

## **Building Sexual Intimacy in Public (Without Blushing)**

### **Questions for Intimate Discussion When No One Else is Listening**

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Whether your sexual relationship is in a “rut” or whether your marital intimacy just needs some jazzing up, here are some questions you can ask each other that might produce some interesting results. The idea is that you would ask your partner these questions in a public place (like over dinner at Cactus Club or having coffee at Starbucks on a Saturday morning) and watch what happens between you.

The purpose is to build some of the sexual tension you may have had prior to the predictability and everydayness of your life. Many couples look back to dating and premarital times when they felt that their sexual tension was the strongest. Maybe the predictability and everydayness knocked this out.

Rather than race through the questions, ask a question to each other (begin with the gutsiest), listen deeply to your partner’s response and pick up on other comments or questions that might continue and build the interest. Again, take time.

Make sure that your discussion is appreciatively focused (not looking for problems) and current oriented (rather than past worries or disappointments).

Enjoy talking love in public!

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1. What is your ideal sexual evening of about 2-3 hours long? What are the vital elements that you want to be involved?
2. What are the senses that you want to be most involved? For example, sights, smells, touch, sound, taste...
3. Describe a fantasy that involves you and your spouse (not other people and not real events). Fantasies are what have not occurred but could happen some day, maybe today.
4. Tell your partner 3 or 4 things that are undeniable turn-ons for you and perhaps what you would like him or her to do for you.
5. Mostly people want affirmations during lovemaking and enticement. What are the affirmations you are hoping for? Say 2 or 3 things as specifically as you can.
6. How do you best initiate lovemaking? How does your partner best initiate lovemaking?
7. In initiating, are words mostly important to you? For example, “I want to make love to you tonight.” Or perhaps actions are most important to you: light a candle, shave, take a bath, wear silk...
8. What are the best things that you can say that will make me feel like an attractive man / woman?
9. How do you want to be touched in lovemaking? Where would you like to be touched first? And then where? And then where?
10. More than a quickie: how can we best make love in 2-5 minutes? How can we make this into more fun than it could possibly be?
11. Describe a fun sexual experience you have enjoyed with each other in the last year or so.
12. What’s your favourite music for lovemaking? Is quiet the best music?
13. How would you feel if you made love every day for the next week or month?
14. What changes would you have to make in your life to make love every second night for a month?