

# 19 Questions to Amazing SEX

Sex is one of the least discussed topics in marriage. This is interesting because of the role that sex plays in building intimacy in your relationship. Often couples don't even know how to get the conversation started or what questions that they might want to ask. The following list, while not comprehensive, serves as a starting point in your discussions.

Remember to give yourself time to answer these questions. This is not an exercise that you sit down and do all in one sitting, perhaps just one question at a time.

Other recommendations:

If your answer to a question is a No, be prepared to answer is that a No, not ever OR Is it a No, not right now.

If your spouse gives you a No. This is NOT the time to badger, cajole, harass or otherwise make life difficult. Part of building your sexual intimacy is strengthening your emotional intimacy.

1. How can we romance each other during the day in anticipation of sex?

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2. What ways do you show me that you are initiating sex? Give me details.

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3. Would you be interested in using sex toys? Which ones?

- Dildo
- Vibrator
- Penis Ring
- Other\_\_\_\_\_

4. Which love making position(s) would you like to try the next time we have sex?

- Wife on top
- Standing up
- Side-by-side
- Bent over
- Other\_\_\_\_\_

5. Share with me the touch(es) that make you orgasm

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6. What would you enjoy doing during foreplay?

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7. How much time would you like to spend during foreplay? \_\_\_\_\_

8. Is anal sex something you would be willing to try? Why or Why not?

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9. How did you learn about the birds and the bees?

- Parents
- Friends
- School
- Magazines
- Other \_\_\_\_\_

10. What kind of fantasizing in the bedroom is OK with you?

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11. Where are two places you would like to make love outside of our bedroom?

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12. Would you say that you are the high desire or low desire spouse (circle one)?

13. How many times a week would you like to have sex? \_\_\_\_\_

14. What is it about oral sex that appeals to or brings you pleasure?

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15. What scent(s) would you like to have in our bedroom when making love?

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16. How can we verbally express satisfaction during sexual intercourse?

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17. Is connecting emotionally before we have sex important to you? If so, how would you like to connect?

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18. How would you like to be held before, during, and after sex?

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19. What would you like to see me wear (or not wear)?

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*The beauty of talking about sex with your husband or wife, is that you create an environment in which you can learn to love each other in ways that only you can. Don't leave that to chance.*

*~Alisa DiLorenzo*