



Video 1
Introduction

We are glad you have decided to join us for this journey. It is our hope that the information presented in this series will assist you as you lean into each other and work on finding common ground in the area of sexual desire in marriage.

In this first video, you will meet your instructors as Dr. Michael Sytsma and Christy Christopher introduce themselves and this project.

What about you? After each video Christy challenges you to explore and apply what you are learning. We invite you to use these PDF forms to type out your answers.

What are you hoping for in watching these videos?

NOTE: We regularly encourage you to answer questions for yourself first, then discuss them with your spouse. If you find attempting to discuss with your spouse becomes problematic as you blow up or shut down as a couple, we HIGHLY recommend you work on building your couple communication skills first. While there are a variety of ways to build communication skills as a couple, our first choice is the ePREP® material available on this web page. Purchase the program there and work through it as a couple first:

<http://lovetakeslearning.com>