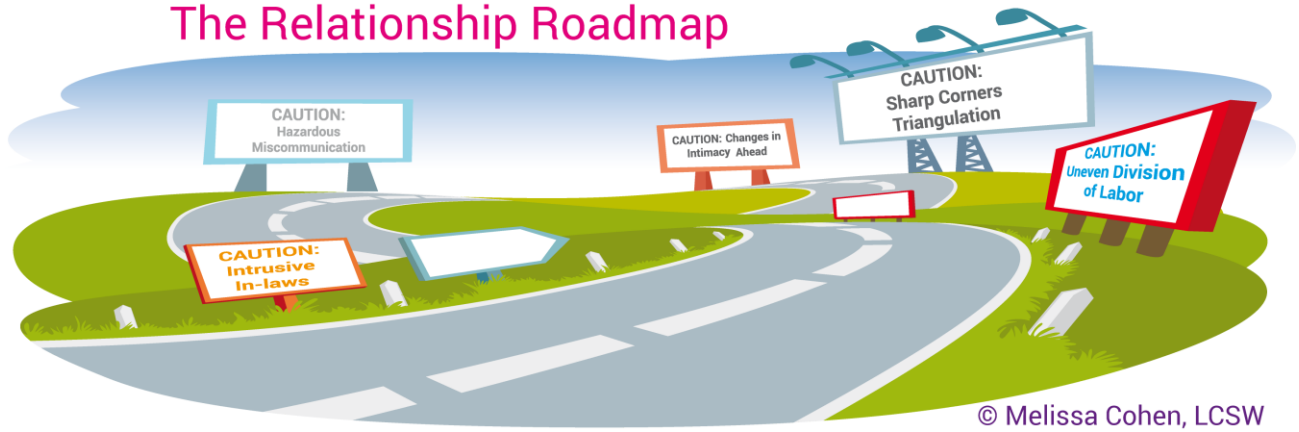


# The Relationship Roadmap



## Navigation: Talking About Sex

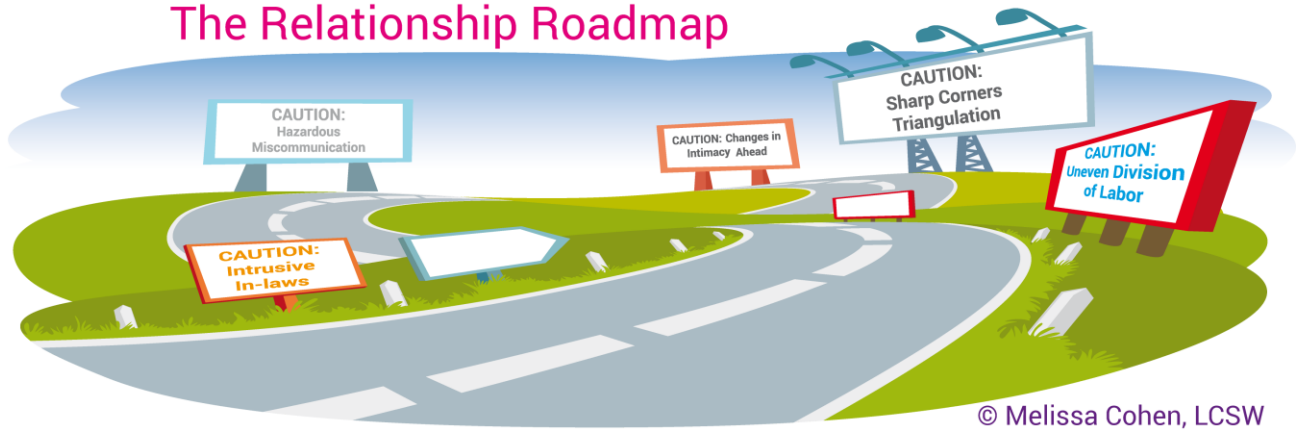
Many couples simply do not know how to talk about their sexual needs and experiences. This exercise is designed to help you communicate with each other.

You can do this exercise separately and then share answers or do it together taking turns answering the questions.

Directions: Spend a few moments recalling some good sexual moments you and your partner have had. It doesn't matter when the moments took place. Just enjoy the memories as you explore the following questions:

1. What felt good?
2. What did you feel about our non-sexual affection?
3. What have I done that really turned you on?
4. What made you feel ready for touch and sensuality?
5. What did we do that made you feel closer to me?
6. What allows you to be more in touch with your body?
7. What makes you more able to surrender and let go?

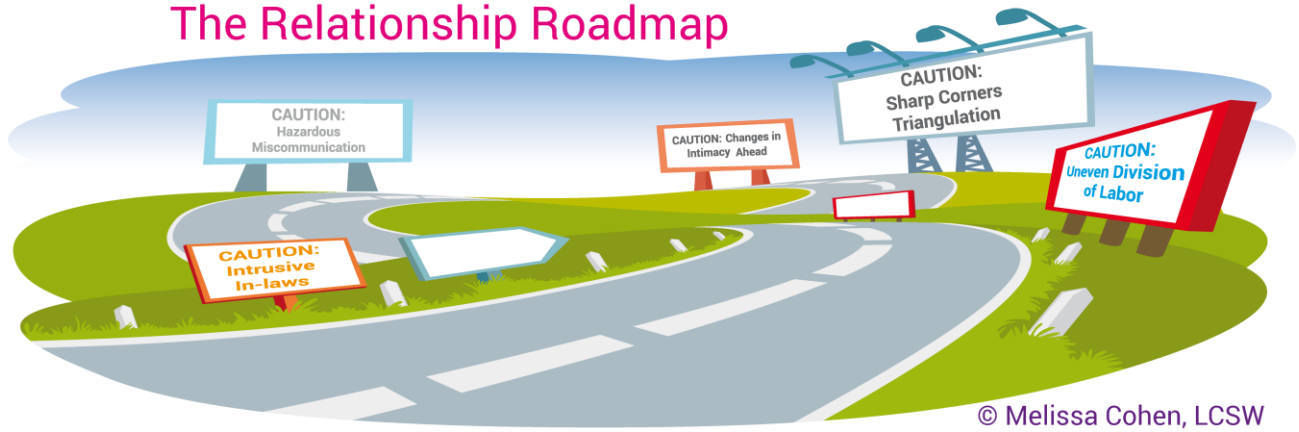
## The Relationship Roadmap



Now spend a few moments thinking about your current sex life as you answer the following questions:

1. What is a good way to initiate physical intimacy with you?
2. What do you need to get in the mood?
3. What makes sex more like love-making for you?
4. What helps you focus on the physical sensations in your body?
5. How do you feel about quickies?
6. Are there parts of your body that you prefer not to be touched?
7. How should we handle it if one of us is in the mood and the other isn't?
8. When we have sex, how important is it to you to have an orgasm?
9. If I have an orgasm before you, is it important to continue lovemaking until you climax?
10. Is there anything about sex that you are embarrassed or ashamed of?

## The Relationship Roadmap



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Finally, spend a few moments thinking about an ideal sexual experience with your partner. Describe it in as much detail as possible. Make sure to include the following aspects:

1. Your libido.
2. Your feelings about intercourse.
3. Your feelings about oral sex.
4. Your feelings about anal play.
5. Your feelings about initiating sex.
6. Your feelings about orgasm.
7. Your feelings about using your hands in sex.
8. Your feelings about your body.
9. Your feelings about the pace of sex (fast, slow, hard, gentle).
10. Your feelings about including fantasy in love-making.