

# Guard Friendship and Intimacy

*What deliberate attention does our friendship and intimacy need?*

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Print this alongside the module, or type into it — every box is a real form field.  
The workbook records what you did. This sheet records what you learned.

## 1 · WATCH AND LISTEN

Take these one at a time. A note you write in your own words is worth more than a highlight you never reread.

### Keeping the Spark Alive

*Session video on friendship, attention, and desire over years.*

**Notes** — and the timestamp you want to come back to

### The Engine of Intimacy

*Why emotional connection and physical intimacy feed each other.*

**Notes** — and the timestamp you want to come back to

### Restoring the Spark

*What to do when the connection has gone quiet.*

**Notes** — and the timestamp you want to come back to

### The Seven-Day Intimacy Reset

*A week of small, non-pressuring moves.*

**Notes** — and the timestamp you want to come back to

## It Starts Long Before the Bedroom

*Deep-dive audio on intimacy as the whole day, not the last hour of it.*

**Notes** — and the timestamp you want to come back to

## Responsive Desire

*Deep-dive audio on desire that answers rather than initiates.*

**Notes** — and the timestamp you want to come back to

## Modernising the Psychology of Intimacy

*Critical audio on where the session dates. Read against the module caution.*

**Notes** — and the timestamp you want to come back to

### 2 • DECKS AND FIELD GRAPHICS

On this module: The Intimacy Blueprint; The Intimacy Blueprint (Part Two); Relational Circuitry; The Spark and the Flame; Keeping the Spark Alive; Five Secrets of Sexual Intimacy.

**What stood out — and what I would push back on**

### 3 • READING NOTES

Each report is an optional study aid built from thematically related research. It reflects the source material, not ministry doctrine — read it against the module's caution.

## Sexual Intimacy: Session Briefing

*Episode 6 of "The Marriage Course" focuses on maintaining and restoring the "spark" within a marital sexual relationship.*

Executive briefing — best starting point for this module.

**What I take from this**

## Beyond the Bedroom

*On July 20, 1969, Neil Armstrong took his historic first step onto the lunar surface. As he prepared to return to the module, he uttered a phrase that baffled NASA for decades: "Good luck, Mr."*

Longer treatment of intimacy as friendship, safety, and attention.

**What I take from this**

## Five Surprising Truths About Keeping the Spark Alive

*On July 20, 1969, as Neil Armstrong descended the ladder of the Apollo 11 Lunar Module to make history, he uttered a line that would be etched into the archives of mankind.*

Popular-article register — use as a prompt, not as proof.

**What I take from this**

## 10 questions

Answer from memory first, then mark yourself against the answer key on the last page. The score matters less than the last column: a question you missed shows you exactly which part of the module to reread.

1. According to the 'five secrets' presented in the course, what is the primary role of emotional connection in a sexual relationship?

RIGHT

MISSED

2. What does the episode teach about the concept of 'responsive desire'?

RIGHT

MISSED

3. Reviewers highlighted a 'most serious blind spot' regarding the episode's teaching on responsiveness. What was it?

RIGHT

MISSED

4. In the 'prioritizing' section, why does the course specifically recommend removing digital screens from the bedroom?

RIGHT

MISSED

5. What is the status of the 'Mr. Gorsky' anecdote used to open the episode?

RIGHT

MISSED

6. Under the 'secret' of Kindness, what specific behavior is warned against because it makes a spouse feel 'used'?

RIGHT

MISSED

7. How does the course define 'emotional adultery' in the context of affair-proofing a marriage?

RIGHT

MISSED

8. What common 'gender-essentialist' stereotype is reinforced by the 'on-off switch' diagram in the episode?

RIGHT

MISSED

9. According to the affair-proofing steps, what should a partner do if they experience 'overpowering' feelings of attraction to someone else?

RIGHT

MISSED

10. The reviewers critiqued the episode's handling of infidelity by noting that 'forgiveness is not identical to...'

RIGHT

MISSED

Score out of 10

**The one I missed that matters most — and what I am going back to reread**

**5 • FLASHCARD DRILL**

This module's deck holds 55 cards. Run it until you can answer without help, then note what still slips.

**Cards marked known**

**Cards I still need to review**

## Mark yourself here

Every answer carries the reason it is the answer. If you missed one, the reason is the part worth rereading — not the letter.

### 1. According to the 'five secrets' presented in the course, what is the primary role of emotional connection in a sexual relationship?

It serves as the prerequisite for arousal and the resulting depth of connection.

*The episode teaches that emotional connection creates good sex, which in turn produces even greater emotional connection.*

### 2. What does the episode teach about the concept of 'responsive desire'?

Sex often begins with a conscious decision to connect, after which physical arousal follows.

*The presenters explain that for many people, desire is not always spontaneous but can follow a willing decision to be intimate.*

### 3. Reviewers highlighted a 'most serious blind spot' regarding the episode's teaching on responsiveness. What was it?

The lack of an explicit frame for consent and the risk of 'duty sex' in coercive relationships.

*Critics noted that encouraging partners to respond 'even if they don't feel like it' could be weaponized without a strong consent guardrail.*

### 4. In the 'prioritizing' section, why does the course specifically recommend removing digital screens from the bedroom?

They act as romance killers by siphoning off attention and time intended for the spouse.

*The presenters argue that social media and online shopping in bed prevent the emotional and physical connection needed for intimacy.*

### 5. What is the status of the 'Mr. Gorsky' anecdote used to open the episode?

It is a well-documented urban legend that has been refuted by historians and the astronaut himself.

*Reviewers pointed out that the Neil Armstrong story is apocryphal and should not be presented as a factual event.*

### 6. Under the 'secret' of Kindness, what specific behavior is warned against because it makes a spouse feel 'used'?

Only touching a partner physically when the intent is to initiate sex.

*The course teaches that non-sexual, affectionate touch is vital to ensure a partner feels loved rather than just being a means to an end.*

### 7. How does the course define 'emotional adultery' in the context of affair-proofing a marriage?

Developing a soulmate-level intimacy with someone else through conversation or digital correspondence.

*The episode highlights that many affairs begin with intimate conversation and emotional bonding rather than immediate physical attraction.*

### 8. What common 'gender-essentialist' stereotype is reinforced by the 'on-off switch' diagram in the episode?

That men are simple and easily aroused while women are 'complicated' and variable.

*The episode uses a diagram showing a man with a simple switch and a woman with complex wiring to represent arousal differences.*

**9. According to the affair-proofing steps, what should a partner do if they experience 'overpowering' feelings of attraction to someone else?**

Admit the feelings to their spouse or a trusted person to 'burst the bubble' of secrecy.

*The episode suggests that secrets give infatuation power, and disclosure is a way to neutralize the attraction.*

**10. The reviewers critiqued the episode's handling of infidelity by noting that 'forgiveness is not identical to...'**

reconciliation, restored trust, or readiness for sexual intimacy.

*Critics argued that the episode compressed the complex process of healing into a simple choice to forgive.*

**Before you close this module**

Field action: Complete one pressure-free no-screen connection block

Finish line: You shared at least thirty minutes of mutually chosen, no-screen connection while respecting every physical and conversational boundary.

Study is not the assignment. The finish line is.