A: _____

Masculinity Defined by Choices and Action

Become comfortable with feminine sexuality. Learn about her period, be willing to pick up what she needs, and do it from a position of Strength. Be comfortable with yourself.

SiNS: EDNES: _____

Sex is Not Sex: Experience Does Not Equal Skill

In fact, experience can hamper skill with any given individual because "sex" is learned and relearned person by person. 90% of what you need to know to know what to do can be better learned for general application by proper training.

T"TD"E:JaEtI: _____

The "Test Drive" Excuse: Just an Excuse to Indulge

How many test drives to need to know if you like the car? Does the dealership know you want to "test drive" the car for years before you even decide if you want it?

MS:MtHS, ItNHS: _____

Marital Sex: Moral to Have Sex, Immoral to Not Have Sex

PMS:E,R&aD,LC: _____

PreMarital Sex: Engaged, Ring and a Date, Late Courting

NMS:NM,NE,NLiC: _____

NonMarital Sex: Not Married, Not Engaged, Not Late in Courting

SM:OaaT: _____

Serial Monogamy: One at a Time

P:AD: _____

Promiscuity: Anyone Desired

EMS: OoBPMbNtEO: _____

ExtraMarital Sex: One or Both Partners Married but Not to Each Other

O:M,OoC,C: _____

Oops: Mistake, Out of Control, Circumstantial

OA:SRoM: _____

Ongoing Affair: Sexual Relationship Outside Marriage

S/S:EMP: _____

Swinging/Swapping: ExtraMarital Promiscuity

MMLS,SMLM: _____
Married More Like Singles, Singles More Like Marrieds

MCshAS: _____
Married Couples should have Awesome Sex.

ASWIMsFF... : _____
Awesome Sex When I'm Married should Flow From...

1.ACH: _____
A Clean Heart

2.TtBCI: _____
Top to Bottom Connected Intimacy

3.THEN PT: _____
THEN Physical Technique

“PT”SW”ASWIM” _____
“Purity Training” starts with “Awesome Sex When I'm Married.”

TPtM:DDCEM: _____
The Path to Marriage: Dates, Dating, Courting, Engaged, Married

Do you want to have something left to share when you get Married? Do you want to have more when you are Engaged than Courting? Courting than Dating? Dating than Dates? Expect five serious relationships. Expect each will go at least as far or farther than the last. What pace should you set?

M&SaCItaBS: _____
Mothers and Sisters are Critically Important to a Boy's Sexuality

TaaBFEtFB: _____
They are a Boy's First Exposure to Feminine Beauty

Boys first learn from family whether women's bodies are about the woman or about sex. They first learn to associate female bodies with women they love and women they see as fully human starting in the home.

M&OSaaBFEtFRtHS: _____

Mothers and Older Sisters are a Boy's First Exposure to Female Responses to His Sexuality

If Mom is ashamed of whatever he might be doing or thinking, a boy learns that he is shameful, probably perverted and corrupt and sick. He learns that he is innately unlovable and must hide half of himself (“if she knew what I was really like, she would despise me!”).

If Dad does not seem to have any of the same issues (because they are never discussed) or seems ashamed or embarrassed by the subject, the boy also learns that it is a shameful thing and there “must be something wrong with him” and he must hide.

WD”S”MtY? _____
What Does “Sex” Mean to You?

Is your first image of the sort of people that define “Married” the same as the image of the sort of people that have “Sex”? What about “great sex” or “really hot, steamy sex” or “passionate, romantic sex.” About 85% of people have a “dysfunctional” picture for “married” and a media driven picture for “sex.” Combined with “successful relationship” definitions, it drives many young people to “get sex while it can be good” and to stay in bad relationships.

Another dimension of this question is “what does sex mean to you about you?” and “what does sex mean to you about your relationship?” You can further deepen your exploration by considering different types or levels of sex. “What do quickies mean to you about you? About your relationship?” and “What does awesome, name screaming, mind blowing, body exhausting sex mean to you about you? About your relationship?”