

THE **Gott Sex?** SERIES
The Gottman Institute

The Art and Science of **Lovemaking**

Research based skills for a great sex life

Whether things are going great between you and your partner, or you've stopped having sex altogether, this program will help make your love life more fulfilling in almost every way.

Written and Presented by world renowned experts
John Gottman, PhD and **Julie Schwartz Gottman, PhD**



PROPER USE, COPYRIGHT AND TRADEMARK NOTICE

Please note that copyright and other laws protect these materials. Copyright © 2012 by Dr. John M. Gottman and Dr. Julie Schwartz Gottman. All rights reserved. Distributed under license by The Gottman Institute, Inc. These materials are for your personal use only. This manual may not be rented, leased, sublicensed, distributed, re-distributed, or reproduced in any manner whatsoever, in whole or in part, without the written permission of The Gottman Institute.

These methods and materials may not be placed on a website or in any other public location, and may not be used in any form to offer workshops to either couples or to therapists. This permission is reserved as the sole province of The Gottman Institute Inc. Any misuse of these materials may be the subject of legal action. The "Gottman Method" is a trademark owned by The Gottman Institute, Inc. Any promotion of this trademark or the Gottman name without the express written permission of the Institute may be subject to legal action.

"The Gottman Institute," "Gott Sex," "The Gott Sex Series?," and our logo are trademarks of The Gottman Institute and may not be used in any manner without the prior written consent of The Gottman Institute.

Medical Information Disclaimer

The information contained herein is intended solely for the general information of the reader. It is not intended to diagnose sexual issues related to health problems or to take the place of professional medical care. All content, including text, graphics, images and information, contained on or available through this publication is for general information purposes only.

The Gottman Institute

1401 E. Jefferson, Suite 501
Seattle, WA 98122
888 or 206/523-9042
products@gottman.com

Visit us on the web at:

www.gottman.com
www.gottmanblog.com
www.facebook.com/GottmanInstitute
twitter.com/GottmanInst
pinterest.com/GottmanInst



Created by
Drs. John and Julie Gottman

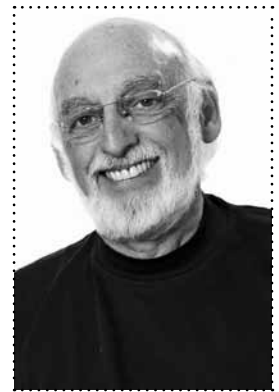
Dr. John Gottman

World renowned for his work on marital stability and divorce prediction, John Gottman has conducted 40 years of breakthrough research with thousands of couples. His work on marriage and parenting have earned him numerous major awards, including:

- Four National Institute of Mental Health Research Scientist Awards
- The American Association for Marriage and Family Therapy Distinguished Research Scientist Award
- The American Family Therapy Academy Award for Most Distinguished Contributor to Family Systems Research
- The American Psychological Association Division of Family Psychology, Presidential Citation for Outstanding Lifetime Research Contribution
- The National Council of Family Relations, 1994 Burgess Award for Outstanding Career in Theory and Research

He is the author of 200 published academic articles and author or co-author of 41 books, including the bestselling, ***What Makes Love Last; The Seven Principles for Making Marriage Work; The Relationship Cure; Why Marriages Succeed or Fail; and Raising An Emotionally Intelligent Child***, among many others. Dr. Gottman's media appearances include Good Morning America, Today, CBS Morning News, and Oprah, as well articles in The New York Times, Ladies Home Journal, Redbook, Glamour, Woman's Day, Men's Health, People, Self, Reader's Digest, and Psychology Today.

Co-founder of The Gottman Institute with his wife, Dr. Julie Schwartz Gottman, John is a professor emeritus of psychology at the University of Washington, where he founded "The Love Lab" at which much of his research on couples' interactions was conducted. To read more about Dr. Gottman's research, check out the Research section of our website for interesting questions and citations to his work.





Dr. Julie Schwartz Gottman

Julie is the co-founder and Clinical Director of The Gottman Institute. A highly respected clinical psychologist, she is sought internationally by media and organizations as an expert advisor on marriage, sexual harassment and rape, domestic violence, gay and lesbian adoption, same-sex marriage, and parenting issues. She is the co-creator of the immensely popular **Art and Science of Love Weekend Workshops for Couples** and she also co-designed the national clinical training program in **Gottman Couples Therapy**. Her other achievements include:

- Washington State Psychologist of the Year
- Author/co-author of three books: **Ten Lessons to Transform Your Marriage; And Baby Makes Three; and the Marriage Clinic Casebook**
- Wide recognition for her clinical psychotherapy treatment, with specialization in distressed couples, abuse and trauma survivors, substance abusers and their partners, and cancer patients and their families

Inspiring, empowering, respectful and kind, Julie's leadership of The Gottman Institute has made it possible to identify and integrate the expertise of her staff, therapists, and the wider research and therapeutic community. Her commitment to excellence and integrity assures that as The Gottman Institute grows, it continues to maintain the highest ethical and scientific standards.

Table of Contents

Core Presentation:

Introduction	3
Lesson 1: Creating a Different Attitude About Sex.....	7
Lesson 2: The Three Skills of Intimate Conversation.....	15
Lesson 3: Building Sex Love Maps.....	23
Lesson 4: Initiating & Refusing Sex.....	41
Lesson 5: Talking About Sex.....	45
Lesson 6: Talking During Sex	49
Lesson 7: Fun, Sexy Things to do Together – Our “Salsa Deck”.....	59
Conclusion.....	67

Bonus Material:

Gottman Myths About Sex.....	73
Putting Your Feelings Into Words.....	91
Skills for Having a Great Date.....	103
The Ultimate Guide to Great Listening.....	Pocket Insert

THE GOTTMAN INSTITUTE

Gott Sex?

A Personal Welcome from Drs. John and Julie Gottman

Welcome to *The Gott Sex* Series - a program designed for couples who are trying to improve their intimate, passionate, romantic, and sexual lives with one another. Our goal in creating *Gott Sex* is to bring together knowledge from two different sections of the typical bookstore: the section on relationships and the section on sex.

Go to any large bookstore and find those two areas. You'll see that the books on relationships usually don't delve into sex; instead, they tend to focus on communication and conflict. The books on sex usually don't mention communication and conflict at all.

The sex books tend to be pretty simple. They have anatomy drawings of male and female reproductive organs, or sometimes views of male and female exterior genitalia. Along with these, they include sections that might seem scientific and medical and that review the "sexual dysfunctions." These books essentially say, "Try to relax to get rid of your performance anxiety! Caress, touch, stroke, suck, and lick here. Be experimental and playful. Use whipped cream and have a good time."

The relationship resources, on the other hand, focus on conflict and communication. Most of them are pretty dour. Very few of them are practically useful or particularly insightful in the everyday sense. At least that's our opinion.

In addition to these books, there are also some relationship books and some sex books that are very idealistic about the great potential that sex or relationships have to offer. Some of these are written by ministers who are trying to help create "soul mates" and lead a couple to a state of holy "spirituality," or help a couple reach great heights of sexual experience.

Our approach in *The Gott Sex* Series differs from these approaches. In this presentation we are really interested in helping couples with their everyday relationships; that is, helping them enjoy all aspects of their relationship, from conversations over coffee at breakfast to creating satisfying and romantic sex. Truth be told, Julie and I are more like plumbers than philosophers. Therefore, the tools that we offer in this series are designed to be useful and practical. They may not lead you to Nirvana, God, or heaven. But they may be successful at improving your romance and your sex life.

The Seven Lessons

The tools in The Gott Sex Series are not about the mechanics of the sex act itself. Our seven tools provide ideas and teach skills for everything from creating simple affection, to enhancing intimate trust through passionate lovemaking. They all involve making sex very personal and intimate. Here is the list of our seven tools:

1. Creating a new understanding about what sex is.
 2. Learning how to use the three skills of intimate conversation to bond with your partner and create continually higher levels of emotional connection.
 3. Building a “*Sex Love Map*” of your partner’s sexuality by asking them over 100 very specific questions about their inner sexual world.
 4. Creating a ritual for initiating and gently refusing sex.
 5. Creating a ritual for being able to comfortably talk about sex with one another.
 6. Communicating with one another *during* sex in an intimate, pleasing, very personal, and loving manner.
 7. Selecting fun, sexy things to do together from our “*Salsa Card Deck*.”
-

Why we created The Gott Sex Series

There is an extremely limited amount of scientific research on sex, romance, and passion that has been done using real everyday couples. And of that limited research, very little pertains to everyday sex with couples who are trying to build long term, sustainable, healthy relationships. This is particularly surprising considering all the advice given by high-profile relationship “gurus” on how to make sex great.

We base the ideas in this series on research data from a study we did for our book *And Baby Makes Three* at our Love Lab at the University of Washington in Seattle. That study revealed that sex, romance, passion, intimacy, close friendship and emotional connection are all part of the same fabric. We also know from a study done by our late friend and sex therapist Bernie Zilbergeld that couples who have a good sex life do two things: they stay good friends and they make sex a priority. In addition, sexually happy couples were very flexible about how things go (or don’t go). They developed good ways of asking for sex, gentle ways of saying “no,” and perhaps most importantly, they were able to talk with each other about sex in an open way.

The ability to talk to your partner about lovemaking is truly one of the most powerful things you can do to have great sex. Statistically speaking, only 9% of couples who can't comfortably talk with one another about sex say that they are satisfied sexually, as well as satisfied in general with their relationships. On the other hand, over 50% of couples who can (and do) talk with one another openly about sex are satisfied sexually and are satisfied in general with their relationships. That's a pretty big difference.

At the heart of *The Gott Sex Series* is the desire to help you learn how to enhance both your romance and your sex life with your partner. As you go through our presentation, use the seven tools over and over again to help make your relationship more personal and more passionate. Although we realize that we can't guarantee you complete satisfaction when it comes to sex, we think that if you work at it, you are going to see some big changes taking place.

We wish you the best of luck!

- Drs. John & Julie Gottman

