



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



# **Lesson 7**

## **Salsa Deck - Fun, Sexy Things to do Together**

# THE GOTTMAN INSTITUTE Gott Sex?

## Lesson 7:

### “Salsa Cards” – Fun, Sexy Things to Do Together

This exercise offers suggestions for fun and sexy activities that you can try together with your partner. These suggestions, taken from the popular Salsa Card Deck sold in our store, will help to make your sex life more romantic, affectionate, and creative.

Doing fun and sexy things together can be as simple as having a pillow fight, sitting in the back of the movie theater and making out like you are teenagers again, or taking turns giving each other a massage with scented oils. Or it can be as intricate as dressing up and dancing at home, getting some champagne and going on a hot-air balloon ride, or leaving town for an overnight romantic getaway.

**Directions:** Decide which segment you would like to try (Mild, Medium, or Hot). Individually, select 3 to 5 things you'd like to do with your partner. Take turns reading your choices out loud and discuss them. See if your partner likes these ideas too - and if so, talk about how you can integrate them into your sex life. Be respectful, though, if your partner does not like an idea; go on and talk about another one, rather than pressuring your partner into doing something he or she is uncomfortable with. Select 2 of these suggestions to try this week. You can and should repeat this exercise as often as you like with our ideas, or ideas of your own.



- Unplug the phone for an evening and just talk to one another. Try to be a good listener. Remember, understanding must precede advice.
- Send your partner a love letter or poem.
- Buy your partner his or her favorite perfume or cologne.
- Buy your partner a CD of favorite romantic music and listen to it together.
- Rent a comedy film and watch it together.

- Be aware of when your partner needs emotional support. And then be an empathetic listener.
- Sit at the back of a movie theater and make out as if you were teenagers again.
- At the beginning of the day, learn one thing interesting that your partner will do today, and then part with a kiss that lasts at least six seconds.
- Catch your partner doing something right and convey your appreciation or admiration.
- Make it possible for your partner to take an afternoon or a day off to do whatever he or she wants or needs to do.
- Talk about how and where you most like to be touched just for receiving affection.
- Buy a surprise present for your partner.
- Sit across from one another and stroke each other's faces.
- Brush and stroke each other's hair.
- Compliment your partner, genuinely.
- Go on a romantic date, just the two of you.
- Have a pillow fight.
- Give each other a foot massage.
- Describe what you love about your partner's face.
- Share an evening of dancing together in your home or at a club.
- Give your partner a shoulder rub.
- Go for a walk together and hold hands.
- Build a fire and have a picnic dinner on the floor in front of it.
- Light candles next to the bed, then cuddle together on the bed and talk, just holding each other.
- Sit in a Jacuzzi or hot tub together, with bathing suits on if that's more comfortable for you.
- Feed dessert foods to each other.
- Wear an outfit you know your partner thinks looks good on you.
- Have your partner bring you coffee and the newspaper in bed in the morning on a weekend day. Spend the morning together in bed chatting about whatever comes up.
- Bring flowers.
- Draw a bubble bath and bathe your partner.
- Thoroughly explore the art of kissing.
- Get away to a B & B or hotel for the weekend.

- Go to your partner's workplace and 'steal him/her' - or arrange ahead for a romantic lunch.
- Plan a date with your partner where you do something new for both of you (i.e., kayaking, hiking, drive to a town you've never seen and share a meal there, etc.)
- Find a time to put your arms around your partner and tell him or her how sexually irresistible (handsome, beautiful) he or she is to you right now.



- Think of a sexy nickname for your partner.
- Try a new sexual position and talk about how you liked it.
- Pretend you live in another century. Dress up in costume, go out to dinner, and then make love.
- Take turns kissing or stroking each other's backs.
- Describe your partner's favorite body part.

- Talk to your partner during sex.
- Decide to have sex in a totally new place.
- Take turns initiating sex.
- Call in late to work one morning after the kids are off to school and have an erotic hour alone together.
- Next time you take a shower together, soap each other's bodies.
- Get a sexy garment (lingerie or sexy underwear) and model it for your partner.
- Buy some body oil and plan to give your partner a nice, long massage.
- Plan an evening to have sex with one another. Think about what you will wear, plan on music and soft lights, and make sure there is enough time. Unplug the phone.
- Have a quickie.
- Have sex even when you're not in the mood in exchange for a slow evening of romance of your choosing.
- Talk about what you liked best the last time you made love.
- During foreplay, take your hand and show your partner what feels good, and, when your partner does that, make sounds of pleasure.
- Take your time touching one another, with the rule that there will be no intercourse tonight, only pleasuring each other.

- Don't talk about what you don't want in sex; talk about what you do want.
- Make love early in the morning, while the children are still asleep.
- Write a fantasy script or story starring you and your partner and give it as a gift for your partner to read alone or aloud.
- Take a warm bath together.
- Make love in the shower together.
- Undress each other slowly, and then make love.
- Gently caress each other with different objects, like a feather, velvet cloth, smooth stone, fir bough, etc.
- Make love to the sexiest music you can think of. Take turns picking the music.
- Make love in a hot tub.
- Give your partner a full body massage, and then make love.
- Go to a beautiful and private outdoor place and make love there.
- See how long you can make love before climaxing.
- Talk to each other about your favorite places to be kissed on your body.
- Kiss passionately with one partner positioned up against the wall.
- Read erotica to your partner in bed.
- Have your partner perform oral sex.
- Meet up for a date using 'fantasy/play' names for the evening to pick up each other or have a first date. Make up career/family details.
- Reinvent your honeymoon in the house – for instance, for a Hawaiian honeymoon, bring in leis, Hawaiian music, etc. as a set for making love.
- Develop a code word or words for wanting sex. One couple referred to sex as 'dessert' – so kids and other family members and friends thought they had a real sweet tooth when they gave each other a kiss and said, 'We can't wait for dessert!' The family also thought the husband loved pie and the wife loved chocolate.
- While your partner gets ready for bed, quickly undress, slide into bed and surprise him with your naked body.
- Make bets. The winners get exactly what they want from their partner.
- Act out a fantasy of your choice. Dress the parts. Here are some examples:
  - Two strangers on an airplane
  - Boss and employee
  - Professor and student

- Massage parlor worker and customer
- Play a game of strip poker.
- Take turns being the dominant or the love slave.
- Have oral sex on the kitchen countertop.



- Think of some hot sexual fantasy and then phone your partner at work and describe it to them.
- Masturbate to orgasm thinking of your partner and then tell your partner about your fantasy.
- Spend the whole day together doing everything nude.
- Schedule a session of phone sex with your partner the next time one of you is out of town.
- Read an erotic book out loud together.
- Rent an X-rated video and watch it together.
- Spread whipped cream or chocolate sauce on your favorite body parts of your partner and then kiss and lick it off.
- Help your partner masturbate to orgasm while you watch.
- Gently kiss and suck each other's genitals at the same time.
- Play naked Twister; and then have sex.
- Pretend you're two different animals, like panthers, and make love.
- Visit an erotica shop together and make a mutual purchase.
- Rub a cherry over your vagina and feed it to your partner.
- Do a striptease for your partner.
- Do a pole dance for your partner.
- Go out on a date and have sex in the backseat of your car (like the good old days!).
- Play Around-the-World in your house: make every room open to a potential sexual experience. Use things in that room to make it more enjoyable. Consider using whipped cream in the kitchen, pillows in the bedroom, heat from the fireplace, etc.
- Role-play a fairy tale, only make it have a sexual ending.
- See how many sexual positions you can shift into before having an orgasm.
- Chase each other around the house, naked.
- Spread paint on a large canvas and roll around naked, making love. Then, frame your artistic creation.

- Put a plastic sheet on the bed with body oil, and enjoy making slippery love.
- Make love and try to get your partner to have multiple orgasms.
- While both of you are naked, one of you stand behind the other and make love in front of a mirror.
- Have naked bill-paying night.
- Make your partner pose nude and take pictures of him/her in erotic positions.
- Take a naked vacation together; for instance: 1) sailing nude in the British Virgin Islands, 2) going on a hike nude (once you're on the trail), or other ideas.
- (Woman to man) Skip the underwear under your dress and tease your partner by showing that your vagina is accessible and being offered.
- Have fun with various flavors/scents of lubricant – there are some fun ones out there!
- At home, put on your favorite music and dance naked with /for your partner.

