

Let's Make Sex FUN Again!

Has sex with your partner become more of a yawn than a yearn? If so, you are not alone. It's not uncommon for couples to lose some of that initial passion and spark over time. Moreover, as the years build, a couple's sexual repertoire can become boring and monotonous. There is no reason why sex shouldn't be full of fun and passion, even if the couple has been together for many years. Here are some tips that will help you step out of your regular routine and make sex more passionate, exciting, and fun.

Tip #1: Educate Yourself

If you already knew everything there was to know about sex, you wouldn't be reading this article right now. Any skill that we want to master in life takes education and practice. There are a lot of books and DVDs available to help you become a sex god or goddess in the bedroom—or at the very least, help you to spice things up and make sex more fun. For beginners, I highly recommend the Better Sex Series (a 3-DVD Set) by the Sinclair Institute. The information on the three DVDs covers a little bit of everything, and while they do contain graphic nudity (of 12 real couples), it is done tastefully. The newest version of the Series even comes with a music CD, to help to set the mood in the bedroom! Remember: it is repetition that will help you master new skills, so practice, practice, practice!

Tip #2: Learn How to Relax

One of the first steps toward making sex more fun is learning how to relax your mind and your body. Before you engage in physical activity, try to clear your mind of any stressful thoughts or concerns that may have built up from your day. Focus on your partner and try to stay in the moment with them. Don't take sex too seriously. Allow yourself to just relax and have fun. If you are someone who feels burnt out at the end of the day, having sex in the morning (or afternoon) might be just the change you need. In the morning, your body is still relaxed and you may have much more energy than you do at the end of the day. Moreover, you may be better able to connect with your partner earlier in the day, before the stresses of work, family, etc., have worn you down.

Tip #3 Build Anticipation

Take time to set the mood, both in the bedroom and with your partner. Leave them a note before you leave in the morning, hinting at what you want to do when you get home. Send each other flirty voice mails, emails, or text messages throughout the day to help build the excitement. If you are out and about together, whisper suggestive ideas in their ear to get them turned on.

Once you're home (or at whatever location you've chosen), don't rush through foreplay. Slow down and take time to explore each other's bodies. Let foreplay be the highlight and you'll be surprised by how much more fun sex can be! Try to start by giving each other a sensual massage with oil or lotion. Let your hands tease their body throughout the massage, getting close...but not too close to the areas they most enjoy being touched. Focus on the touch being pleasurable, not goal oriented.

One way to build anticipation with your partner is to share sexual fantasies. Challenge yourself to allow a little vulnerability. Talk to them about something you've always wanted to try. Or share a memory of something they did in the past that really turned you on. Ask them what their fantasies are and explore the possibility of making them a reality.

Tip #4 Open & Honest Communication

When it comes to expressing sexual thoughts or feelings, it is of the utmost importance that couples respect what their partners have to say. Both parties need to make sure that the other is comfortable when trying out new things in the bedroom. Try to keep an open mind, but be honest if they suggest something you are not comfortable with. Perhaps there is a compromise... Regardless, trust that your partner loves you and wants open and honest communication about your sexual thoughts and feelings.

Tip #5 Take Some Risk and Try Something New

There are a lot of things that can add variety to a couple's sex life, including: new positions, toys, and games. You don't have to go out and purchase the Kama Sutra to come up with some new ideas for sexual positions. Simply do an internet search for "sexual positions" and a wide variety of articles will be at your fingertips with suggestions. As for toys, a few that I think are *must haves* for the adult toy chest are: (A) the Hitachi Magic Wand (approximately \$50); (B) The Rabbit (approximately \$80); and (C) a penis Ring (approximately \$20). All of these, and more, can be purchased from the comfort of your own home via www.goodvibes.com and/or www.amazon.com.

(A) From goodvibes.com: "The Hitachi Magic Wand is strong and powerful. This two-speed classic is perfect for those who seek a vibrator with many uses."



(B) From goodvibes.com: “With an extremely flexible vibrating shaft, this vibe can bend in virtually any direction, allowing you to hit that right spot with ease.”



(C) From fleshlight.com: “The Impress Performance Cock Ring from Modern Adult is adjustable in 0.2" increments so you get the perfect fit. The Impress is safe with all lubes and can be cleaned with soap and water. It can also be disinfected with anti-bacterial cleaners.”



While the first two are (hopefully) self-explanatory, the penis Ring may not be. Sometimes referred to as “O Rings,” they come in all shapes and sizes. You can even buy them at your local convenience store, as Trojan now has a line that includes a “Vibrating Ring.” It can be found right next to the condoms! A penis ring is an O-shaped ring that sits at the base of the penis. Its purpose is to restrict blood flow, resulting in erections that are 10-15% harder and last longer than without use. As an added bonus, the increased blood pressure in the penile tissue provides increased sensation, especially around the glans (head) of the penis. The *vibrating* ring has a section of the ring with an element that vibrates. This area of the ring can be directed down toward testicles for his pleasure, or positioned at the top (toward the clitoris), for her pleasure.

Finally, what could make sex more fun than including games? Here are a few ideas:

- Edible Body Paint
- Sexy Outfits, Costumes, and/or Role Play
- Strip Poker
- Light Bondage with handcuffs, scarves, or a tie.
- Use a blindfold and heighten the other senses
- Read erotica to each other
- Tie your partner’s hands together before undressing and let the excitement and anticipation build as they try to undress you with their hands tied!

While sex can certainly increase closeness, connection and intimacy in a relationship, after long periods of time, it can become routine lose what makes it fun and exciting. In turn, this causes many couples to lose sexual interest in each other and their relationship becomes more about companionship than sex and pleasure. It is my hope that in reading this today, it inspires you to try new things and reignite the sexual passion in your relationship.

Above all else—Have fun!

...and don't forget to cuddle.

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