



TOP 5 WAYS TO SPICE UP YOUR SEX LIFE!

By Harry S. Cole Jr., MC/MFT, LMFT

NOTE: THIS ARTICLE IS NOT INTENDED TO ADVISE OR TRY TO SOLVE PROBLEMS OF INTIMACY AND SEX. IT IS MEANT TO EDUCATE, INFORM AND ENTERTAIN. IF YOU HAVE A PROBLEM WITH SEX OR INTIMACY, SEE A MARRIAGE AND FAMILY THERAPIST WHO IS TRAINED TO DEAL WITH REAL DYSFUNCTION AND CAN HELP YOU REDISCOVER THE EXCITEMENT AND JOY OF SEX.

NOT INTENDED FOR CHILDREN

1. Variety, they say, is the spice of life. Don't be afraid to experiment. As long as it does not make you uncomfortable or stressed, changing things up can add tremendous spark to your sex life.
OPEN your sex life.
 - **O**bjects – Toys, videos, candles, etc.
 - **P**laces – Outside, shower, kitchen, etc.

- **E**xamples – Read and follow instructions from books, videos, other stories, etc.
- **N**ew – Try something new everyday

If something does not work, don't worry and don't give up. Just go with the flow and see how new and different you can come up with ways and means to bring variety to your sex life.

2. Innovation is the key to an exciting sex life. Thinking outside the box is how many complicated problems can be solved. Sex guides, videos, and therapy can help you brush up your technique and learn new and better ways to meet the challenges of your sex life. Don't stop learning. Don't stop experimenting with new and innovative ways to connect.
3. Communication is the key. Really, connection and intimacy leads to good communication skills. But even if you're a good communicator, you can have a lousy sex life. Why? Most good communicators do not communicate with their partner about sex, orgasm, and what excites them sexually. We think that we should all have "natural" abilities because sex is so "natural". Hogwash! Anything you want to be really good at takes being able to communicate your needs and desires clearly.
4. Teasing - Playfulness can be exciting and alluring.
 - a. Guys, try pleasing her with foreplay titillating her with the things you know she likes but withdraw from actually following through. Slow down! Make her want you even more by taking your time.
 - b. Girls, since men are visual, try surprising him with something out of the ordinary as he is leaving for work and backing out of the driveway. He will be thinking about you and getting home all day! At the same time use the approach above with a guy by starting and stopping intimate connection.
5. Open your mind.
 - Guys need to begin to think in terms of a marathon instead of a sprint. Doing things for your significant other, taking your time to kiss, caress, and express acts of kindness can go a long way in spicing up your sex life. Ask her what turns her on. Even if you think you know, try getting into what she really wants even if it takes her a while to get you an answer.
 - Girls already know that guys are visual in their stimulation so whatever you do to visually stimulate them, they will be ready to go. Two things however, don't give up if you are not successful. Many women buy fancy lingerie, use it once, and if they don't get the desired results, it goes back in the closet. Try asking him what turns him on (communication – see above) and listen no matter how weird it may sound.