

Top 5 Pieces of Advice for Having Sex

Adjusting your sexual mindset can lead not only to better sex now, but can ensure that your sex life continues to be exhilarating for decades to come. We all have our own special tricks and I would love you to share them with us. So go to the contact button on the source page and let us know.

Here are 5 Top Pieces of Advice:

Be more playful.

People take sex so seriously.

Most of us feel like there are certain roles we're "supposed" to play during sex — wanton vixen, innocent girl-next-door, submissive female.

It's predictable and it's not a lot of fun.

When was the last time you had fun during sex?

Give yourself permission to be yourself in the bedroom, and embrace the silly side of sex. Don't be afraid to joke and laugh together.

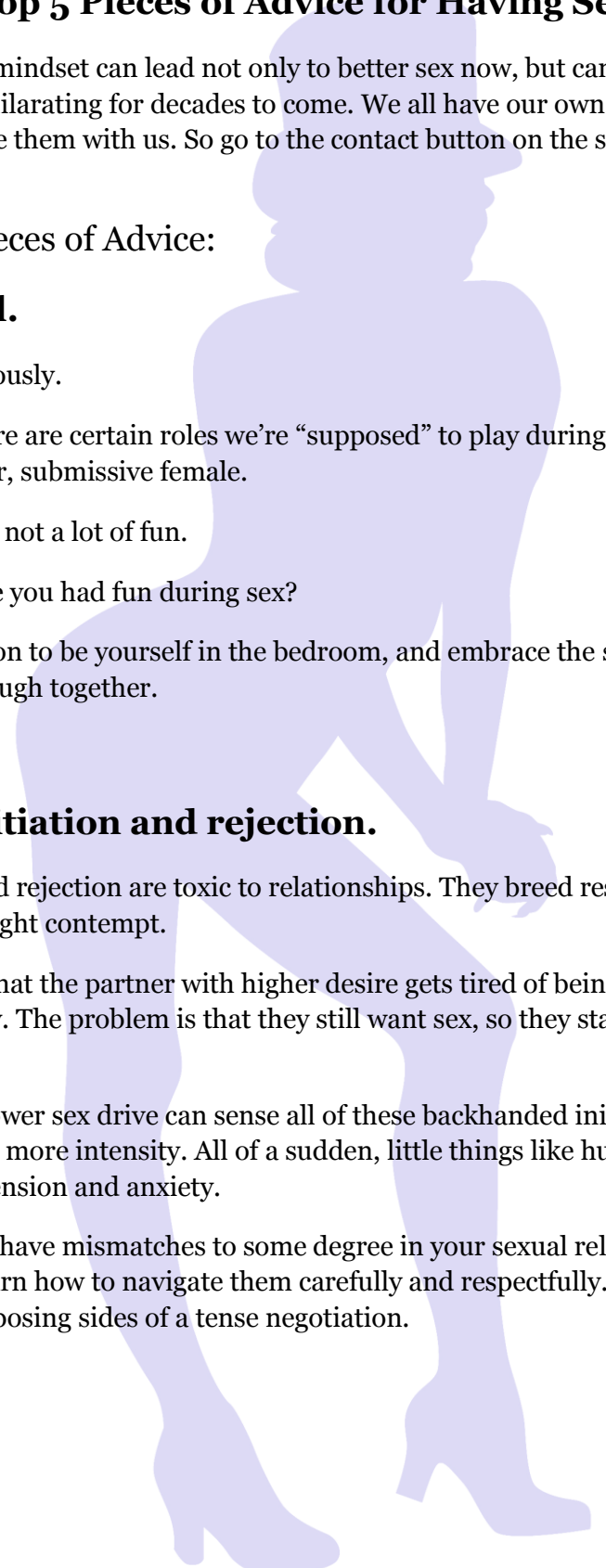
Get better at initiation and rejection.

Unskilled initiation and rejection are toxic to relationships. They breed resentment, frustration, anxiety, and even outright contempt.

The typical pattern is that the partner with higher desire gets tired of being turned down and stops initiating directly. The problem is that they still want sex, so they start initiating in a bunch of indirect ways.

The partner with the lower sex drive can sense all of these backhanded initiation cues, and starts pulling away with even more intensity. All of a sudden, little things like hugs or even touches become fraught with tension and anxiety.

You're always going to have mismatches to some degree in your sexual relationships, so it's imperative that you learn how to navigate them carefully and respectfully. The goal is to feel like a team, rather than opposing sides of a tense negotiation.



Here, some basic guidelines:

Initiation:

- State what you want clearly, but without being demanding.
- Be genuinely curious about what your partner is feeling.
- Ask if there's a way you can help your partner feel more open to connecting. Does she need a hot shower and a glass of wine? 10 minutes alone time or watching the news?
- If you get turned down, feel your disappointment. Not getting what you want sucks! Don't be pouty or rude, but allow yourself to feel bummed out.

Rejection:

- Really listen to your partner's initiation, and give yourself a moment to consider it. Don't immediately turn your partner down. See if you can find even the teensiest part of you that would be open to connecting and feeling pleasure. That being said, don't pressure yourself to do anything you don't want to do. There's a fine line to walk here.
- See if there's something different you want instead. You may not feel up for the whole enchilada, but perhaps a make-out session sounds appealing.
- Give an honest reason for why you're not interested. Not because you owe your partner an explanation, but because it helps take away some of the sting.
- Let your partner feel disappointed. It's OK for you to say no, and it's OK for him or her to feel let down.

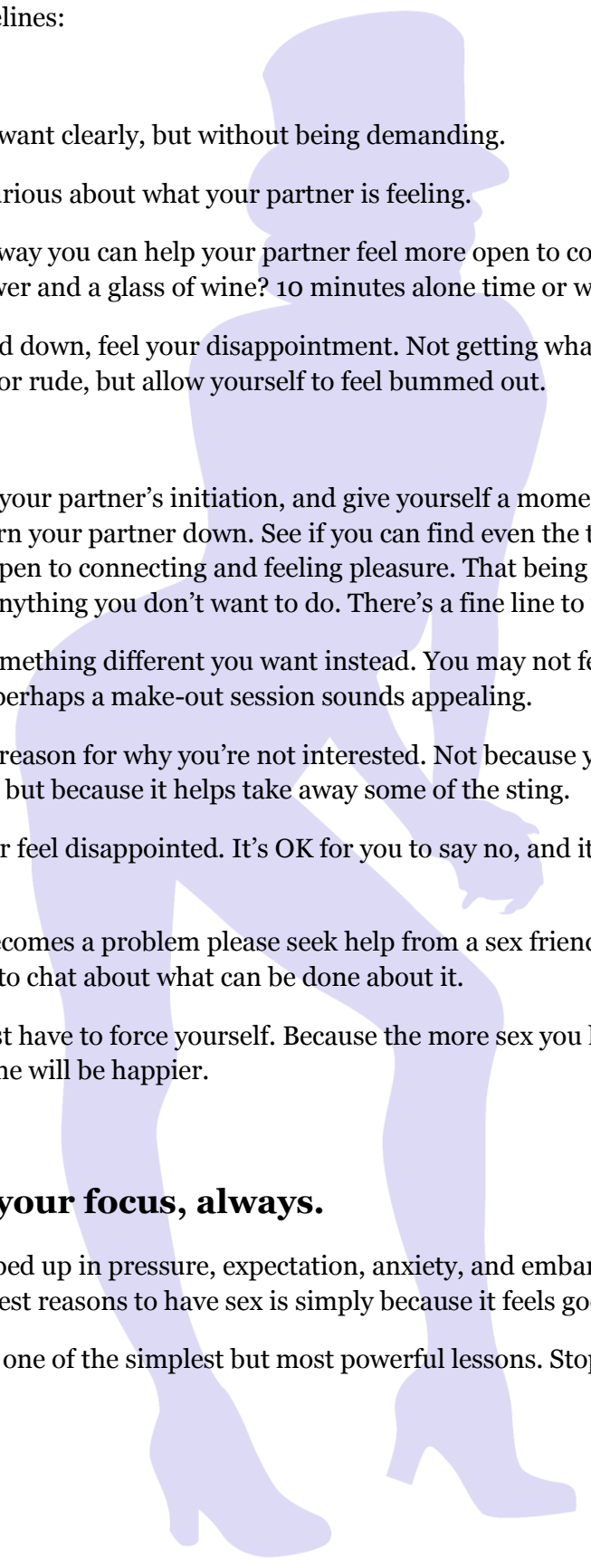
If your lack of libido becomes a problem please seek help from a sex friendly GP or pop into the Lola Montez Boutique to chat about what can be done about it.

And sometimes you just have to force yourself. Because the more sex you have, the more sex you'll want and everyone will be happier.

Make pleasure your focus, always.

We can all get so wrapped up in pressure, expectation, anxiety, and embarrassment that we forget that one of the best reasons to have sex is simply because it feels good.

Prioritizing pleasure is one of the simplest but most powerful lessons. Stop chasing the orgasm and just feel!



Here is a list of the ways that pleasure can vastly improve your life:

- It helps take the pressure off the orgasm when you direct your attention to pleasure instead of the end goal. Dozens of women have had their first orgasms after being able to make this shift.
- Getting specific about what feels good helps you figure out what you want. And the best way to discover what you like is on your own. Because once you know it's much easier to guide your partner in the right direction.
- Gently directing your attention to the pleasure your body feels during sex can alleviate body consciousness. It's hard to feel worried about the cellulite in your legs when you're fully tuned in to the sensations of someone's tongue on your thighs.
- Tuning into pleasure instantly helps you be more present in the moment. Because sex is no fun when you're distracted by the pile of unfolded laundry on the floor.
- Trying to find the pleasure in even the most mundane aspects of your daily routines quite simply makes life more enjoyable! Ever appreciate the feel of warm, sudsy water when you're washing the dishes? Do you actually enjoy the fresh air and birds chirping when you're walking the dog?

Value and protect your sex life.

For as sex-obsessed as our culture seems to be, we have a hard time acknowledging that our sex lives truly are important to us. So many couples pretend that they're OK with only having sex once a month or never trying anything other than missionary. Others stay in relationships that clearly suffer from sexual incompatibility.

When you don't give value to your sex life, it's hard to put the effort into ensuring it stays healthy. You have to make intimacy a priority regardless of how long you've been together.

You can keep quiet, you can stay in autopilot, and you can pretend things are fine when they're not. But these tactics aren't sustainable. Your resentment and frustration will eventually leach out whether you like it or not.

Here are some of the suggestions for making sex a priority:

- Tell yourself and your partner that sex is important.
- Ask for what you want honestly and openly, without feeling guilt.
- Have a regular "state of our sexual union" with your partner.
- Actively invest in your sex life. Do things like schedule date nights, buy fancy lingerie and quality sex toys, or read sexual technique books together.

Turn off your cell phones, laptops, and television, and make time for each other. And never ever make sex a weapon or a prize. It will mess things up for years to come!

Have a beginner's mind.

If there's one thing that will keep the fires burning until you're old and grumpy, it's novelty. Our brains light up like Christmas trees when exposed to new things.

There are an endless number of ways to experiment with sex. Sex is something that you will never be able to fully master. Sex and touch is different for everyone. Approach sex like there's always something new to learn and try, because it's true!

Try out a sex position that requires a four-step process to get into. Maintain curiosity about what your partner likes, and ask for input.

Try masturbating with an entirely new method. Play the "Would You Ever" game with your partner. Purchase a sex toy that seems perplexing yet oddly intriguing, or a common garden variety toy.

Remember it's okay to laugh when things don't go according to plan. The dildo may fall on the floor and get full of cat hair! It's funny – laugh!

It will give you something to talk about.

Favourites as shared by a Sexologist from San Francisco whose name I forgot to copy. If you are the original source please let us know so we can credit you.

For more information about courses, workshops or toys become a member of the iSexEd community today. www.iSexEd.co.za

