



The Art and Science of Lovemaking



Lesson 6

Talking During Sex, Enhancing Intimate Trust

THE GOTTMAN INSTITUTE Gott Sex?

Lesson 6: Talking During Sex, Enhancing Intimate Trust

This exercise will help make it more comfortable for the two of you to talk about your preferences during sex, including what you like and what you don't like. We have designed it to help your overall communication during sex, and to help keep sexuality alive for both of you. Using this exercise has the potential to make your sex life more erotic, more satisfying emotionally, and more loving. Feel free to use non-verbal communication as well.

Directions: When you are by yourself, look over the list below and secretly pick out a few things to say to your partner during sex. If you like, use our list as inspiration to help you create your own ideas. Then during lovemaking, when the moment is right, say some of them to your partner. **These are only suggestions;** feel free to modify. Some may be spicier than your style, but we include them as a courtesy for the range of "love talk" preferences readers may have.

Romantic Things to Say to a Man During Sex

- ❖ I'm all yours
- ❖ I love cuddling with you
- ❖ I could kiss you like this for hours
- ❖ I would choose you again and again and again
- ❖ I remember the first time I saw your face
- ❖ At the end of every day my heart is glad to see you again
- ❖ I want to caress your cock
- ❖ Nothing is as sweet as you
- ❖ I want to lick you here forever
- ❖ You taste so good right here
- ❖ I love it when you put your head on my chest
- ❖ Your face is incredibly beautiful to me
- ❖ Talk to me. What are you feeling?
- ❖ This part of you is so masculine, so sexy

- ❖ I love the curve of your back right here
- ❖ It feels so good being with you this way
- ❖ I want to kiss you right here
- ❖ Your eyes are pretty
- ❖ Feel what my heart does when you touch me like that
- ❖ I want to pull you in closer to me
- ❖ You are so incredibly masculine
- ❖ Your eyes open me up. I want to dive in.
- ❖ No one is like you, my man
- ❖ You're so hard
- ❖ I love tasting your come
- ❖ When you hold my hand against your cock I get so aroused
- ❖ I want to be here with you more than anywhere on the earth
- ❖ This is perfect
- ❖ Your warmth feels so good on my skin
- ❖ I hear your heart beating against mine
- ❖ I love your lips, yum
- ❖ You are such a great kisser
- ❖ This part of your neck is my favorite place to kiss
- ❖ I dream of you
- ❖ I love moments when we can be together like this
- ❖ You smell so good here I want to lick this place until you come
- ❖ You're mine
- ❖ Yes, yes, do that, do that to me
- ❖ You open my heart
- ❖ This curve right here is so exciting to me
- ❖ I want no one but you
- ❖ Nothing is sexier to me than you
- ❖ I love you
- ❖ You are mine and I am yours
- ❖ You're my closest friend in the world
- ❖ Something inside me opens when we are together
- ❖ Come closer to me
- ❖ I love coming with you

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- ❖ I love the way you're touching me
- ❖ I want to caress your balls
- ❖ I feel so close to you
- ❖ What would you like right now?
- ❖ God, that's hot
- ❖ No one moves me like you do
- ❖ I love kissing your tongue
- ❖ I love you so much right now
- ❖ What would you like right now?
- ❖ What feels good to you?
- ❖ I want you so much
- ❖ You look so good to me
- ❖ Your body is so hot
- ❖ I feel like we're dancing the tango
- ❖ I just love touching you
- ❖ I can feel your breath
- ❖ Nothing pleases me more than touching you here
- ❖ I love touching your ass
- ❖ How does this feel?
- ❖ You have great (a great) _____
- ❖ Don't ever stop what you're doing
- ❖ Tell me what you're thinking
- ❖ Open up to me
- ❖ Yes, like that, do that some more
- ❖ I love kissing your hands
- ❖ I'm all yours, always
- ❖ I'm feeling so happy with you
- ❖ You're so precious to me
- ❖ I love nibbling your ear lobe
- ❖ This is so exciting!
- ❖ I love you, just love you
- ❖ Thank you for loving me
- ❖ Kissing you here is better than eating chocolate
- ❖ You smell really wonderful

- ❖ Put your arms around me now
- ❖ I love kissing you here
- ❖ I love the way you're moving
- ❖ I love how strong you are
- ❖ I love your passion
- ❖ I love the strength of you
- ❖ Let's never get up and leave this place
- ❖ That was the best
- ❖ You're such a great lover

Romantic Things to Say to a Woman During Sex

- ❖ I'm all yours
- ❖ I love cuddling with you
- ❖ I could kiss you like this for hours
- ❖ I choose you again and again and again
- ❖ You are always my bride
- ❖ I am remembering the first time we ever kissed
- ❖ I remember the first time I saw your face
- ❖ At the end of every day my heart is glad to see you again
- ❖ I love the way the light is falling on your chest
- ❖ This curve right here is one of my favorites.
I want to kiss you here
- ❖ I want to caress your breasts
- ❖ My heart is full
- ❖ Nothing is as sweet as you
- ❖ I want to lick you here forever
- ❖ I want to take care of you and protect you always
- ❖ You taste so sweet here
- ❖ I love it when you put your head on my chest
- ❖ You're so hot... God, I'm a lucky guy
- ❖ Your face is incredibly beautiful to me
- ❖ Talk to me. What are you feeling?
- ❖ This part of you is so feminine, so sexy
- ❖ I love the curve of your back



- ❖ I cherish being with you this way
- ❖ I want to kiss you right here
- ❖ Your eyelids are like rose petals
- ❖ When you're sleeping I want to kiss your eyelids
- ❖ Turn over, I am going to kiss your back for a while
- ❖ Here, just feel what my heart does when you touch me like that
- ❖ I want to hold you close to me
- ❖ You are so incredibly feminine
- ❖ Your eyes draw me in
- ❖ No one is like you
- ❖ This sex is on fire
- ❖ I love being inside you
- ❖ Your pussy tastes like pure sweetness
- ❖ When you hold me in your hand I get so aroused
- ❖ I want to be inside you more than anywhere on earth
- ❖ You make me feel _____
- ❖ I hear your heart beating against mine and it makes me so happy
- ❖ I love your lips
- ❖ You're pretty
- ❖ I could kiss you like this forever
- ❖ You are such a great kisser
- ❖ This part of your neck is my favorite place to kiss you
- ❖ I daydream about you
- ❖ This is good
- ❖ You smell so good here I want to lick this place until you come
- ❖ You're mine
- ❖ Yes, do that, do that to me
- ❖ You open my heart
- ❖ This curve on your _____ is so sexy
- ❖ Honestly, I want no one but you
- ❖ No one is more beautiful to me than you
- ❖ I love you
- ❖ You are mine and I am yours
- ❖ You're my closest friend in the world

- ❖ This part of you is like a flower in my hand
- ❖ You're like a butterfly with that touch
- ❖ Something inside me just opens when we are together
- ❖ Come closer to me
- ❖ I love coming with you
- ❖ I love the way you're touching me
- ❖ Look into my eyes as I come
- ❖ I feel so close to you
- ❖ What would you like right now?
- ❖ You excite me, do you know that?
- ❖ No one moves me like you do
- ❖ I love kissing your breasts
- ❖ What feels good to you?
- ❖ I want you so much
- ❖ You look so hot to me from this angle
- ❖ Your body is so sexy
- ❖ It feels like we're dancing
- ❖ I love just touching you
- ❖ How does this feel?
- ❖ Don't stop!
- ❖ Don't ever stop what you're doing
- ❖ Tell me what you're thinking
- ❖ Open up to me
- ❖ Yes, like that, do that some more
- ❖ Your hair is so beautiful
- ❖ You move so gracefully
- ❖ I love kissing your hands
- ❖ I'm all yours
- ❖ I'm feeling so happy with you
- ❖ How did you get to be this sexy?
- ❖ You're so precious to me
- ❖ I love nibbling your ear lobe
- ❖ You are so exciting!
- ❖ You fill my heart
- ❖ This is so delicious

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- ❖ Thank you for loving me
- ❖ Kissing you is better than eating chocolate
- ❖ You smell as good as fresh flowers
- ❖ Put your arms around me now
- ❖ I love kissing you here
- ❖ I love the way you're moving
- ❖ That was amazing
- ❖ How did I find such a great lover?

