



Couple's Exercise: Sex Talk

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Please Note: The following exercise is intended for people without a history of unresolved sexual trauma. If either partner has experienced past sexual abuse or trauma that has not been processed or healed, you should ask for counseling to seek healing for that experience before doing this exercise as a couple.

Scheduling Your Sex Talks

1. **Choose a good time.** Decide on a time *at least once a week* when you and your partner can talk privately without interruption. Plan to spend 20-30 minutes.
2. **Focus on your goal.** If the goal is simply to “get this done with,” then you’ll rush through the exercise with minimum impact. Instead, think about the benefits that you and your relationship might gain from this. Do it even if it feels inconvenient or uncomfortable.

Instructions for Your Sex Talk

1. **Take turns.** Go through each question for that week and take turns giving your response. The person who went second for question #1 should go first for question #2. Keep alternating.
2. **Risk honesty.** You *will* feel uncomfortable with some of these questions; you can expect that. But determine to make an effort to talk about them anyway. These questions were not chosen to embarrass you but to encourage you to engage in healthy conversations that you might otherwise avoid. If talking about sex is normally difficult for you, you need to understand that you may get naturally defensive simply because you’re doing something you’ve not felt safe doing before. Admit it and step into the risk.
3. **Be considerate.** Avoid criticism. Instead, be honest in a way that helps your partner understand you.
4. **Stay curious.** Focus on your partner. Ask questions. Maintain eye contact. Don’t let your attention wander while you’re listening. You don’t have to agree with everything your partner says, but work hard at understanding why they think/feel the way they do.
5. **Express acceptance with talk and touch.** If you feel hurt or confused, talk honestly about it. Don’t lose sight of your goal: CONNECTION. You can admit difficult feelings and still stay committed to connecting with your partner.

Reviewing Your Sex Talk

After each week’s conversation, take turns answering this question:

“On a scale of 0 (not comfortable at all) to 10 (extremely comfortable), how comfortable were you with having this conversation?”

8 Sex Talks

□ Sex Talk 1

- List 5 things that make you feel relaxed.
- How important is romance to you? What makes you feel romantic in your relationship?
- What do you consider sexy?

□ Sex Talk 2

- Talk about the first time you learned about sexual intercourse. (How old were you? How did you find out? How did you react?)
- What do you remember about the first time you touched (holding hands, etc.) your partner?
- What do you remember about the first kiss with your partner?

□ Sex Talk 3

- What does sex mean to you?
- Talk about a time when you remember seeing your partner and being very attracted to him/her.
- Talk about one sexual encounter with your partner that you remember being a "good sex" experience.

□ Sex Talk 4

- What do you think is the most erotic thing two people could do together?
- What turns you on (sexually) the most: touch, words, sight, thoughtful actions? Explain how/why.
- What is the one thing that your partner does that most often makes you want to have sex?
- What's one thing you could do as a couple to make sex more exciting for you?

□ Sex Talk 5

- Name 3 things that happen outside "the bedroom" that make you less interested in having sex.
- Name 3 things that happen outside "the bedroom" that make you more interested in having sex.
- Describe your ideal intimate encounter with your partner.

□ Sex Talk 6

- Talk about sex toys. (Do you use them? Are you curious about them? What is a favorite one, or one that you are most curious about?)
- What would be your ideal number of times to have sex each month? If your number and your partner's number are far apart, talk about the difference and what it means for you to satisfy each other.
- From the time a sexual encounter starts with your partner to the time it is over, how long (on average) do you think it lasts? Would you like the time to be longer, or shorter?
- Name one new place where you think it would be fun to have sex.

□ Sex Talk 7

- What is your idea of good foreplay?
- Name one spot on your body that you especially like to be touched? How do you like to be touched there?
- Name one thing you wish you were more comfortable with sexually? What difference would it make if you become more comfortable in that area?
- How comfortable are you with talking during sex? Do you think you would like more or less talk? Why?

□ Sex Talk 8

- Are you comfortable when your partner looks at you naked? Are there parts of your body you like them to look at? Are there parts that you are embarrassed about? Find out what your partner enjoys looking at.
- Talk about something that makes you feel sexually insecure.
- What one change could YOU make that would have a positive impact on sex in your relationship?
- What do you hope your sex life is like 5 years from now?
- Describe something new that you would be willing to try (new place, position, technique, time, accessories, etc.).