

Courting Activity #1

Taking back time

You both are very busy people, but I also want to make sure you are still tending to your relationship. It is crucial that each of you take time to connect with each other, talk to each other, and make sure that you are both informed on what is happening in your partners life, from the big to the mundane. Also, it is important that you talk *deeply* about important events in your past and present.

I am asking that you start to get into a regular rhythm of having time to connect and share with your partner. This will allow you both to foster greater intimacy.

It's going to be impossible to connect as lovers in the bedroom if you don't regularly talk about what's going on in your past and present lives.

Activity: You will schedule a time each week, uninterrupted by children, where you can connect as mates; this means avoid discussion about children, in-laws, or stressful topics. You can simply talk about your day/week, but I will encourage you to go beyond this. I have included 3 discussion prompts below which you can use, but don't have to. The goal of this shared time is to try to push yourself beyond where a conversation normally stops, and keep going.

If you are the listener, ask open-ended questions that help keep the conversation moving (i.e. "What's that like?", "Can you share more about that?", "Where do you think you got that impression?", etc.)

If you are the speaker, try to share things that your partner can really "sink their teeth into". Even everyday experiences can be enhanced by talking about how you felt, the meanings a certain event had for you, things that you are proud or insecure about.

The time you schedule can be a daily (or near daily) check in of 15 minutes, or it can be an evening alone. Set yourself up for a good time. Go to a place you know will be relaxing and allow you to connect. No need to try to be too creative. The key here is simple, predictable, and safe. It is far easier to connect when sitting on a park bench in the evening, or on the back porch with a glass of wine, than in the middle of a dinner at a bustling restaurant.

Sample discussion prompts for deeper talks:

Tell each other the story of your first pet. What kind of pet? What is the story behind his/her name? Talk about the special relationship you had with that pet. Talk about a special memory. What made that pet special? What was it like for you when he/she passed? How do you honor that relationship you had with the pet today?

Who was your very first best friend? Where did you meet? What did you both do as you played together? What was his/her family like? How did you interact with his/her family? Were you close to them? What made you best friends? Are you still friends today? If not, why do you think that is? What happened to the relationship? What memories do you have of that relationship?

Why is it life for you now that you are a parent? What does being a parent mean to you? Has this always been the case, or has it changed? Share a special moment for you that happened recently that emphasizes how important parenting is for you. When did you know you wanted kids? Why? What part do you like the most? What is your least favorite part? How different do you think you would be, and your marriage would be, if you did not have children?

Courting Activity #2

Having a Supportive Conversation

It's not only important to make time to talk and connect, it's also crucial to know how to have a conversation with which your partner feels heard, understood, and validated. Being a good lover requires you to be a good listener. LEAP is a simple acronym that can help you be a good listener. When having a supportive conversation, think:

LEAP

Listen Empathize Affirm Perspective

Listen- This is *intentional* listening, which differs from *passive* listening. Intentional listening involves eye contact, being in the same room, and listening for feelings instead of getting caught up in details.

How do you know if you are doing this skill well? Your partner speaks without being interrupted, and they usually speak for more than a sentence or two.

Empathize- This is letting the other person know you care and are feeling, to even a small degree what they are feeling. It's joining in on the emotion of the conversation by saying things like: "*Oh, that's awful*", "*How frustrating!*", "*Well, that's really exciting*", or even simply making a noise that indicates you are feeling something: "*Ugh*", "*Woowww*", "*Pshhh*". By displaying empathy, your partner is feeling more joined in the conversation.

How do you know if you are doing this skill well? Your partner is talking more about their feelings than what happened. They are also more likely to talk about issues on a deeper, more intimate level.

Affirm- This is letting your partner know that they are not wrong or crazy to feel how they are feeling. Even if you disagree with their perception of what happened, or why they are upset/happy/angry/sad, you still want them to know that it's not wrong that they feel that way; that at least someone else in the world (if not you) would feel the same. "*That makes sense*", "*I would have thought the same thing*", "*Well of course you are stressed out, you have been working so much lately*", "*I can't believe she spoke like that to you. How rude!*"

How do you know if you are doing this skill well? Your partner will not be defending their side of the story against you, will not be fearful to share more, and will leave the conversation feeling heard without judgement.

Perspective- This is an important piece, but should ONLY be used sparingly and when you have done a lot of Listening, Empathizing, and Affirming. Unfortunately, this is the skill people jump to most. If you a person whom likes to "fix" other people's problems, you may be guilty of doing this too much. Perspective is problem solving. It is telling the other person what you think. You display perspective by saying thing like: "*What if you...*", "*What do you want me to do about this?*" "*I'm sure that's not what he meant by that*", "*That stinks, but...*", "*Here's what I think you should do*"

How do you know if you are offering too much perspective? Your partner will start defending him/herself against you. Pay particular attention to your partner saying "*Yes, but...*" (or something similar to that). That is an indication that you may need to back up because you are missing something crucial. As a general rule, you want to make sure you have done a lot of Listening, Empathizing, and Affirming before you offer any Perspective.

How to offer perspective: The safest way is to wait for your partner to ask something like "*What do you think I should do?*" Otherwise, ask if your partner wants your advice by asking "*Do you want to know my thoughts on this?*".

If he/she says "Yes"- That's good news! Share away! Just know they don't have to take your advice.

If he/she says "No"- That's *also* good news. It means you are already doing a good job in the conversation. No need for anything more. Hooray!

Try to make it a point to practice these skills. It's okay if you are not strong at one or all of them. The most crucial thing is to Listen, Empathize, and Affirm and try to not offer any perspective unless it is necessary or advances the conversation. Also, feel free to ask open-ended questions from time-to-time such as "What was that like for you?" or "When that happened, how did that make you feel?". You may also be surprised how little you need to keep the conversation going when you Listen, Empathize and Affirm. Typically, people just need someone to listen and be there for them. Being a supportive ear and providing support to your partner during their life will pay off in dividends when it comes time to connect to each other sexually and erotically.

Courting Activity #3 Making a Connection Ritual

Background:

There is something special about rituals. All the important things in our life are chalk full of rituals. There are rituals in weddings, graduations, birthdays, holidays, anniversaries, etc. Rituals provide opportunities to connect, provide structure so that people can focus and be present, and provide something to look forward to. Often, as people get pulled away from each other and into all the demands of life, they slowly drift away from their relationship and put their relationship last. While that is totally fine for short periods of time, this is not a wise long-term strategy. A common cause of divorce or break-ups is a couple feeling that they have drifted apart. Connection rituals help prevent this. Also, when a couple feels emotionally connected and safe, they are much more likely to become erotically connected.

Activity:

Daily connection rituals

Being connected every day is crucial for a satisfying couple relationship. Parents often speak about how important a bedtime routine is for their children as it provides both structure as well as an opportunity for them to connect at the end of the day. For this activity, start to look at how you both connect as a couple and where there may be opportunities for you both to better find each other. Examples of this are: A morning ritual of sharing a cup of coffee and going over the day's activities as a means to wake up together, a phone call check-in during the middle of the day to ask about each other's days and exchange kind words to each other, or watching a show together in the evening after dinner and exchanging foot rubs.

Romantic connection rituals

Daily connection rituals are great in that they allow a couple to maintain their connection daily without a major time commitment (most can be done in 10-20 minutes). Couples also benefit from a weekly romantic connection ritual. It cannot be stressed enough how important it is for couples do go on a date night, even if the date is at home. Time away from kids, work, or family is imperative to keep the flame burning. Going on a day date by getting coffee and going to the farmers market or going on a drive to check out some of the beautiful parks this nation has, going out for cocktails and catching a how at a comedy club, or even staying home for a movie and a dip in the hot tub in a relaxed environment all provide ways for couples to spend precious time together. Develop a romantic connection ritual and do your best to stick to it. Don't neglect your relationship but treat it as sacred, special, and important.

Tip:

Often, couples with children will remark that the biggest challenge is reliable and affordable childcare. Since this is a common problem, that means many couples are looking for a solution. Consider asking a couple you know to take turns; watch their kids one week while they take time for them, and then you get a free babysitter the following week. Not only will that strengthen your relationship with your friend or relative, but it will save you time and money. A romantic connection every other week is certainly better than nothing.

Courting Activity #4

Getting close and comfortable

Background:

In the early days of a relationship, if you both were next to each other you were probably touching a lot (or at least more than you might today). Cuddling on the couch, holding hands in the car, spooning each other in bed came easy. With all the demands of life, kids, and work, you may have noticed that instead of cuddling on the couch, you are browsing on the laptop or playing a game on your phone. Spooning in bed when waking up got replaced by racing to the kid's bedroom to get them up and ready for the day. Running errands separately and getting into separate life rhythms may have cut down on the time to hold hands in the car or lightly rubbing your partners back in the store. Often, couples are so desperate for touch that when they finally are touching each other it will often feel like it needs to turn to sex. Sadly, this means that non-erotic touch (touch for the purpose of bonding and not sexual pleasure) gets lost even more.

Activity:

This activity is adapted from David Schnarch's *Passionate Marriage*. The purpose of this is to reintroduce your bodies together without it turning into a sex. So, for this activity, just focus on touching and holding each other without it becoming sexual.

Choose the location that feels best: the couch, a hotel room, the bedroom, etc. Without too many distractions such as the television or a movie, get your bodies close and snuggly. Hold each other and start sinking into the couch or bed. Notice any tension or anxiety in your body (it will probably not be too strong). It may come as a feeling worry in your chest about whether the kids are okay in the other room, or a feeling of awkwardness at how close you both are. Perhaps it is a sense of self-consciousness about whether you are putting too much pressure on your partners body. Really tune into your body and relax those tensions way.

For this, don't be concerned over whether your partner is doing okay, trust that your partner is going to take care of their self. If your partner adjusts their body or has a struggle with relaxing, know that the best thing you can do is focus on yourself and your own relaxation: it will rub off.

Take your time with this, just relax, sink into each other, keep any conversation light and easy, maybe even say some sweet things about each other. The more you can associate being close with each other with something positive, as opposed to something that interrupts your day or routine, the more you will naturally do it.

Don't let go until both people are relaxed and connected. This may take 10 minutes, this may take 45+. When bodies become estranged from each other, it is a very wise investment of time to get them acquainted again without the expectation of sex.

Courting Activity #5

Treating your body right

Background:

When people date, they tend to take a lot of time to make sure that their body is well groomed and looking nice to impress the person they are looking to woo. Why do they do that? It's because they know that their date is probably not going to get turned on by boring clothes, greasy hair, or unkempt.... nether-regions.

Also, let's not forget that sex takes physical effort. We ask a lot of our bodies during sex in terms of flexibility, strength, stamina. All bodies can give and receiving pleasure, and you don't have to have a "perfect" body to have a highly satisfied sexual life. In fact, people tend to prefer an "imperfect" body. However, it is also important for our physical and erotic health to regularly take care of our body.

If we don't invest in our own bodies, why should we expect someone else to.

Activity:

Imagine that you were back in your single life, and you met your current partner in a coffee shop. You exchanged numbers and set up a date that weekend. How would you prepare for it? Would you get a haircut? Would you get a new perfume or cologne? Would you find the right outfit? Would you be motivated to go on that run to keep that stamina up?

Once you get a good insight into what you would do when you date, make a plan on how to incorporate that into your life. Getting a whole new wardrobe and signing up for a bootcamp at the local gym might be a bit much in one week. But getting into a yoga class to help with your flexibility and strength, and maybe bringing a friend to help get a new outfit or two can help you increase your confidence. Also, don't forget the fundamentals: Do you shower, brush and floss your teeth, and groom your body as often as you should? If not, get in a better routine as nobody likes a dirty lover. There is a difference between the clean sweat you may have when making love after working in the back yard, and an unclean sticky-stink of a 5-day unshowered body. Keep that temple clean!

Confident lovers are good lovers.

Arousal Activity #1

Knowing your body

Background

It is important that you have a connection with your own body, that you know your body, and that you know how your body changes as you become aroused. For this activity, you are just focusing on your genitals. It's important to have that self-knowledge as it helps you tune into your body to know when it is responding as expected or not, as well as it's important to have the courage to look at how your body responds: if you don't want to look at it why should you expect anyone else to want to. This activity is about studying your body and an erotic instrument and learning how it communicates with you.

Time: 20-30 min.

Directions:

Level 1

This activity will be done on your own. Get yourself comfortable on the bed, and grab a hand mirror or a mirror you can straddle in front of.

Take some time to explore your nether regions with curiosity. Feel free to look around. Look at every inch and notice what you see.

If you have a dick, notice how your balls hang differently, notice how your dick hangs, notice where the hair grows, notice how your balls move and shift as the time and temperature changes, notice the size and shape of your "junk". Notice how different you look in the mirror than how you typically see it from above.

If you have a vulva, notice all the different parts you have and how unique each part is. Notice where the hair grows. Make sure you can see your clitoris and clitoral hood (move your skin/labia to see if needed). See if you can notice where your vagina opens (introitus), and the area around it (vestibule). Notice if you see your vulva change as the activity continues.

Level 2

Before, you were just exploring your body. Now, you are going to explore your body and notice how it changes as it becomes aroused. For this, grab a bottle of lube, a toy if you want, and start to stimulate yourself.

If you have a dick, notice how your balls move and change. Often, they will pull up to the body to prepare for ejaculation. Do you notice your dick changing color? Notice how much precum you emit, if any. Notice how your erection positions differently as you sit than as you stand. If you reach orgasm, notice if your dick and balls pulse, and notice how it changes after orgasm.

If you have a vulva, notice how your vulva becomes flush. Notice how your vulva opens as you become more aroused. Notice if your clitoris starts to become more rigid or even emerges from beneath its hood. Notice how your vagina may relax as you become more aroused. See if you can feel your G-spot and notice if your body changes as you stimulate that. If you reach orgasm, try to notice how your vulva responds to this and changes after orgasm.

Have fun!

Remember!

Set yourself up for a time interrupted by kids, work, or any other obligation. Sometimes people like to do this just after a shower so they are nice and warm, some people like to do this while their partner does theirs in the other room so they feel encouraged. Just decide what feels best for you.

Arousal Activity #2

Using breath to connect erotic energies

Background:

Your breath is your vehicle for emotions. You will notice when someone is trying to fight an emotion, they instinctually hold their breath, and when an actor is trying to deeply feel an emotion when embodying a character, they are using breath to *really* feel the feeling. Erotic arousal is the same. Your breath must be flowing for your body to become aroused. Often when people have struggles with arousal they are also holding their breath or taking shallow breaths.

Activity:

For this activity, you and your partner will set the room up to be comfortable (lighting, temperature, music if wanted, etc.) and lay together on the bed. Get in the spooning position, and be as clothed as you want. Snuggle close together and begin to center your mind and relax.

After getting comfortable, intentionally try to not worry about your partner or be concerned about whether your partner is having a good time. Trust that your partner will handle their self. This experience is about connecting with *your* erotic energy when next to your partner.

Focus on your senses: what are you seeing, touching, tasting, smelling, feeling. Filter through the sensations you like and focus on those. Notice those sensations in your body and use your breath to spread that sensation all around. For example: if you notice the warmth of your partner's body, and that provides a comforting feeling, see if you can feel that comfort all over. Maybe you hear a distracting hum from the furnace, and the soothing rhythmic exhale from your partner. Draw your attention away from the hum and onto your partner's exhale. Perhaps you feel the weight of your partner's hand on your thigh and their chest moving with each breath, and it makes you feel protected and safe; go ahead and spread that feeling all over your body. Maybe you smell the last remaining lingers of wine from dinner on your partner's breath and that smells sweet and intoxicating; let that wrap all over your body.

Now that you got your sensations flowing, see if you can also notice your erotic energy building. In the small recesses of your body, maybe you notice an energy building that feels passionate and seductive. With your partner in front of you, maybe you notice the curve of their body and the angle of your bodies are perfect for insertion. Maybe you notice how your partner's breath slows and becomes deeper, their body becomes more relaxed, and you feel like you can melt into their body. Maybe you notice how strong or soft their hands are and begin to wonder how that might feel if your partner were to slip their hand into your panties. Maybe you notice the soft whimper you are beginning to make as you get more connected with your erotic energy, a reminder that your body is enraptured with senses and pleasure.

After a while, notice if your breathing has become in sync with your partner. Notice if that enhances the erotic energy in the room.

If your partner's body changes as it becomes aroused (with an erection, for example) just notice it and welcome it; don't do anything with it but welcome it (there will be others).

Stay connected in that erotic space and see how strongly you can build that energy inside. When you feel ready to transition back to regular life, engage in some passionate kissing and caressing, but don't go any further unless you both have previously agreed to do so if you want to. This exercise is about building erotic tension. There is great value in building erotic connection without the expectation of sex; sometimes it's the only way people can rebuild that erotic energy.

Tip:

Don't do this activity if you are concerned about falling asleep. So, don't start this at 10pm after a long day at work. It's a total turn off to get connected with your erotic energy and then hear your partner begin to snore. You can go right to sleep after.

If you have gotten yourself highly aroused, but still don't want to transition to sex in order to keep the erotic tension building, give permission to each other to masturbate if they so desire. It is crucial that neither person feels pressured at all to do anything they are not yet ready for. When in doubt, don't go any further.

Arousal Activity #3

The power of touch

Background

Arousal is more than just a response in your trousers, but a whole-body experience. Great sex can make your toes curl, your skin tingle, your muscles tense, and your face flush. Your whole body is an erotic organ, with your largest being your skin and your most powerful being your mind. With this activity, you and your partner are going to explore each other's body to find what untapped or underutilized areas of your body are erotically responsive.

Time: 30-60 min. per turn.

Level 1

Directions:

Both partners will get their room conducive for arousal (tidy, set the temperature, play music if you want to, etc.), and one of you will elect to go first. The one that chose to go first will be the arouser (Partner A) that will touch and please their spouse (Partner B).

Partner A- You are going to start stimulating your partners hand. Choose a way that seems erotic to you (softly graze your fingers on their palm, rub deeply their whole hand, luck seductively each finger, etc.). Then, Partner B, calm your mind and center yourself and experience your partner's touch. Notice how your body responds; does it like it, love it, feel kinda "blah", etc. Then, when you got a good sense of your body is responding, give your partner a rating from 0-10: 10 being your are finding the touch highly arousing, and 0 being no arousal.

Partner A- Now that you got that number, try a different way to stimulate their hand. If you tried a soft touch, try a hard touch now. If you tried a rhythmic touch, try a focused touch. Just try something different. Then, Partner B, repeat above and give your partner a number from 0-10.

Repeat one or two more times.

Then, Partner B, give a suggestion to your spouse on how you want to be touched (for example, say to your partner "Bite my fingertips a bit and play with them with your tongue" or "Do that soft thing you did before but this time go all over my hand".) Then, give your partner a number.

After this, move from your hand to your forearm and repeat: 3-4 attempts by Partner A, and one suggestion by Partner B.

The goal is not to get as many 9s and 10s as possible. It is just as valuable to know a 0 or 1 as it is to know a 9 or 10. You both are learning each other's bodies, there is no "failing" in exploration. With this freedom to explore without expectations, you will be surprised how much of your body responds and becomes aroused to touch, and how different parts of your body respond to touch differently. You may like nails on your back, but you may prefer soft touch on your neck.

Try to do this entire exercise without focusing on the traditionally erotic areas of the body (genitals, nipples, butt). Focus on the entire rest of your body. When you are done, switch roles so Partner A becomes Partner B and vice versa. This may be done on a different day or the same day. Don't rush it. Relax, enjoy, and have fun!

Level 2

Now, do the same exercise by just focusing on your partners traditionally erotic zone. If your partner has a cock, break down the cock into multiple areas (see erotic anatomy chart), if your partner has a vulva do the same, etc.

Remember!

You have a whole body to stimulate your partner. Explore how stimulating your partner with your fingers, tongue, teeth, and lips can all elicit different responses.

Arousal Activity #4

Finding and Using your Voice- Level 1

Background

Often, people find themselves shy or bashful in the bedroom. They have it in their head that they cannot make a sound during sex or pleasure. Perhaps this was born out of fear someone would hear them, or a mistaken idea that they would sound silly. It is crucial that you communicate to your partner what touch feels good and what does not. The simplest and easiest way to do this is make sure that you allow yourself to make sexy noises. Sexy noises are hot, and aid in a couple's pleasure.

Activity

Find an uninterrupted time to be with your partner and begin making out. Kiss passionately. Let your hands run wild and tap into that erotic energy inside yourself. Once you start to get turned on, play around with making noises. Start simple with an "Ummm" or a really seductively-sounding "Oh, yes" when your partner is kissing your neck or licking your ear. Don't worry so much if it sounds silly or different than what you normally do; just explore. See what words, sounds, or phrases resonate with you. Discover if you like a subtle, sexy whimper (a quiet "mmm") or something rough and charged like "Oh, fuck yea". Give yourself permission to try and push the envelope here.

If your partner is normally a bit on the quiet side, it may catch you off guard a bit to suddenly start hearing them become more vocal. It is crucial that you don't laugh, giggle, or draw negative attention here. It takes a lot of courage to unleash one's erotic voice, especially if it has been silent for a long time. Be encouraging, and even get into it yourself. Join them in your own moaning, or let them know how turned on you are becoming by saying something like "Oh, wow. That is so hot". Everyone likes positive encouragement.

Good lovers are heard.

Have fun!

Remember!

If you find yourself particularly worried about whether someone will hear you, rest assured that you probably are not nearly as loud as you think, and that it's okay to be known as a couple that has good sex. Sometimes parents fear that they will do permanent damage to their children's psyche. As long as you are not being overly obnoxious, like screaming "YES YES YES!!!" at the top of your lungs, your children are probably fine and will likely never be affected by it. And, should they overhear, it can become an excellent opportunity for you to help provide good modeling and foster a very healthy, developmentally appropriate conversation about physical love between parents.

Arousal Activity #5

Gettin' hot in the hot tub

Activity

You both are going to take a shower (or bath if you prefer) together. During this, you both will be exploring the other's body. The purpose is to not bring the person to orgasm, though if it happens that is fine. Instead, the purpose is to allow yourself to fully relax as you are being touched, while also enjoying pleasuring the other person. Feel free to take turns touching, and even feel free to touch each other at the same time. Also, make sure that you give your partner guidance in *how* you would like them touch you so that your pleasure is enhanced. Saying things like "Ooo, right there" or "Kiss my neck while you do that" or "Feel how hard my cock is" are great ways to heat up the touch while giving your partner guidance. Try to refrain from sex, but stay in this warming-up phase. The key here is to not rush, but build erotic tension. Ride with the tension to increase pleasure. Touch with passion and confidence. Once you both feel fully aroused, transition to the bedroom. However, do not go right into sex. Instead, carry the mood from the shower into the bed. Feel free to use lubrication at any time. Touch, kiss, and keep it intense.

Have fun!

Remember!

While you are touching your partner, notice your partner's body. Notice how it changes as your partner warms up. Notice how their vulva becomes more flush and open, notice how their nipples may become firm or more sensitive, notice how their breathing changes, notice the sounds they make as they start to experience pleasure. Then, as you see them experience pleasure, see if you can use that as fuel to increase your pleasure. For example; saying something to yourself like "I am making him moan" or "She loves how strong my body is" or "I know just how to make my partner quiver" can be a hot ego boost. Or even just witnessing your partner experience the pleasure that you are helping them obtain can be both empowering and exciting.

When you are being touched, if you are noticing a block that is getting in the way of you being able to experience greater pleasure, remember to center your mind in the space. Try to let any external worry or concern float away and focus on the sensations your body is experiencing. Take a risk and be vulnerable. Allow yourself and your body be explored. Even notice how your partner is really getting off on how just being able to experience your body and your pleasure. Trust that your partner is just fine, just focus on your pleasure. Also, make sure that you give your partner guidance in *how* you would like them to touch you so that your pleasure is enhanced. Good lovers are not born but made.

Seduction Activity #1

Tapping into your seductive self

Background:

No person is born with the skills to be highly seductive. Being seductive is not an innate gift passed down through in one's DNA, it is a skill that is developed over time and tailored to the partner one is seducing. Like with all skills, one has to get into a mindset conducive to seduction and *feel* seductive before they can carry themselves seductively. One must believe that they *are* seductive before they will *be* seductive. And if that is a challenge for you, or your nerves are getting the best of you, employ the tried-and-true adage of "Fake it 'til you make it". Every highly-successful person carries with them an image of them being successful, memories of influential people in their mind coaching them along the way, and uses these to help them tap into their power. The same can be done with seduction.

Activity:

In this activity you are going to start with being by yourself in a comfortable environment. With your eyes closed, imagine an image of yourself in the not-so-distant future. See this image of you that is confident, sexual, erotic, and satisfied. See this future version of you carry their self with confidence. Notice how this "you" is standing, what you are wearing, what you are doing. Notice how this person carries their self in a way that says to the world that they are an erotic being. Take time to build this confidence and seductive image in your mind. With this image vividly established, now start to meld this image into your body. First start with this image flowing into the center of your forehead. With a deep breath, feel this image slowly trickle down the right side of your body, filling it up as it goes. Notice it filling your face, then your neck, then your chest and torso. Feel that image now blended into your body, almost holding you up with their confidence, charisma, and energy.

Feel this future you, giving you the confidence, guidance, and encouragement you need to allow you to unlock your seductive self and unleash it on the world.

If you ever get discouraged or start getting into your head while trying to be seductive, think to what this future self would do. Notice this future self right there guiding you. Would your future self dance a little more confidently, speak a little sexier, or text something a bit more risqué to their partner? Let that image be a consultant in your craft of seduction.

Confident lovers know that they sometimes get in their head, but center their selves and get back into the game.

Seduction Activity #2

Kiss me all over

Background:

Kissing is a crucial component to feeling turned on for many lovers. It established connection, feels nice, and is a signal for more to come. While most dating couples engage in kissing before sex, and see it as both exciting and necessary, many couples forget the importance of kissing and, thus, lose a satisfying and sensual vehicle for pleasure.

Activity:

If you notice you both have stopped kissing, or have gotten lazy and dull in your kissing, it's time to reboot and rekindle that magic. The next time you want to signal to your spouse you are ready for lovemaking, as you caress and touch your partner, try to kiss them passionately and seductively. Play with your tongue. Grab the back of their head and hold them while you send the message "I want you. I need you." with your lips. Take a risk again, just like your first time kissing your mate, and remind them how much you adore and desire your mate without any words.

For couple that are looking for a more emotional connection during sex, see how much you can incorporate passionate kissing into your lovemaking. There are a lot more places than the lips to kiss (the neck, the navel, the thighs, the back, etc.) Use kissing as a means to wake up the whole of your mate's body.

As your mate kisses you, remember to be present and engaged in the moment. It is easy to get lost in worries outside of the bedroom (finances, kids, laundry, etc.), or fixate on the sex that is to follow. Instead of thinking about the past or the future, just stay present in the moment. Focus on your pleasure. Focus on the sensations your body experiences as your mate massages your body with only their lips, tongue, and teeth.

Kiss, and be kissed.

Remember!

If you are going to kiss, remember the importance of a pleasant-smelling breath. Nobody likes a stinky kiss. This might be a good time to remember to schedule that dental check-up you may have been putting off. :-)

Seduction Activity #3

The craft of flirting

Background:

Flirting is a craft. It is a blend of erotic science (what you have observed, experimented with, and learned from) and erotic art (what you have done that is creative, eye catching, and enticing). Some would report themselves to be “natural flirts”, and some must work at it a little harder, but flirting is a necessary skill for seduction. Seduction is about bringing your partner from a non-erotic emotional state to an emotional state conducive for eroticism and sex. Flirting is the language of seduction. It involves the words you use, and the body language you display. With this activity, you are going to examine your “game”, and explore where you may want to enhance your craft.

Activity:

Level 1

Let’s start off with language. What words do you use to show you are flirting? If you are using the same few words over and over throughout the years, this is a great time to increase your flirting repertoire. One way to do this is to think of three phrases: one you already use that conveys you are feeling amorous, one that is just a bit out of your comfort zone, and one that is way outside of your comfort zone but still sounds hot. For example: “Wow, that new perfume smells *really* nice”, “You are driving me wild with that perfume. That’s so sexy”, and “I know that perfume makes you smell good. I wonder how it makes you taste”. Another example is “Would you like to go upstairs?”, “All day long I thought about tasting those lips. Come upstairs so I can satisfy my desire”, and “Get upstairs right now so I can lick your sexy body and make you cum hard”.

Getting into sexual routines are a death knell to erotic desire. If we use the same language, we risk turning sex into a predictable translation. Using new language can be a fun way to add novelty, creativity, and spontaneity. But don’t go too far too fast. Just like when you were first dating, the erotic subtly and coyness has its place in building erotic tension.

Level 2

Sometimes, the right body language is the sexiest thing you can do. While there are a ton of different ways you can send a non-verbal signal to your spouse that invites them to be erotic with you, let’s focus here on how you touch your spouse with your hands. How do you communicate your desire through your hands? Do you go right for smacking your partner’s butt or squeezing their nipples? That’s a common strategy for someone that has reverted to a pretty adolescent way of communicating sexual arousal. Is your touch too subtle? You probably are too subtle if your partner commonly says to you “I didn’t even know you wanted to have sex last night?”

Remember exercise 3 in the Arousal phase (The power of touch) where you each communicated to each other how you like being touched in various places of your body? Use that knowledge and touch your partner in a seductive way. Make sure your partner is in a place receptive to seductive touch (not while your partner is doing the dishes or talking to their ill parent or something anti-erotic like that). A safer bet is when you both are cuddling on the couch or bed. See if you can use your touch to slowly ease your partner into an erotic state. Just because you may be in the mood for sex does not mean your partner is as well, so be prepared to exchange some erotically-charged touch and be satisfied in that. Remember, seduction is aiding in the necessary building of erotic tension, and that build can take longer than you might originally think. Take pleasure in successfully flirting with your spouse, even if it does not go much beyond that.

Seduction Activity #4

Positive anticipation

Background:

A necessary ingredient to long-term sexual satisfaction in a relationship is the regular use of things that build *anticipatory desire*. Anticipatory desire is the feeling one gets when they look forward to erotic or sexual fun, and use that anticipation to build their own arousal and foster a sense of excitement and longing. Rolling over in the bed before going to sleep, showing your partner your erection, and saying “You wanna have sex?” does not allow your partner to build up much excitement in their mind or body. They may have had a really long and exhausting day, or was just about to drift to sleep, and introducing sex in that moment may feel like an intrusion on their plan for the rest of the evening. While this will sometimes lead to sex, don’t count on it as a regular way to seduce your partner. Instead, see how you can bring sexual and erotic talk out of the bedroom and into your daily lives.

Before a date with your spouse, you probably both say things like “I cannot wait until the concert” or “I have really been looking forward to trying that restaurant all week”. Before going on a hike together you probably say things like “I want to try my new camera. I’m gonna get some great shots” or “We are going to have such a fun afternoon”. Before going out as a couple with your other couple friends, you probably take some pleasure in planning the evening, or make plans to make the most out of the outing through intentional choices. Ultimately, you are building anticipation which primes the event, increasing the likelihood that it will be successful and positive. That same can (and must) be done with your sexual bond.

Activity:

Find a day or time that works for you both to have sex. Perhaps you both know that this coming Saturday evening will be a good time to make time for sex. Once the time is set, explore ways to build anticipatory desire in each other. Say things to your spouse that indicate Saturday night is going to be highly satisfying. Text your partner “Can’t wait until tomorrow night :-)” or “Just got some new underwear for this Saturday. Looking forward to showing you :-).” or “I cannot focus at work. All I can think about is that ass and what I am going to do to it when the kids get out of the house”. Or instead of texting, maybe leave a note on their sink or in their briefcase. Even saying something enticing and sexy on their voicemail for them to listen to can be fun. The key here is to communicate to your spouse how much you are looking forward to being erotic together. Of course, you can also say this to each other in person as well. Whatever works for you both. Just build that anticipation and watch it pay off.

Have fun!

Seduction Activity #5

Sharing fantasies

Background:

You both are erotic people with your own fantasies and desires. Many of them you probably share with your partner (like you both enjoy kissing, or you both find the idea of sex on a beach very exciting), but there are also a lot of fantasies and desires you probably have not shared. Maybe this is because you are fearful about what your partner will think, or that your partner will not be into it right now. You both are adults, and you both are aware that your partner has fantasies. This does not have to be seen as a threat to your bond, but can actually be used to enhance your bond. Being able to share openly about fantasies can be a great way for a couple to not only enhance their sexual repertoire, but also provides another means for both people to get to know each other better.

Activity:

Get yourselves nice and comfortable, maybe consider having some wine or a cocktail to ease any nerves, and begin some light physical pleasuring (foot rub, light kissing, massage, etc.). Make sure you are in a solid place as a couple (not just fresh off of a fight or some other “downer”), and get some connection to your own arousal. If your erotic energy is not flowing yet, keep touching and lovin’ on each other until you are feeling a bit amorous (but not too much or you will want to move beyond this exercise and go right to sex, which would be fine but means this exercise is over). Once you both are in a fun and frisky state, begin to share a fantasy you have. Maybe this is something you want to do with your partner, maybe it is something you want to do alone, maybe it is something you never would do it’s just a fantasy. What you both decide to do with these fantasies can be figured out later. This exercise is just discussing them and using this conversation to increase shared pleasure, maybe even being fodder for future lovemaking.

It takes a lot of courage to share a fantasy, especially if you or your partner have not done this before. Knowing this, make sure you don’t say anything discouraging or shaming during this conversation. If you are fearful about saying the wrong thing, consider agreeing ahead of time that the only response you will each give to each other is “Sounds sexy, thanks for sharing”.

If you are having trouble coming up with fantasies and want to explore that, consider reading some erotica (in the form of novels or online forums), watch pornography, or think about movies you have seen or stories friends have told you that really turned you on. Fantasies often feature “wild”, “naughty”, or “forbidden” scenarios. Think of a wild, naughty, or forbidden scenario that seems exciting (sex with a handyman, sharing your spouse with a neighbor, sex with a vampire, having sex in your office in the middle of a work day, exploring new ways to have sex, being blindfolded and bound, etc.). Take as much time as you need to mentally explore these ideas. The fantasy will come.

Tip:

There may be fantasies that you simply don’t want to share as they are just for you. That is okay and very common. For these, don’t share them until you are ready and willing to share them. Maybe you will never want to share it as it’s just for you. Great. Keep it inside.

Sex Activity #1

Getting to an 8

Background:

Back in our younger days, we may have noticed our body responding very quickly to arousal and seduction, perhaps we didn't even need much seduction. Just a wink or a kiss may have been all we needed and we were ready for sex. Well, whether we like it or not, those days are numbered. Most likely, you are already past those days. Now it takes longer for us to get erections, or for our vagina to relax and tent to receive. Maybe it just takes us longer to get focused on sex and not all the other obligations of life. Our bodies are muscles, not machines. As we age, it will take us longer to get hot and ready for lovin'. When we try to rush it, problems can occur. The following activity is taken from the various works by Barry McCarthy, Emily McCarthy, and Michael Mets.

Activity:

This is more than an activity, but a valuable life lesson: don't try insertion into yourself or your partner until the body is fully aroused, relaxed, and ready. Think of your body arousal on a scale of 0-10, with a 0 being no arousal, and a 10 being orgasmic. It is recommended to not engage in insertion until your partner is at an 8. This is especially true if there is a history of sexual (physical) pain as this will help reduce the likelihood of injury, and gives the body enough time to prepare for insertion (yes, the body must prepare. It is not always immediately ready). As a general rule, you want to spend enough time warming up your partner's body before you insert anything in their vagina or anus. Spend extra time on erotic touch and stimulation with your hands and fingers, or taking a few moments to orally please your spouse. Consider using a smaller dildo on your partner, first externally, and then internally, to get your partner hot before inserting your penis (or a bigger dildo).

For those of you with penises, it's totally fine and normal to take extra being stimulated or self-stimulating before you get your dick hard enough for insertion. While you may have noticed almost immediate erections in younger years, it is common that it needs a few more moments as you age.

Tip:

Once you begin insertion, you both may notice some tightness or discomfort. That is typically normal and will fade away quickly. If it is painful (you will usually know immediately), just pull out and go back to arousing and seducing your partner.

Have fun!

Remember!

Sometimes unexpected pain will come, and sometimes you may have assumed you or your partner was readier than you actually were. If pain happens, don't make a bigger deal out of it than necessary (apologizing profusely, stopping all together, feeling guilty). Try to keep the flow going and see if you both can make another pass in a few moments. If it did kill the mood, though, try to regroup as an erotic team and make an agreement to try again in the next few days. Even the best lovers make mistakes or have "off" days. Don't let that throw you off your path to a happy erotic bond.

Sex Activity #2

It's all about the pace

Background:

There is absolutely nothing wrong with fast-paced sex. A good pounding can be a lot of fun. For couples that are looking for greater emotional connection during sex, it's hard to be emotionally connected with your partner when you are humping at a rabbit's pace. If you are not already, try slowing the pace down and add another strategy in your erotic playbook. Taking time to slow down, savor, and enjoy the feelings (both emotionally and physically) can heighten arousal and create highly-intense orgasm. Orgasms are a release of erotic tension, so let that tension slowly build.

Activity:

Whether with oral sex, anal sex, vaginal sex, or manual sex, make it a point to agree to explore going slow. You don't have to go at a snail's pace, but try going slower than you normally would. Notice how differently it feels. Focus closely on every nook and cranny of pleasure.

If you are inserting your dick into your partner, or getting masturbated, see how slow you can go without losing your erection. While going at a slow pace, see if you can turn your attention to both the sensations as well as the eyes of your spouse. Try to connect emotionally with your partner as well as physically. See how your emotional connection enhances your pleasure. Savor the moment and take advantage of the slower pace by saying loving and kind things to each other, or get raunchy and talk about how wonderful your partner's body feels. Stimulate each other's emotions as well as their bodies.

Tip:

For those with dicks: If you are enjoying the slower pace but are having difficulty controlling your orgasms, try switching positions to cool things down, or alternating between inserting your dick and inserting fingers/a dildo into your partner. Keep the pleasure going and the tension building. The more you practice ejaculatory control and building up your knowledge on self-pacing, the more your body will be able to expand its ejaculatory threshold.

Have fun!

Sex Activity #3

Strengthening the love muscle

Background:

Our bodies are susceptible to the effects of age and illness. We have our own wear and tear and it is our responsibility to make sure we are in good physical shape for sex. One of the best things we can do for our sexual health is to regularly practice Kegel exercises (also known as pelvic floor exercises). All types of bodies can benefit from these quick strengthening exercises. Benefits include preventing or treating incontinence, vaginal pain, erectile dysfunction, and premature ejaculation, improving prostate health, increasing arousal, improving ability to reach orgasm, and increasing vaginal tone and lubrication. For those with vaginas, being able to strengthen your “grip” also has its direct sexual benefits as well.

Activity:

First you need to be able to isolate your pubococcygeus muscle (or PC muscle). To do this, imagine that you were urinating and you wanted to restrict the flow of urine. The muscle you would engage to stop urinating is your PC muscle. If you are tightening your anus or stomach, you are doing it improperly and engaging too many muscles. Just isolate your PC muscle. Don't do this while urinating as this can have adverse effects.

Once you isolate your PC muscle, engage and squeeze the muscle for 5 seconds, and release for 5 seconds. Repeat this for 10-20 repetitions. Do this once per day, until you can do it twice or three times per day. You want to tire your PC muscle, which aids in both its strength and ability to relax when you want to “get busy”.

Tip:

If you are experiencing a lot of sexual pain even when doing Kegels regularly, particularly if you have a vagina, you may want to consider talking with a pelvic floor physical therapist or your OB/GYN. There are some valid reasons you may not want to continue to tone a muscle if it is already prone to being too taught. Some health providers recommend Kegels for vaginal pain, and some recommend other exercises. It may be helpful to talk with a provider.

Have fun!

Sex Activity #4

Eyes open and connected

Background

Emotional intimacy is not for the faint of heart. Emotional intimacy during sex presents an extra layer of vulnerability and expose, but it also provides a unique opportunity to transform sex into a connected, shared erotic experience. This exercise is inspired by David Schnarch's book *Passionate Marriage*.

During sex, especially when approaching orgasm, it is common that people will retreat into themselves and close their eyes, or turn their gaze away from their partner. There is something particularly intimate about looking deeply into each other's eyes during sex, and during orgasm, that will sometimes scare people away for them to retreat into the closed-eyed privacy of their minds. This exercise encourages you both to see and be seen in your vulnerability, providing you an avenue to enhance the experience of sex, and pleasure.

Activity

For this activity to be successful, you will want to make sure that you go into this with a pretty solid emotional bond between you both, and a few recent sexual experiences that you are both satisfied about (in short, don't do this if you are at odds and have had a string of bad, disconnected sex).

During sex, make it a point to look into your partner's eyes; don't gawk and stare with some awkward blank stare on your face like Frankenstein's monster. No. Gaze lovingly and seductively into your partner's eyes. Look deeply into them, peering into their soul, as if it were two estranged mates meeting again after a long time apart. When you see your partner gazing into your eyes, if you notice any fear arising in you from the vulnerability, see if you can relax it away and just be seen. Be open, connected, and engaged.

Try to continue the gaze (you are welcome to blink your eyes or gaze away briefly, just like a normal conversation or interaction) until one or both of you experience orgasm. When one or both of you orgasm, try to maintain eye contact and use that connection to enhance your pleasure.

Feel free to exchange kind words when gazing at each other.

Try this out if/when you both are ready. It's hot and can be great for your sexual bond.

Have fun!

Sex Activity #5 Body Worship- Level 1

Activity

In this activity, you will be “worshipped” for the erotic being you are. This will also involve a little power play (the fun kind) where one person is willingly serving their partner, with the goal of helping their partner feel intense pleasure. Though not actual worship like you would in a church, it is a submission to your partner and each person will get a change, so you choose first who starts. Set up the room to be conducive for (make it tidy, play music or light incense if you want, set the temperature, etc.). You set the stage as this is about you. How do you want your partner to please you? Do you want a massage? Do you want your feet rubbed? Do you want to be licked and sucked? The key here is that the focus is entirely you, exactly how you want it.

For this activity, Partner A will be the one getting worshipped, and Partner B will be the pleasurer. And, prior to starting, you may find it helpful to have a “safe word” that, when uttered, let’s your partner know that you are outside of your comfort zone. One can only try something different, like willingly take charge or submit, if they know that they have an out. If you cannot come up with one, just use “Papaya”. And if the word gets stated, stop and regroup.

Partner A: Decides how you want to be pleased and let Partner B know ahead of time in a confident and sexy way (for example; texting Partner B “Tonight you are mine. You are going to kiss and lick all over my body tonight”). The reason you are doing this is to set the stage and to help Partner B know what is “expected” of them. Then, when the time begins, give Partner B some directions in your confident, sexy voice (For example: “Get on this bed...Good...Now undress me and see what you are going to pleasure tonight”. Let’s say you have Partner B rubbing and kissing your feet, you can say things like “You like sucking my toes, don’t you?” or “Oh, that’s nice. That’s just what I like”. Remember, Partner B is willingly submitting to your pleasure so those social niceties you would display outside of the bedroom can be forgotten; feel free to take charge. Every desire, every inch, every word, every pleasure here is permitted. Don’t be bashful. If you notice yourself feeling a little odd, try “faking it” and pretending to be more confident and relaxed than you may feel. For some people, it is hard being the sole focus of pleasure, it’s just not what they are used to. Sometimes just letting your inhibitions down and *going for it* is the secret to unlocking pleasure.

Partner B: It can sometimes be fun being submissive and letting go. Since you always have the right to stop if you want to, use that to push your own boundaries. And good body worship involves you being present and in the moment. Pay attention as you are being charged with a great responsibility. Check any ego at the door and please your partner. As long as your partner likes it, you can say things like “I love the taste of you” or “Yes, mistress/sir” or “Can I please lick your body?”. It can sometimes be freeing to give up control and become a vehicle to your partner’s pleasure. Go for it and see what feels right to you!

Have fun!

Remember!

Above all: Don’t break character!

Afterplay Activity #1

Don't let go quite yet

Background:

How do you know when sex is over? How do you know when to transition from sex to afterplay? Sometimes people end the sex phase too quickly and they forget to savor the moment. After orgasm, there is a rush of oxytocin (dubbed the love hormone) that provides a magic opportunity for two lovers to really feel bonded and together.

Activity:

Often times, though not always, when one or both people orgasm they tend to end sex. In this activity, you both are encouraged to hold each other during orgasm and continue to hold each other after. For example: Let's say you just orgasmed and came in your partner. Before pulling out, stay in your partner and continue holding, kissing, and looking into your partner's eyes. Unlock all of those sweet words you want to say to your partner such as "I love you" or "You make me feel so good" or "I'm so lucky to have you in my life", etc. Hold onto each other until you notice your body going from that intense state of arousal and high erotic energy that comes with orgasm to a more relaxed and loose state. See how long it takes you and your partner to go from tense to loose and relaxed.

Keep touching, kissing, holding, and "being" together.

Good lovers savor the moment.

Afterplay Activity #2

What to do with garbage thoughts

Background:

When couples are having good sex, they will often feel like they can “let go” and are transported into a place of freedom, connection, and pleasure. Their mental energy shifts from a place of self-awareness and vigilance to a more relaxed and “lost” state. Well, after sex, their energy shifts from the body back to the mind. With that, sometimes people’s anxieties also come back on board. They think thoughts like “Did I last long enough?” or “Did I sound obnoxious?” or “My partner said he didn’t need to orgasm but was he telling the truth or just being kind?”. These thoughts are too anxious for Afterplay and are often just our neuroticism and self-critical voices coming back on board after a short reprieve.

Activity:

When you notice these negative, anxious, or critical thoughts coming into your mind, which are entirely non-erotic, try this mindfulness exercise. Notice the thought in your mind. Once you do, allow the thought or worry to leave your mind and fly to some garbage dump miles away from you. See the critical thought, or worry leave your mind, leave the room, travel through the sky, and land into the garbage dump. The thought or worry has no place in your Afterplay. Then, once the thought or worry leaves your mind, center yourself back with your partner and draw your attention away from the thought or worry back to the loving, connected, togetherness being shared between you both right now. If you find this particularly challenging, engage with your partner by saying warm and loving things like “That felt amazing” or “You are such a good lover”, or “Wow, I really needed that”.

Have fun!

Afterplay Activity #3

Keep the touching going

Background:

It is no secret that there are a million demands on our time. With emails, young children, work demands, friends and family, house projects, pets, exercise...its seems like there is no shortage of things trying to get in between you and your partner. Have you ever been guilty of going right into house chores immediately after sex, or going right to sleep so you can be fresh in the morning for a meeting? Afterplay does not have to take an hour. 5-10 minutes of great Afterplay is a wise investment into your marital bond and, most importantly, feels amazing.

Activity:

Level 1

When you both are done having sex, and both people have gotten their pleasure and sexual needs met, keep touching each other. Use your fingers to graze across your partner's skin, spoon your partner and rub their back and thigh, engage in light and easy kissing as you lie together. If you know your partner was particularly vigorous, offer to rub their shoulders or back as a thank you for rocking your world. The key here is to keep touching and keep the oxytocin (love hormone) flowing.

Level 2

Why stop at one orgasm when you can have two? After one or both of you orgasm, keep stimulating your partner with erotic touch. Put some lube in your hand and massage your partners balls and cock and allow them to lay back as you both slowly notice the erection returning. Have your partner sit in between your legs with your back on the headboard while you kiss their neck and play with her nipples and she masturbates to another orgasm. You may notice your body unable to achieve another orgasm, and that is totally fine, so don't keep touching with the *expectation* of another orgasm because if it doesn't come (pun not intended) it will end the lovemaking on a sour note. Instead, just see what comes (okay, that one was intended).

Have fun!

Afterplay Activity #4

So.... was it good for you?

Background:

Just like any other aspect of your relationship, it is important for you to have an understanding on the level of satisfaction your partner has in your erotic bond. Is your partner getting sexual needs met? Does your partner feel comfortable talking with you about their desires and fantasies? Are you able to hold onto your boundary and hear feedback without getting reactive? All good lovers need to be able to, from time to time, talk about their erotic bond and sexual technique in order to make sure that they are still growing and improving as an erotic team. The challenge is making the time, holding onto your boundary, and putting effort into any changes that are asked.

Activity:

From time to time, not too frequently, when you both are lying in bed after being sexual with each other, make it a point to ask about how each person is feeling about their sexual bond. Perhaps you both are trying a new toy, check in with each other about how they like it. Maybe you both tried a role-play exercise, how did that go for each person? What was easy and what was a challenge? Maybe you experienced an awesome orgasm because your partner hit it just right; let your partner know so they can log that in their memory while it is fresh. Don't let the conversation go on too long or be too frequent about checking in as then the good intention can backfire and can make sex too anxiety provoking and you may feel too much pressure to be perfect.

Have fun!

Afterplay Activity #5

Goals for future fun

Background:

A good erotic bond does not just arrive to couples like an Amazon delivery box. Good erotic bonds are intentionally built and crafted over time. Hot passionate sex can happen on a first date with a relative stranger, but a more honest, deep, mature, and emotionally intimate sexual bond is an investment of time, money, and energy. Whether Companionate, Okay, Physical, or Passionate, a couples sexual bond is a crucial part of their relationship and deserves and demands attention. Bad lovers complain about not having the erotic bond they want, good lovers put in the effort to make it happen. Bad lovers don't take time to discover what they want to do and try, and good lovers listen to their mind and body to discover what is next on the erotic horizon.

Everything that you enjoy about sex and eroticism today you, at one point, did not want to do it. All that you do today by yourself and with your partner you discovered by taking a chance and trying it. Some things you have tried and it didn't feel right, and some things you tried and you love. The key here is to strike a balance between leaning into the discomfort and sampling all that there is in the world of eroticism, and knowing your limits and what just flat-out does not interest you.

So, what *you* want out of sex? Too often people will be overly concerned with trying to think about what they *should* want. Screw that. What do *you* want? Many people have sexual desires and fantasies that they may not share with a lover on the first night. Perhaps you want to have sex in different rooms, or outside. Perhaps you want to do more oral sex on your partner to get even better at it. Maybe you want to incorporate pornography or erotica in your lovemaking. Maybe you want to engage in mutual anal play, or try kissing more during sex. A lot of couples have had a ton of fun going sex toy shopping for new adventures, or by meeting up with people that practice BDSM to try it on and see what adventure awaits them.

Activity:

If you both have not already, make time to outline some goals you want for your erotic bond. One way to get some understanding of where you both want to go is a fun and free quiz at www.MojoUpgrade.com. But try to make this conversation fun and sexy as well. Make warm cups of tea or coffee, set some mood music and lighting, get in comfy and loose clothing, and while your bodies are intertwined, have the conversation. Perhaps you can even notice how your partner's body responds as you talk about your desires. Put on your sexy, seductive voice and share openly with your partner.

Remember!

The bedroom must be a judgement-free zone. Be super respectful about what your partner talks about because it takes a lot of courage to talk about one's deepest fantasies. Be a good teammate. If something doesn't sound appealing to you, say something like "I appreciate you sharing that. Right now, it does not feel like something I am ready for but perhaps in the future". That sounds a whole lot better than "No way. Not gonna happen." Right?