



## **The Art and Science of Lovemaking**



# **Lesson 5**

## **Creating a Ritual for Talking About Sex**

THE GOTTMAN INSTITUTE

# Gott Sex?

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## **Lesson 5: Creating a Ritual for Talking About Sex**

As discussed earlier, talking about sex is a scary prospect for many heterosexual American couples. This exercise is designed to help you agree on a way to talk about sex with one another so it becomes a comfortable experience.

**Directions:** Look over the blueprint on the following page for talking about sex and your needs. Take turns. When it's your turn, pick out one question that you'd like to ask your partner from the two lists below, and listen to his or her answer. Then it's your partner's turn to ask you a question and listen to your answer. Keep going, alternating turns, for as long as you like. Be sure to respect your partner's wishes if he or she does not want to answer the question you've asked. Just go on to a different question that your partner is more comfortable answering.

### **Blueprint for talking about sex in general**

#### **What felt good last time?**

- ❖ Can you recall some good moments of sex between us?
- ❖ What did you feel about our non-sexual affection, touching, caressing, kissing, or massage?
- ❖ What have I done that turned you on?
- ❖ What did we do that made you feel closer to me?
- ❖ What made you feel relaxed?
- ❖ What made you feel ready for touch and sensuality?
- ❖ What were some things we did that really turned you on erotically?
- ❖ What would be a goodnight sex ritual?
- ❖ What would be a good weekend sex ritual?
- ❖ What would be good to do for gourmet, fantasy date sex?
- ❖ What makes you feel connected to me?
- ❖ What makes you more in touch with your body?
- ❖ What makes you more able to surrender and let go?

## **What you liked about our most recent sex (or affection)**

### ***What did you need?***

- ❖ What's a good way to start, for you?
- ❖ What do you need to put you in the mood?
- ❖ What do you think about the feeling that we have “all the time in the world?”
- ❖ How should I or you suggest a quickie?
- ❖ What should I do if you feel too tired or too busy for sex, or not in the mood?
- ❖ If I am a 9 on our amorous scale and you are a 1, what do you need to be able to say “no”?
- ❖ If you are a 5 (“I’m convinceable”) on our amorous scale and I am a 9 (very horny), what do you need from me?
- ❖ What makes sex more like lovemaking to you?
- ❖ What are good transitions for you into sex? (Taking a bath or shower, working out, massage, etc.)
- ❖ What helps you focus on your body?
- ❖ What are good fantasies or thoughts for you?

As we said before, there is considerable evidence that talking about sex is related to overall happiness in relationships. Both how often as well as the quality of your conversations about sex are strongly correlated with a couple's happiness, particularly for women.

