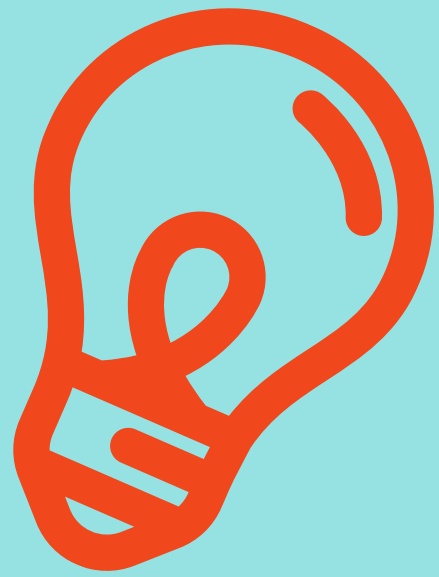


8 IDEAS TO MAKE BETTER LOVE



"All couples can use a little support in the bedroom. I have never met a relationship that doesn't benefit from fresh ideas to keep the spark alive."

Jen Elmquist, MA, LMFT

1 GET SOME SEX EDUCATION

Most adults get very little sex education in their lifetime. The majority of what we learn comes from experience, which sometimes isn't very accurate. Get up to date by exploring books and websites. Take a field trip with your partner to an intimacy shop and see what you can learn!



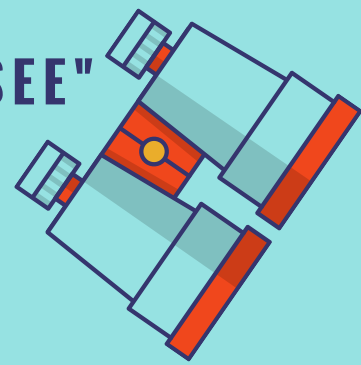
2 TURN UP THE HEAT

Increasing your sexual frequency can lead to increased desire. If you and your partner need to ramp things up a bit, try having sex more often than you do currently. If you really want things to get hot, try having sex daily for a month. 30 days builds a habit!



3 INTIMACY STANDS FOR "IN TO ME SEE"

Most couples don't spend enough time talking through their thoughts and emotions about making love. But, the more you become vulnerable and share your inner worlds with each other, especially during sex, the closer and more connected you will feel.



4 AVOID BEDROOM BOREDOM

Why not "Do It" differently and get out of the rut of your "typical" experience. Shift positions, build a toy box and share your sexual fantasies with each other to create more exciting experiences.



5 ABSENCE MAKES THE HEART GROW FONDER

Anticipation can do wonders for desire. Try a short period of abstaining from sex while simultaneously talking about how great it's going to be when you do get it on. Fantasize together about what you want to do with each other and make a plan.



6 SLOW IT DOWN

When life gets busy everything can get rushed, including your sex life. Try slowing things down with an intimacy exercise. Relax with your partner and for 30 minutes take turns touching each other - (no intercourse, yet). Tell your partner what you like and what feels good. Then, let your energy lead the way.



7 SET UP A PLAY DATE

Sex is supposed to be fun! Try bringing in a new level of play by roleplaying with each other, acting out fantasies that turn you both on. Pull out the cards for a game of strip poker. Or, look each other in the eyes for a game of truth or dare.



8 BE THE TEACHER

Over time, we can assume our partner knows what we like. Pay attention to your own body and give your partner a lesson in what feels good. Be creative and keep it interesting by staying open to new ideas!

