

Let's Talk About Sex

Ask and answer the following questions with your spouse. Add more as you think of them!

What turns you on sexually?

How do you like to be touched?

Where do you like to be touched?

What turns you off sexually/is out of bounds?

What sexual positions do you prefer?

What have been your favorite sexual experiences that we've had together?

What are some things that you want to try sexually?

Hugging Until Relaxed Exercise

This exercise is simple but powerful.

Stand close together, firmly on your feet. If your wife moved away, you would still be standing up.

Hug each other and calm yourself down.

Stay together until you are both relaxed. You can even keep going until your breathing syncs up.

Eyes Open Foreplay

Instead of closing your eyes and groping, take time during sex to look into each other's eyes.

That's it! But, it will change the dynamics of your sexual encounter dramatically.

Follow the Connection

Instead of asking your wife "is that good?" or "where do you want to be touched?" try to focus on your connection. Try to sense what your wife wants and what to do next. And, follow what you want to do next.