

# What happens *5 seconds* before you pull away?

**You know the moment.**

*Your husband reaches for you in bed.*

*He puts his hand on your leg on the couch.*

*A kiss lasts a little longer than you expected.*

*Or maybe he hasn't done anything yet. You just realize it's been a few days since you've had s\*x and start wondering if tonight is going to be the night.*

And then something changes.

You tense.

You start thinking.

You want space.

You suddenly feel irritated.

You're trying to figure out what to do next.

**Most women notice the part where they pull away. I want you to get curious about what happened right before that.**

Because when this has been happening for months or years, there's often a pattern you've gotten so used to that you don't even notice it anymore.

**Let's slow one of those moments down.**

STEP ONE

# Pick one moment

Not a week of tracking. Not your whole marriage. Just one recent moment.

*Think about the last time you were okay with physical closeness... until suddenly you weren't.*

## 1 What was happening?

What was your husband doing? What were you doing?

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## 2 What changed?

Did his touch change? Did you have a thought about where this might be going? Did you realize how long it had been since s\*x? Did nothing obvious happen?

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## 3 What happened in your body?

Don't worry about naming an emotion. What did you physically notice?

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## 4 What did you want to do next?

Move away? Freeze? End the kiss? Change the subject? Go to sleep? Get it over with?

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## 5 What happened when the possibility of intimacy was gone?

Once you knew nothing more was going to happen, what did you notice?

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## Wait...

**You may have always thought the problem was the moment you pulled away. But look at what happened before it.**

- Maybe your body changed before you consciously decided anything.
- Maybe the thought *Is this going somewhere?* changed the entire experience.
- Maybe you were anticipating s\*x before your husband had even initiated it.
- Maybe the strongest thing you noticed was how much you relaxed once you knew nothing was going to happen.

One moment doesn't tell us very much.

But when the same sequence has been happening over and over for months or years, I get interested in the pattern.

### **This is what I mean when I talk about Intimacy Shutdown.**

Not simply having a night when you don't want s\*x.

I'm talking about a repeating pattern that can change how you anticipate, experience and manage physical intimacy with the husband you love.

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**And I'm especially talking to the woman who doesn't want to keep living this way.**

You want to be able to enjoy his touch.

You want closeness without immediately wondering what comes next.

*Maybe you want to want him again.*

STEP TWO

# Now watch for it in real life

Over the next few days, catch three more moments. You'll probably start seeing the sequence while it's happening.

Don't try to change anything yet. Just notice.

"Oh. There. My stomach tightened before I pulled away."

"Interesting. I was enjoying that until I wondered if he wanted s\*x."

"Whoa. Nothing happened at all. I started anticipating because I realized it had been a week."

| What happened? | What changed? | What did I notice in my body? | What did I want to do? | What happened when intimacy was off the table? |
|----------------|---------------|-------------------------------|------------------------|------------------------------------------------|
| 1              |               |                               |                        |                                                |
| 2              |               |                               |                        |                                                |
| 3              |               |                               |                        |                                                |
|                |               |                               |                        |                                                |

YOUR NEXT STEP

# Seeing the pattern is *the first step*.

**But seeing it and changing it are two different things.**

If you've been bracing, anticipating, avoiding or managing physical intimacy with your husband for months or years, I don't want you to get better at analyzing yourself every time it happens.

I want you to understand how this pattern begins to change.

## That's what I teach in my free Intimacy Shutdown Masterclass.

If you love your husband, want your marriage, and want physical intimacy with him to feel different again, this is your next step.

**WATCH THE FREE MASTERCLASS**

**Carrie Cohen**

Carrie Cohen Coaching

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