

## #13 Sex Talk

Schedule some time with your partner to sit down and have a Sex Talk. Share attitudes and beliefs about sexuality and touch. Talk about your history and background including positive and negative experiences. Discuss your parents' attitudes and beliefs and their impact on yours. Keep this discussion separate from your Pleasuring time.

Do you have any sexual secrets? Are there any beliefs, expectations, fantasies, or past experiences you have not told your partner? Open and honest communication enhances pleasure.

Consider having a monthly talk to see how well your Special Touch and Sexual Touch needs are being met. Mention what is going well. In a non-blaming, non-critical way share suggestions for improving Sexual Touch. Let this check in become an important part of your sexual relationship without turning it into a gripe session.

Some suggestions for additional topics of discussion:

Review the joys of pleasuring (signaling, playing, climaxing and afterglow).

Do you need to work on harmonizing energy levels or schedules?

Are there things you have always wanted to do but have not done yet?

Do you have any new insights about your sexual relationship?

Consider writing a love letter about "How I like to be loved."

Ask your partner "Are there ways I can love you better?"

Have a special love journal in which both of you write thoughts, feelings, suggestions.

## Teach Me

An important part of Pleasuring is being touched just the way you like. Frequently, you touch other people the way you like to be touched. But this is not necessarily what feels good to them. It is crucial to take the time to teach your partner exactly how you like to be pleased. Teach your partner what feels great to you and where. Convey your unique taste for pleasurable touch by describing or actually demonstrating on your body or on your partner's. You may want to include different kinds of pressure and rhythm, things that arouse and tickle, touches that soothe. Equally important is to find out exactly how your partner likes to be touched.

By being clear about your likes and dislikes, you remove the need for your partner to have to read your mind. Also, preferences change over time. Take joint responsibility for both of your pleasures.

