**Communication: The Key to a Fun, Meaningful Sex Life**

from Dr. Doug Rosenau

1. Frequency:

a. How often would you personally like to havesex sex?

b. What might be a comfortable and realistic goal for you as a couple?

c. Have you experienced sexual inertia (a sex life at rest stays at rest and digs a

deeper rut, and one in motion stays in motion)? How is your sexual momentum?

d. What have you done in your relationship to increase frequency? How effective?

2. Timing:

a. Intentional vs. Spontaneous: Pick three optimal times to make love during the week.

b. How long would you like foreplay to last? How long intercourse? Whole session?

3. Obstacles:

a. What have been the obstacles in your sex life: kids, timing, aging, ED, trauma?

b. When and how do you deal with obstacles or problem solve together?

4. Desire:

a. Which partner has the highest desire? Which is tougher, being high or low desire?

b. Does your desire drive you to initiate sex, or do you experience more desire once you

are engaging in sexual stimulation and pleasure?

c. Have you ever been making love and wondered why you don’t do it more often?

5. Initiation and Postponement:

a. Who will be the primary initiator and why? How do each of you initiate sex presently?

b. What are the most effective ways to postpone sex and say, “Not now”?

c. If postponing sex, how difficult is it to honor the future time for making love?

6. Orgasms:

a. How important is it to experience an orgasm every time you have sex?

b. How often do you think a partner should experience an orgasm?

c. How long does it take to climax? What might help you orgasm slower or quicker?

7. Pleasure:

a. How and when do you communicate when something is pleasurable? Is not

pleasurable? Complete sentence: “I wish sexually that you would…”

b. Describe a lovemaking session that was special to you, include the reason why.

c. What percentage of your lovemaking on a scale of 1-10 is: intensely passionate (8-10),

playfully connecting (5-7), warmly nurturing (3-4), duty/pity (0-2)?

8. Meaning-making:

a. What feelings would you like to express in your sex life? Verbally or nonverbally?

b. What do certain behaviors that you like or dislike represent to you in lovemaking?