
First Comes Love, Then Comes Marriage, Then Comes...*The Honeymoon?*

Four things to think about **BEFORE** your honeymoon

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Everything is set - or at least getting there. The dress has been picked and is beautiful. The flowers will be stunning and the setting perfect. You have bridal showers to look forward to as well as other fun moments planned with family and friends. It's going to be a fantastic celebration. But, have you thought about what comes after the celebration? Have you thought about your honeymoon - and all its implications - besides the sights you may see or which swimsuit to take? After the wedding, your actual marriage begins and, unfortunately, many couples take off on their honeymoon completely unprepared and end up with a damaged relationship before the plane ride home. Here are four things to consider and talk about along with all the other important wedding preparations:

Sex and intimacy do not just "happen."

Can you think of anything you were born knowing how to do besides breathing? There is always a learning curve with anything new - including sex and intimacy. Do not think that just because you've watched a few romantic movies or had a few good make-out sessions that this part of your relationship will just magically fall into place. Allow yourself and your partner time to try, fail, try again, and grow your relationship in the process.

Consider your own history and knowledge.

What do you actually know about sex? What did you learn about intimacy growing up? Is there something from your life that might affect the way you view physical intimacy? These are all important things to think about before getting naked in the hotel room. Not only should you ask yourself these questions, but you should ask your partner as well. You may be surprised at some of the answers and save yourself and your partner some heartache by taking the time to answer these and other important questions.

You do NOT have to have sex on your Honeymoon.

We know this seems like a strange thing to say, but it's important enough to repeat it - You do not have to have sex on your honeymoon. If one or both of you is uncomfortable or uncertain about sex, it's better to go slowly than to try and force it for the sake of saying you had sex on your honeymoon. Physical intimacy is about trust, vulnerability, and willingness. Be willing to allow your partner some needed space. Make room for trust to bloom so that each person feels safe and secure.

Keep your expectations at a reasonable level.

There won't be anyone in that hotel room touching up your make-up, making sure the lighting makes you look fantastic, or playing just the right song in the background. You are two human beings attempting to experience something that is - more often than not - awkward, messy, wonderful, strange, and new. Your hair might get caught in his ring. He might trip on the way to the bed. You may hear sounds or see sights you aren't prepared for. Keep your sense of humor and allow yourselves to just be human.