



How you experience your sexual relationship

Activity 1 Let's talk about sex

Many couples find it difficult to find the right language about sex. We struggle to find the right words that don't feel too anatomical or too much like something out of a porn film.

What words are you happy to use for each other's parts of the body and for having sex? If you are in a same sex relationship don't worry about language that refers to the other gender's body parts. E.g.

penis/testicles/erection/ejaculation

vagina/breasts/clitoris/nipples

masturbating/penetrative sex/fellatio

The Relationship Maze

Activity 2 Your sexual style as a couple

Complete the following sentence stems and then discuss your answers with your partner.

When I think of sex I think of...

The importance that I ascribe to sex is....

The kind of sexual contact that I like most is...

When you think about sex you think of your partner as ...

The position I enjoy most when having sex is

I like it best when my partner...

I like less of

One sure way to turn me on is...

Activity 3 Your preferred sexual scenario – playing with anticipation

Picture a sexual scenario that you would find particularly inviting. Ask yourself the following questions:

When is your preferred scenario taking place? Morning, midday, afternoon, evening?

How would you set the scene? With candles, in the forest on moss, taking a shower together?

What would you be saying to your partner? What would they say to you?

What would you be doing? What would your partner be doing? Would it be slow or fast, quiet or loud?

Are there particular positions that you would like to try out?

What would you like to do at the end?

Activity 4 Liking your body

Frequently distorted ideas about your body get in the way of your sexual relationship with your partner. Write down all the negative things that you experience about your body and on a separate paper all the positive things. Tear up the paper with the negative items and keep the one with the positive. Look at these regularly. Share these lists and invite your partner to remind you regularly what is beautiful about you.