

Wanting
IT MORE.

How To Talk To Your Husband

ABOUT WANTING IT MORE



I'm Janna Denton-Howes, Desire Coach and Creator of Wanting it More.

Wanting it More was created out of hundreds of hours working with women, married to men, who felt like sex was a chore.

I've spent hundreds of hours as a Desire Coach helping married women turn the frustration of not wanting it into the satisfaction of knowing exactly how to get in the mood.

What I've realized it this: the advice that most other relationship and sex experts are giving is all wrong (and sometimes even harmful).

Forcing yourself to "just do it" for the sake of your marriage or placing so much emphasis on "mind blowing" orgasms leaves most women feeling icky and pressured.

There's a better way...



Why It Might Feel Difficult

Whether you think your husband is willing or not willing to participate and invest in marriage education, you don't really know until you ask.

That being said, you might have fears that he will:

- Brush you off and leave you feeling stupid.
- Say that you just “need to have more sex” (it’s so simple!).
- Not want to make the investment since he doesn't see the problem
- Feel hurt, rejected and withdraw from you.

Ultimately, we just never want to feel alone, not on the same page, not supported and making the changes all by ourselves. Talking to your husband might feel like taking a big risk into feeling these really horrible feelings.

Believe me, I know.

I avoided drawing a clear boundary with my husband for YEARS because I was worried about his reaction. When I finally told him that I wasn't going to have sex unless I really wanted to, some of my worst fears came true: he got mad and stormed out of the house- questioning whether our marriage would survive for the first time in our relationship.

But now, years later, he thanks me again and again for having the courage to speak up and even shares this story with hundreds of other men- encouraging them to respond to their wives' desire for continued marriage growth.

This is why I want to help you talk with your husband about this program. He may not know how much of an issue this is for your marriage, he may not know that you are feeling unhappy and he definitely doesn't know how infinitely better his sex life will be when his wife is 100% enjoying and looking forward to it!

Why It Might Feel Difficult

You may also have another concern- that by talking about a program to help you “want it more” with your husband, the pressure to have sex will be increased and that he’ll have greater expectations...

While this may be the case for the first week or so- both of you will quickly realize that the only “pressure” is the expectation that you always feel 100% safe, accepted, and fully in your pleasure (real pleasure- not just performance).

Pause and reflect: What would be the best possible outcome? Set a positive intention for this conversation.

Write here...

Your Husband's Concerns

Before you go into a conversation with your husband, it's helpful to know what some of his concerns and insecurities might be. It's easy to see an angry or stubborn face as uncaring, selfish and controlling but I want you to know that it all stems from one thing: vulnerability.

Men have been taught some pretty unhelpful "truths" about being a man that make some of them dislike getting help.

They are taught to:

- Never fail
- Do it yourself

Never fail at pleasing your wife in bed. Never fail at making your wife happy. Never look like you don't have everything together. FIGURE IT OUT ON YOUR OWN. Nice, hey?

They've also been taught that if your wife doesn't want sex, she doesn't want you. This is why so many men feel deep hurt and rejection when their wives aren't dying to hop into bed with them.

As frustrating as these very unhelpful cultural messages are, I hope this gives you some insight into why your husband might have a strong reaction when you bring this topic up although there are many who will be equally as happy to have you caring about your sex life!



HAVING CONFIDENCE
AND COURAGE

Having Confidence and Courage

I want to ask you one important question:

if things were to stay exactly the same with your sex life for the rest of your marriage (or even deteriorated slightly over time), what impact would this have on your marriage? What impact would this have on you?

I really want you to think about this because having the confidence and courage to make a clear request is important during your conversation with your husband.

Here are a few facts:

- 1 You know that sex is important for your marriage.**
- 2 You know that what you are doing right now isn't working.**
- 3 You know that having a step-by-step path to improving your intimacy with practical support and guidance will save you TONS of energy and time.**

That's me! →

THE CONVERSATION

The Conversation

Now that you have your mind in the right place and you are feeling ready to talk with your caring, understanding and ready-to-support-you husband, let's give you some practical tips!

PRACTICAL TIP #1

TIP

Stay far away from blame.

It can be SO EASY to want to deflect our own insecurities onto our husbands- believe me, I know! I didn't feel great about my "broken" sex drive so I'd often try and find anything to make it my husband's fault.

Does your husband has something to do with the pattern in your sex life? Absolutely. And what he can change is handled in the program. But, right now, you want to reassure him that this isn't going to be a bunch of husband-bashing, critical and fault-finding tactics (it isn't).

CHAT

This sounds like:

"I want to find a solution for my low libido."

"I want to figure out how I can feel aroused more often."

"I need to find out how my body works."

The Conversation

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PRACTICAL TIP #2

TIP

Be brief.

Sometimes, when us women get nervous or feel like we are asking for something that isn't going to be received well (this is a gross gender generalization so bare with me), we go into a lot of details- our feelings, the past and why, why, why.

This usually doesn't end well because in our effort to explain ourselves thoroughly, our husbands just hear over and over again, "You failed.". Keep it short so he can hear.

CHAT

This sounds like:

I found an online program that will help me figure out a solution to my low sex drive. I think it will really help and I want to take it. You can join me or not- whatever you feel comfortable with. It costs ____ and I know it'll be worth it. Are you okay if I get it?"

(pause for a response, allow silence and answer his questions).

The Conversation

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PRACTICAL TIP #3

TIP

Inspire, challenge and invite him.

Not blaming him and staying brief are wonderful on their own but this is the icing on the cake. Sometimes a little positive challenge is really motivating for men- who deep down really do want to be the hero in your life and try their best to contribute to your happiness.

CHAT

This sounds like:

"I love you very much and I know that our marriage is really important for both of us. I'm really excited about what we can create together and I want to do it all with you."

If Things Don't Go As Hoped

You found the courage, you made the clear request and you inspired him for the future.

And he still isn't on board.

That's okay. He's got a LOT of funky messages about masculinity, sex and getting marriage support that you can't control.

I know it would be way better to have his 100% support but now you have a choice:

Will you let things continue on the way they are without much hope of improving?

Or

Will you power on and decide that you can be the spark of change in your marriage?

Many women decide to just forge ahead and get the support they need from the community of women and myself- knowing that as they change the dance steps in their relationship, their husbands will have to eventually follow along.

Permission to do just that if it feels right.

Let's do this! 

ADDITIONAL
RESOURCES



Additional Resources

Learn more about Wanting it More:
www.jannadentonhowes.com/wantingitmore

Learn more about my support program for husbands
www.jannadentonhowes.com/men

Ask me, Janna Denton-Howes, questions
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Ask my husband, John Sorenson, questions
sorensonjohn@hotmail.com

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