



dead bedroom

**A GUIDE TO
REVIVING
INTIMACY
IN MARRIAGE**

BY JOHN DAUM

PREFACE:

WHAT AM I READING?

What can I expect from this book?

Lots of straightforward talk about sex in a way you can apply it to your unique relationship.

How is this different than the millions of other books about sex?

We're not going to approach sex as just one part of your relationship. We're operating under the assumption that sex affects your whole relationship and your whole relationship affects sex. **[Read that last sentence again.]** That's quite a bit different than your typical "7 Ways To Make Your Sex Life Sizzle."

When you're married, there isn't your sex life, financial life, your social life. **There's just life.** Most books and articles about sex separate sex from the rest of your marriage. We realize that sex doesn't happen in a vacuum. Sex happens in your marriage relationship. This book is more of a **maritally-holistic approach to sex.**

Why should I trust this? What's your angle?

Great questions! Because this is based on the latest and best research. Research made *understandable*. Plus, someone who is just like you wrote it – someone who's trying to have a healthy sex life in a healthy marriage. The only "angle" is to keep it real.

Bottom line: Is this going to help my sex life? (And my marriage, because they both go together.)

Nobody has time to waste, so, absolutely.

Anything else I need to know?

We're keeping this practical. You'll find conversation starters and exercises for you as a couple. Expect some unique angles on sex and some fun facts. **Oh, and have a journal handy or a note on your phone to truly personalize this book.**

That it? Can I get to reading now?

Two quick things: (1.) Be honest. (With yourself and with your spouse.) And (2.) Have fun. Sex and marriage are important enough to justify honesty, transparency, and authenticity. But as serious as all that may sound, sex and marriage should be seriously fun. Please don't forget to have fun. **Even if you're struggling through some things, enjoy the journey. Now, let's go!**

sex affects your whole relationship and your whole relationship affects sex.

INTRODUCTION

Love never dies a natural death. It dies because we don't know how to replenish its source. It dies of blindness and errors, and betrayals. It dies of illness and wounds; it dies of weariness, of witherings, of tarnishings.

ANAIS NIN

Sex: the thing that takes up the least amount of time and causes the most amount of trouble.

JOHN BARRYMORE

There's a saying: The corruption of the best is the worst of all. To unpack that a bit, we might say: When the **awesome things** in our life get screwed up, they become **awful things**.

Could anything be more accurate about sex? Sex is one of the most magnificent things in life. But when sex becomes complicated and convoluted, expected and deflected, when sex becomes tedious and monotonous, any magic disappears. *Sex turns into a source of dread, resentment, and bitterness.*

In the past few years, the term **Dead Bedroom** has become a common way to symbolize a bedroom where a couple experiences considerable ongoing sexual problems. **Dead Bedroom** is not a clinical term. It generally refers to significant changes in a couple's typical sex life. Sexual frequency may become reduced or stopped altogether. Even infrequent sex may become much less satisfying or pleasurable for one or both spouses.

Keep In Mind: There are many common temporary fluctuations in any couple's sex life. Circumstances like pregnancy, childbirth, nursing, and things like illness or injury often directly impact sex. These kinds of circumstances on their own don't create a true **Dead Bedroom**. A bedroom has "died" due to emotional or relational intimacy problems becoming an obstacle to a couple's physical intimacy. In other words, if your bedroom has died, it needs to be revived in every room of your house. **We're going to think outside the bedroom.**

Know you aren't alone. Sex is an issue in most marriages; it's just that nobody talks about it. What if somebody cared enough to not only talk with you but walk with you through it all? What if they were qualified to cut through the Cosmo-esque sex advice nonsense?

Let's begin our talk here. **Sex is one of the simplest, yet most difficult things in marriage.** It's generally simple in the sense that even the birds and bees are doing it just fine. They aren't reading "How To Keep Your Hive Humming" or "5 Ways To Make A Real Love Nest."

Specifically, sex can be complicated in marriage because human sexuality is more than just biological. Sex is a bunch of other stuff too.

With human sexuality, we have strong emotions and complex relationship dynamics to navigate. (The birds and the bees have it easy.) We're often dealing with the psychological weight of past traumas. A spouse who doesn't feel safe emotionally but still expects sexual vulnerability. Maybe a not-so-functional marriage where there is pressure for frequent functional sex. Sometimes our health issues keep undermining what's in our heart. **All of this stuff is workable.** You just need a good-natured guide.

So, you've got some questions about your sex life. Everybody does. Take a wild guess where those questions usually get asked – usually, *the internet*. We can ask our questions anonymously, but there is so much conflicting information, fads, misinformation, and opinions with no research backing them up online. *We can do better than that. Your sex life and your marriage deserve better than that.*

QUESTIONABLE SEX

We've all got a lot of questions about sex. The wording might vary a bit, but here's what most married people want to know right out of the gate:

Is there a certain amount of sex we should be having?

Are men and women just wired differently when it comes to sex?

One of us is more interested in sex than the other. What now?

Since having kids, sex has kinda disappeared. What do we do?

My spouse wants us to try _____. How do I say I'm not into that?

Those questions top the lists of frequently asked questions about sex, according to marriage therapists and counselors. Maybe some of these are your questions. Maybe you have different ones. All our questions represent the simple ways sex gets complicated and complicates marriage and how our marriage complicates sex.

On Google, the top complaint about marriage is not having sex. Searches for “sexless marriage” are three and a half times more common than “unhappy marriage” and eight times more common than “loveless marriage.” There are 16 times more complaints about a spouse not wanting sex than about a married partner not being willing to talk.

Do you see it? The key is right there. The answers to your questions about the sexual problems in your marriage are *in the questions themselves*. Those questions reveal our priorities and focus. **[SEARCH]** is like truth serum. Do we know all there is to know about happiness, love, and communication? Are we better at those things than sex? Or do we just think we are?

What if we stopped looking for answers about sex and started looking at our questions?

When it comes to our questions and concerns about sex and marriage, we often are not open and honest with our spouses. (*We struggle to be honest with ourselves.*) But, wow, we are transparent with that little white rectangle on our screen labeled, “SEARCH.”

*we might not be having
sex, but sex has us.
(and our marriage.)*

Is it possible that we're over three times more preoccupied with *sexual issues* than *happiness* in our marriages? Over eight times more focused on *sex* than *love*? Some 16 times more concerned with *sex* than *talking*? Sit with those questions for a moment. Don't focus on the numbers. **Absorb the principle.**

In our thinking, at least, sex appears to be more disruptive to our marriage than a lack of happiness, love, and communication. But this can't be possible because if our relationship were so full of happiness, love, and communication, we would be too busy having sex to be on Google searching for answers to fix our sex lives. Right?

But we aren't having sex. Sex has us. Sex has us asking the wrong questions and working with the wrong answers or no answers at all. No wonder our sex lives (and marriages) are dying. What if we flipped the script? What if we asked more questions about communication, love, and happiness? How would that change our marriages? *Is it possible the sex would follow?*

Sex isn't an end in itself. When you make it one, sex has a way of ending itself. According to research by Wake Forest University psychologists, marriage does more to promote a satisfying life than money, sex, or even children. **A healthy, happy marriage is an end in and of itself. And the beginning of better sex.**



If you're focusing on your relationship in the bedroom, your relationship in all rooms of your house will suffer.

Think outside the bedroom.

When you focus on improving your marriage in all the other rooms in your home, your bedroom will be banging.

But this isn't one of those: **17 Incredible Secrets To Crazy Body-Melting Mega Ultra Awesome Sex!** kind of things. Those types of articles imply that our sexual struggles are *technical* when they're actually *relational*. Sure, Secret #7 might be a fun, new technique, but if you don't feel safe communicating with your spouse, what good is it?

What are your questions or concerns about sex in your marriage? Try to look at your questions instead of trying to answer them. What do your questions reveal? Are they distorting your view of yourself, your spouse, and your marriage? **Now, what are your questions about happiness, communication, and love in your marriage?**



what could happen
in your sex life if you
**started thinking outside
the bedroom?**



the kitchen

Everything happens in the kitchen. Life happens in the kitchen.

ANDREW ZIMMERN

Cooking is one of the strongest ceremonies in life.

LAURA ESQUIVEL

No woman gets an orgasm from shining the kitchen floor.

BETTY FRIEDAN

For me, cooking is an extension of love.

HEDDA STERNE

room facts



WOMEN COOK
78%
OF DINNERS
AND MAKE
93%
OF FOOD
PURCHASES



WOMEN
SPEND
3X
AS MANY
HOURS
IN THE KITCHEN
AS MEN

THE ESTIMATED
VALUE
OF "TYPICAL"
HOUSEHOLD
TASKS
\$195,599



PER YEAR
(\$94/HOUR)



57.5% OF COUPLES
HAVE HAD
SEX IN THE KITCHEN



FOR COUPLES
WITHOUT KIDS
THE KITCHEN RANKS
2ND FOR **SEX**
OUTSIDE THE BEDROOM

the top 5 ways the kitchen hurts the bedroom

1

exhaustion
and
busyness

2

resentment
from
unequal
division of
labor

3

lack of
teamwork
and
cooperation

4

missed
opportunities
for
communication

5

poor nutrition
and **poor health**
plays a role in
poor sexual
performance

The Kitchen: A Dangerous Place For Your Sex Life

Sharp objects, boiling water, open flames, and hot surfaces can make your kitchen a dangerous place to have sex. Still, that danger doesn't stop 57% of couples, apparently. The kitchen poses a more dangerous threat to your sex life beyond knives and flames, though. Survey after survey, study after study, and poll after poll describes the same top two sex-killers. You can easily find both of them in your kitchen:

1. Physical fatigue and stress

2. Emotional disconnection or relational drift

If sex itself is two bodies joining together, the kitchen is often where those two bodies become separated - physically and relationally. All too frequently, one spouse is busy in the kitchen, and the other is... somewhere... doing *something*. (Probably relaxing.) One spouse is harried, hurriedly preparing the meal, setting the table for dining, and cleaning it all up afterward. The other spouse? *Wait, there's another spouse that could be helping? Yesssss!*

The kitchen represents a large workload. Add in the clothes in the laundry room, cleaning the bathrooms, and chores all over the household. Plus, keeping up with pets. Taking care of a baby or toddler. Helping kids with homework and school projects. Orchestrating baths and bedtime. Factor in the reality that this individual probably works outside the home or works from home. Now, multiply this scenario by "day after day." Total. Up. All. This. Work. (*And what if the sum never gets divided by two?*)

If this is the situation, or anything even remotely close to this, stress and physical exhaustion are guaranteed. Emotions like bitterness, resentment, and contempt are guaranteed. Sex? Definitely not guaranteed. (Even if sex occasionally happens, don't be surprised when it's dutifully treated like **another chore** on the list of things to be checked off. How *romantic*.)

“Chores are a small yet vital way that couples show care for one another, their home, and their relationship. If couples are not on the same page about these tasks, one partner will likely do the brunt of the chores and feel resentful or feel as though their partner doesn’t care about them,” explains marriage and family therapist Justine Mastin.

Once again, open, honest communication is the key.

HOW TO TALK ABOUT HOUSEHOLD RESPONSIBILITIES

- Make a list of everything that needs to be done – daily, weekly, monthly.*
- Talk about your household division of labor when you’re both calm.*
- Focus on how both of you feel and what your individual needs are.*
- Use “I statements.” Organize, don’t criticize. Listen to your spouse.*
- Don’t assume your spouse “should just know.” Or that they should do it your way.*
- Talk about the chores you enjoy and the ones you really hate doing.*
- Play to your strengths, not stereotypes.*
- What tasks can you do together? Bonding time!*
- Plan, but remain flexible. Make this an ongoing conversation.*

A study from the University of Alberta showed that couples had higher sexual frequency and higher sexual satisfaction when men helped around the house. The researchers believe that the correlation has to do with the women in the marriage feeling more respected. (We can take the logical liberty of adding, “*And also feeling less stressed out and exhausted.*”)

Listen. When you got married, you became a team. If you’re expecting (or hoping for) some teamwork in the bedroom, teamwork in the other rooms of your house is critical. **Think outside the bedroom.** Foster a positive team mindset in all the rooms of your home.

research shows that couples have more and better sex when men helped around the house

the top 5 ways the kitchen helps the bedroom

1

an attitude
of **servicing**
your spouse

2

working
together to
accomplish
a goal

3

chores are
better together
(and can even
be fun!)

4

housework:
negotiation.
collaboration.
compromise.

5

expressing
thanks and
gratitude

sex TIP

Have sex outside the bedroom. Most couples have sex in the bedroom, mainly for many practical reasons. While understandable, this relegates sex to a routine, end-of-the-day activity when one or both of you might be exhausted. **Explore the rest of the house, different times of day, and each other.**

the questionable kitchen

What was the “division of labor” in both of our homes growing up?

Do we both feel comfortable asking for help when we need it? Asking for a break?

Is there laughter and dancing in our kitchen?
(Seriously.)



Want more?

ON SALE

For a limited time only!

~~\$25.99~~

\$19.99

BUY NOW

Let's agree not to monitor feedback to general. Let's not focus on others in general. Innovations are generally about as successful as they are because -- generally, instead, we need to be more focused and specific. Let's focus on you, your opinion, and your savings.