

HOW TO GET **MORE SEX** IN A LOW SEX OR NO SEX RELATIONSHIP!



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PART #1

Couple Challenges.

Do you find yourself:

- Going to bed earlier or later than your partner in order to avoid the possibility they might want sex?
- Lying in bed at night, careful not to stir for fear that s/he might start touching you?
- Having sex out of obligation or guilt rather than feeling desirous?
- Blaming your partner for withdrawing from sex?
- Thinking about an affair or watching porn instead of creating intimacy with your partner?

People often complain that the spark has gone out of their sexual relationship, and think that's natural if the relationship has been going on for years.

However, there's no reason why sex has to become boring. Instead, it can get better the deeper your relationship becomes. David Schnarch, in his excellent book, *Resurrecting Sex*, suggests that it is not normal for the quality of sex to deteriorate over time. In fact, it should improve once you've passed middle-age, and can get better and better the older you get - so long as you look after your health!

Great sex, he says, is like the charge a plug receives from connecting with an electric socket!

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Many people think of great sex in the past - because the quality is poorer now, it's less frequent and much less exciting. It's associated with youth because we were all younger then - and so were our relationships.

Sometimes the high expectations created early in a relationship where each of you gave a great deal of time and attention to your couple relationship struggle to be sustained over time. The reality of a sex life that is squeezed out by other demands can be deeply disappointing. That's why the number one tip for beginning to rekindle sexual desire is to schedule quality time together.

For instance, cooking a delicious meal or sharing a novel massage technique. Taking turns planning activities you might both enjoy is a great idea, but in many cases you'll need to think more deeply about what exactly you need to bring back into your partnership to come up with effective strategies.

Spend some time reflecting on exactly what was so good about sex in the past.

Was sex

- more inventive?
- more connected?
- more passionate?
- more intense?

What were the factors that made it so much better?

Was the quality of the sex itself different, and if so, how exactly?

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Once you have analysed it a bit - write some notes if that helps - think about what qualities are missing from your relationship now, and think deeply about the reasons your sexual spark might have disappeared - and what you may need to do to restore the erotic flow of love.

The answers are different for each couple, so I'll ask you questions and make comments designed to provoke thought - and get you talking. This is the most important step to better sex.

Can you still see aspects of the good sex you once had, that might be brought back to life with some attention?



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Do you need to spend time listening to your partner and finding out more about their interests and learn about how they have changed and developed in recent years?

If you used to spend all night talking before going on to make love, do you need to explore new topics that are worth talking about, or get involved with something you both feel passionate about?

If you felt more passionate in the past, what inspired that passion? Since passion and desire is all about you rather than your partner, what do YOU need to do differently to awaken your own sense of passion?

If you used to feel more connected, when do you feel most connected now?

Is it sharing music or going dancing together?

Is it banter or discussing ideas?

Is it cuddling or holding eye?

One thing is certain, if you're reading this guide, the time has arrived for you to devote time to deepening intimacy and cultivating sexual skills...

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Factors in Lack of Sexual Interest

Sex is about much more than just intercourse. Sex has many dimensions and includes how you feel about yourself as well as your partner, how well you've dealt with past problems in your relationship history, and how much you've internalised suppressive family attitudes to sex as you were growing up.

Religious, media and peer pressures all impact on your sexuality, as well as self-image, your personal qualities and health status - just to name a few things.

Part of letting go of limiting beliefs and cultivating a truly positive attitude toward sex involves taking responsibility for your own sexual choices and learning to negotiate with your partner in an open and honest way.

- ❑ Stress, anxiety: It takes a certain amount of time and relaxation to make sex work. If you are always stressed out or have too much to do, this will eventually impact on your sex drive.
- ❑ Preoccupation; Investing large amounts of time in work or being emotionally involved with other people (in real life or on the internet), which takes up most of your energy.
- ❑ Poor self-image, poor sexual-self image, inhibitions due to a sex negative culture - or at least one that promotes a narrow definition of sexuality geared towards men's needs. Contemporary culture and religion have made it hard to accept our sexuality and celebrate it, and explore it in an organic way as we grow up - including with your mate. Feeling bad about your physical appearance or worry about your sexual performance creates self-consciousness - which stifles sexual spontaneity.

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- ❑ Guilt arising from early upbringing, or erotic activities in your past (like promiscuity, abortion, or STDs, affairs, or viewing pornography) activates underlying sexual shame - which is guaranteed to destroy desire.
- ❑ Depression and its medical treatments can hammer your sex drive. Many other common medications, from sleeping tablets and anti-anxiety medications, to blood pressure treatment and anti-cholesterol drugs also cause problems - from unreliable erections to lack of interest and arousal.
- ❑ Anger, resentment, lack of forgiveness or deep grief, all get in the way of accessing joy or appreciating your partner.
- ❑ The accumulation of emotional wounds over the years together with a lack of discussion and negotiation around differences, are huge factors that diminish enjoyment of sex.
- ❑ Fear of intimacy: Wounds from past relationships can be carried into present ones, making it difficult to enjoy intimacy and feel comfortable with honest self-disclosure.
- ❑ Childhood sexual abuse, molestation, or rape can cause life-long alienation. Many victims cut off from their body - the site of trauma, and repress sexual feelings because the whole area has been tainted by negative associations.

As all these problems are shared and resolved as much as possible, your natural sex drive can re-emerge.

You may need to schedule regular sessions to get sex back on track, until it becomes a spontaneous part of your relationship once again.

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Improving sex in a long term relationship.

Couples are often afraid to open a conversation about the lack of sex in the relationship for fear of the relationship breaking apart - or risk jeopardising the very reasons they decided to prioritise over sex. If you've decided to stay together for the sake of the kids, or because you value companionship over sensual pleasures, you may prefer to leave well alone.

Your relationship may be quite stable. Many couples stay together while being absent emotionally, attempting to get some needs met elsewhere. You can coexist comfortably for years - until your partner suddenly announces they're leaving you for someone else. Or the kids leave home for college and you find you're left with not much to say to each other.

If you have been together for years, bear in mind your partner may have changed dramatically without you having been aware. In this case, I suggest that you start dating and drop your pre-conceived ideas in order to embrace the process of getting to know your partner better.

If either of you find it difficult to talk about sex, then improving communication is the place to start. Switch off all internet devices when you are spending time together, in favour of tuning in totally to your partner. Spend more time listening to your partner, even if you feel you've heard what they have to say many times before. Perhaps your partner hasn't felt heard - or that you have really understood whatever it is that they need to communicate.

If you're out of the habit of talking, a simple exercise is to set aside 10 minutes each day when you meet to speak about how your day went - or whatever you want to share.

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Your partner just listens attentively, they don't have to respond or sympathise – the aim is that they hear your preoccupations or understand your mood but don't comment on what you have said. Then for the next 10 minutes they talk about their day or their concerns. Again, you should not respond to these comments. This trains you in a different style of communication, where each partner has the space to express themselves without interruption. Just listen, and at the end of the 10 minutes, you can both get on with something else.

If your relationship has deteriorated to the point that your partner avoids sex, you'll find that creating a better atmosphere is necessary outside the bedroom. You'll need to concentrate more on the emotional aspects of your relationship. Put more time into doing things that your partner enjoys; take an interest in their hobbies and passions – try to find ways to share their enthusiasm, to build intimacy.

However, be aware that your partner may well be contemplating an affair or using porn, or pursuing some other strategy to get their sexual needs met. I've known people staying together for years while having same sex relationships on the grounds that that doesn't threaten their marriage, or getting into kinky sex at clubs on the grounds that different kinds of sex aren't 'real' sex.

Often the straying partner wants sex to work out but they have given up. They don't know what to do about the problem. These are signs that you must embrace the positive energy of desire rather than blaming your partner, and you need to work on reawakening eroticism in your relationship, if you want to be sexual together.

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The role of Desire

Desire is a potent force when allowed to flow freely, and highly destructive when misdirected or repressed. Desire shuts down when your sexuality is limited or squeezed into a box... you may not like the way your partner's desire manifests but if you try to restrict your partner and control them you will also constrict their passion and creativity.

Frustrated desire shows that your partner wants so much more in life and can be used creatively to spur your growth to expand beyond your current limitations.

So a low sex relationship is also a big sign that you need to create more fun and play together!

An important aspect of desire is for your partner to find you desirable. To find you interesting, dynamic and good to talk to - someone who connects and engages with their partner well. Think about what you offer your partner and how desirable those qualities are to them.

Sometimes a low sex relationship results from a chronic mismatch of levels of sexual interest. Once the person with lower desire perceives the partner's interest as a demand rather than a pleasure they will avoid sex. Withdrawing physical affection usually impacts on sexual intimacy.

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Sexual desire

A partner's lack of sexual interest is one of the main issues that men consult me for ... yet the roots of this often lie much earlier in the relationship. If you don't get learn how to create a terrific sex life together in the early days (when your levels of desire and arousal are typically higher than at any other point, and you're feeling open, loving, receptive and hopefully sexually adventurous), you'll have to put much more effort into improvements at a later date. As the high of your early relationship recedes, you may discover that your usual sexual techniques are inefficient at triggering your partner's orgasmic pleasure.

Many don't consider this when complaining about their partner's lack of interest but ask yourself whether what's on offer is satisfying enough to maintain interest and desire. Maybe you realise that your mate is not going to stay with you indefinitely if she's not sexually satisfied - even if she protests that she doesn't mind not having sex or orgasms...

However, it's not true that women will settle for emotional closeness while men need orgasms. The fact is, our bodies are built the same way, with the clitoris and its erectile tissue (which lies under the labia), usually needing direct stimulation as much as a man's penis.

Sex might have been great in the beginning, but a common mistake is to reduce foreplay, and assume that women should get as easily and quickly aroused as men. But after the first flush of a sexual relationship, when technique doesn't matter so much, women may need a lot more clitoral stimulation before opening up and desiring intercourse. Non-genital caresses are also key to creating the right mood.

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Instead of demanding more sexual stimulation, many women shut down or just submit to routine sex out of a feeling of duty. You're making a mistake if you carry on taking your pleasure when your woman isn't enjoying sex - this is guaranteed to shut her down sexually over time. Men need to ensure that women's level of enjoyment is sustained by unlocking the pleasures of sex and increasing their partner's orgasmic potential.

Many women also consult me for sex therapy because they aren't enjoying sex as much as they would like to.

Sex may have been exciting at the start of a relationship even if it wasn't that good technically, when their physiological responses were enhanced by all the feel-good chemicals created when you fall in love and have lots of sex. If sex hasn't been good enough to arouse you, you need to take charge of your own sexual pleasure rather than leaving it up to your mate, and teach your partner about your needs.

You might want to look at my new ebook *How To Train Your Lover*.

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Discussing sex

Once you are spending more quality time together as a couple, open up about your sex life and share what you valued in the past and what you still find attractive and desirable in your partner. Talk about what you want to do to bring some of the qualities you once both enjoyed back into your relationship. Find out what they want.

There's no point complaining or blaming. A faltering sex life is actually an opportunity to explore your sexuality, individually and together, in order to create a better sexual style that gives you both pleasure. Drop the idea that you know all about your mate and their sexuality. You need an open attitude to explore your partner's current attitudes and what would motivate them to join you on this journey of becoming great lovers.

Your stagnant sex life is really an opportunity to learn more about yourself, your partner and your sexuality. Gather lots of information! Which aspects of your sexual repertoire turn them on, and which turn them off? How have their preferences changed and what do they fancy now? Exactly where do they like to be touched, and in what ways?

Many couples who come for therapy imagine that they know all about their partner - and what turns them on sexually. The person you thought you knew so well often turns out to be more complex than you imagined. If there's one thing for sure, there are many things you don't know about your partner - their thoughts, fantasies and private life! According to sex therapist Esther Perelman, the path to re-igniting desire involves recovering your curiosity about your mate, liberating your imagination from its habitual grooves and dropping your limiting beliefs about each other and about how sex is supposed to be.

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Talking about tricky stuff that may feel shameful or taboo - such as admitting you've been faking orgasms, watching porn, or that you'd like to explore your anal eroticism - can be challenging, but being honest and open is essential to get your sex life back on track and deepen your connection.

Often men looking for more from sex look to the porn industry - which depicts sex cut off from context and relationships. This pornification of sexuality actually increases dissatisfaction as well as sexual dysfunction - like difficulties with erections - as it conditions regular users to respond to acts that aren't common in real life relationships. This can be an added challenge to reconnecting with a partner and often requires a period of adjustment after stopping the use of porn altogether - which usually results in loss of interest and erections for a matter of weeks.

To reawaken your desire you will need to explore sex on a much deeper level than ever before with your partner, and this involves making yourself vulnerable, and sharing your fantasies and desires. It involves learning to give as well as receive. And to give abundantly! It requires more intimacy - emotionally as well as physically.

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What is the role of sex in your relationship?

Find out about what sex means for each of you, and what it carries for your relationship.

- Is it all about sensual pleasure and hedonism?
- Is it about more and better orgasms?
- Is it a form of stress release or distraction from the challenges of life?
- Is it about bonding and deepening emotional intimacy?
- Is it a path to communion?
- Is it a place for passion and creative expression?
- Do you long to be ravished and laid bare?
- Do you prefer a warm and emotionally safe exchange of sexual pleasures?
- Do you feel drawn to explore issues of power and control?

Your faltering sex life provides you with a golden opportunity to explore and redefine your sexuality both individually and together, and to recreate your sex life in ways that better serve both of you. However you want to reshape your relationship is a matter of discussion and exploration between the two of you.

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PART #2

Techniques for Couples.

Ten Tips to Become a Team

1. Take responsibility

Before you can connect physically, you need to reconnect emotionally, cultivating trust and closeness. Whatever the reason for the breakdown in your relationship, recognise that it takes two to tango. Both of you probably behaved in ways that undermined your intimacy.

Blaming each other isn't going to help you to repair the situation. You need to take responsibility for making things better, rather than complain or make demands.

Think about what you can offer your partner, rather than focus on what you want from them!

You probably know what it is that your partner wants from you, but they are not getting it - so you're not getting sex.

The person who wants sex less holds more power in the relationship, and the balance between the two of you will need to equalise more before your partner starts feeling generous towards you.

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2. Become a team.

If there are children at home, start doing your share of parenting and housework. You need to work together for your family as well as supporting each other. Sort out practical problems that are hanging over you both, so that your partner isn't storing up resentments.

Make an extra effort to make your partner feel cared for, like cooking a nice meal, or doing something your partner appreciates - without being asked or expecting thanks.

You need to lead with generosity.

3. Learn to listen rather than argue.

Couples who are in trouble are those who don't communicate well; often arguing instead of talking. When your partner brings up their resentments, practice listening without interrupting, regardless of whether you feel that you have heard it all a million times before. Try to understand what they want to tell you - even if they aren't communicating very skilfully. Drop your desire to retaliate with tears, anger or cutting comments.

Most arguments happen when the significant needs of one person come into conflict with those of the other person - so the underlying message is important. Own up to your own expectations about what your partner should be doing, and assumptions about what motivates their behaviour.

If you take responsibility for changing your own attitudes, your partner will feel less under attack and more open to examine their own behaviour.

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4. Agree to leave your anger or resentment at the bedroom door.

It's a good policy to always resolve an argument rather than leave things hanging in the air. Knowing how to make up after an argument is a sign of a healthy relationship. Apologising for anything hurtful that you have said or done is a good start – even if you think it wasn't your fault.

5. Focus on your partner rather than griping about what you feel you're missing out on.

Either of you may be withholding sex because of resentment or grievances about what your partner has or hasn't done for you. Make a commitment not to use sex in this way.

The best way to side-step this sort of baggage, which will get in the way of feeling sexually interested or receptive, is to focus on what you can do for your partner. Access your loving, generous feelings and think about what you can do for your partner, without expectations of what you'll get in return.

6. If you feel resentful or hostile bring it into the couple dynamic rather than trying to pretend these feelings aren't there.

It is useful to look at all emotions (good and bad) as an expression of energy, as one thing you can guarantee is that your mood will change... and keep changing. You can harness the power of negative energy to connect.

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Try beating a pillow to vent your anger, or better still have a pillow fight where you both whack each other's buttocks.

More often than not you'll end up laughing - and feeling relieved of your dark mood. You can also try shouting nonsense words at the same time - maybe sitting a bit further apart.

7. Stop criticising, start complimenting!

If you've become critical of one another need to start with compliments

Get back into the habit of expressing appreciation for your partner. Even if you haven't been close for a while, there are a number of reasons why you remain with you partner.

Hopefully you respect them, and value the life you have created together. Make sure you comment appreciatively (and honestly) about all your partner's good qualities, and the things they do for you (and the family).

8. Cultivate warmth.

Cultivate positive attitude and gratitude by noticing your partner's good points and what they contribute to you or the family, and mentioning them throughout the day.

Express positive thoughts and optimistic feelings.

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9. Think about, research and suggest new experiences that you might both enjoy.

It's important to create new shared experiences, and bring more fun into your lives. Make arrangements, whether it's spending a weekend away, booking into a massage course, or coming up with strategies to resolve on-going practical problems. Make plans once you've both agreed what you'd like to do and schedule the time together.

10. Create non-sexual physical connection.

As you communicate better, take opportunities to demonstrate your appreciation and affection through touch. Use touch without expecting any response in return. If you haven't been sexual for some time, make sure you only touch non-erogenous areas of the body, so that your partner doesn't interpret it as a sexual gesture.. For example, you could offer to rub your partner's feet when sitting on the sofa. It's best to ask, rather than assume you know that's what they would enjoy. If you offer a massage, make sure you're not using it as foreplay.

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8 Tips to Rebuild sexual connection

- 1. A simple exercise that I have found helps couples a great deal is to agree to do what their partner wants for equivalent periods of time.**

This gives one person permission to say how they would like things to be for a set period of time, without having to always compromise by factoring in whether their partner wants to do that or not. This is great for partners who are never really doing what they want to do because they are too concerned about pleasing their partner. It also gives you permission to follow your own interests and desires, with a view to sharing these with your partner.

For instance, for a two hour block one of you will take the lead in deciding what you will do together. You can either plan something in advance or you can be spontaneous and decide on the spur of the moment – depending on your mood. The agreement is that the partner will follow your suggestions, unless it is something they aren't comfortable doing.

The next two hour block of time – say the next day – it is your partner's turn to follow their fancy and for you to go along with their wishes.

This may suit couples with different styles and preferences. For instance one person may like going out and the other staying in. This means if you agree alternate nights the one who likes going out will decide where to go and make all the arrangements. On the other person's night, they may prefer to want to do absolutely nothing and hang around at home together.

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One person may decide they want to talk – their partner may choose to listen to music on the next night.

One may ask you to dress in a certain way, make a snack for them, accompany them on a picnic, give them a massage - the possibilities are endless.

If your relationship is good, and it's just the sex that needs re-invigorating, then this exercise is easily transferable to the sexual arena. Don't forget, the idea is not to expect your partner to be your sexual slave for the period of time you've agreed, but to agree to focus on one of you exclusively so that you can begin to explore and communicate your preferences.

Of course, you can discuss both your limits when you're scheduling equal blocks of time.

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2. Agree no sex/ intercourse.

When you're trying to recreate a sexual connection you need to create clear boundaries between non-sexual and sexual touch, so that your partner isn't poised to reject you, because of your (not so) hidden agenda to get sex. This helps the partner who doesn't want sex to relax the muscles in their body when you touch them. It will help you to focus on exploring a range of non-sexual ways of showing appreciation and demonstrating your positive emotions.

Being able to say no is necessary in order to be able to say yes wholeheartedly!

When you start being intimate, Allow your partner to say no to whatever you are offering, without taking offence, or pressurising them to do what you want. This is an opportunity to start afresh, and to make sure your partner isn't having sex just for your sake, but because it feels so good! You want your partner to tune into their own desires. You want them to want you!

Not having sex can actually be helpful in re-creating an erotic charge between you. If you've been pressurizing your partner for sex and they've given in, they won't be feeling erotically disposed towards you. You can still enjoy your own erotic energy, even if your partner isn't feeling receptive. Experiment with moving in a sensual way, dancing or stroking your own body casually, if you feel like that. Sometimes when you're relaxing into some good music and emanating a feel good vibe, your partner remembers that sensual pleasures are fun, and that they are denying themselves at the same time as denying you!

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3. Melting Embrace

How long is it since you shared a good hug?

An embrace needs to be sustained in order for your bodies to release the bonding chemical oxytocin.

Melting into each other's bodies for several minutes will help you to relax into each other's arms... that is, if you're not assuming cuddling is the prelude to sex.

4. Sensate focus

Sex therapy suggests re-engaging with eroticism through non-genital massage and touch, initially.

Spend at least half an hour where you explore all of your partner's body with different types of caressing touch and discover what they particularly enjoy - stroking, licking, tickling, brushing with feathers or fabric, or hovering just above the skin.

Feedback is an important part of this process of mapping the bodies pleasure zones and helps you to re-engage in sensual play together. Focus on your partner right now - you can have your turn next time.

5. Awaken the Senses

Engage all your senses with music, lighting, essential oils, tidbits and tasters, and inventive styles of touching one another.

Blindfolding your partner with a scarf can help them focus on non-visual senses.

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Offer a smell, a taste on their lips or tongue, or a sound sensation slowly and gently so they have time to get absorbed in the experience. Make sure they're relaxed and warm, and again, keep the touch on the whole body so your partner doesn't think you're going to make a grab for the genitals while they're blindfolded. Explore different strokes and qualities of touch in different areas.

Always start with non-genital areas and explore areas like the neck, shoulders, ears, ankles, inner thighs - anywhere your partner enjoys being touched.

6. Find ways of improving your energy before going to bed.

If you are too stressed or tired to have good sex, concentrate on relaxing, de-stressing or changing your mood before you approach your partner. That may be by having some quiet time to yourself, a bath. Or giving each other a massage. Or it might be by going for a run or dancing to make you feel more alive and dynamic. You can perform a solo dance for your partner's enjoyment if you feel confident. It doesn't need to be sexy or inviting - but if you enjoy your body you'll feel more alive and energised.

7. Exercise together!

If you both prefer sports, take a regular class together or schedule some sessions (say, of tennis) together. Your aim is to enjoy being in your bodies while together and improve your general well-being. After a good 20 minute workout your body is also more ready for sexual arousal.)

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8. Exercise your Love Muscles (the pelvic floor muscles, PC or Pubo-coccygeal muscles) which span your pelvic floor from the pubic bone to coccyx.

There are three major sets of muscles – in the pubic area, genital area and perineum & anus, and you use Kegels exercises to keep them responsive. When you first start to work with the PC muscles you may not feel the difference between these areas. As you practice more, you will begin to identify which areas you are working with, and you can create a wave like contraction during your practice.

Strengthening these ‘love muscles’ improves and intensifies your orgasm, while for men it helps with erections and ejaculation control.

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10 Tips to Improve Sexual Technique

- ❑ Couples often develop predictable patterns of lovemaking, which may be hard to change if they have been going on for a long time - even when they aren't serving you well.
- ❑ People are reluctant to be completely honest with their partner for fear of hurting the other person's feelings. They may not want to reveal their wants and needs for fear of rejection.
- ❑ Couples may feel that lovemaking should be spontaneous, and that scheduling sessions or going back to basics, would spoil sex - even if they agree there isn't enough communication around sex. In fact most couples relax when they schedule times sex sessions - and they can be free to look forward to these sessions when they know what to expect.

Most couples who feel embarrassed to discuss sex end up going off it altogether because they lack the detailed knowledge necessary to improve their technique. You need to learn to talk about what really turns you on, and exactly how your partner can touch you to increase your pleasure and arousal. Your partner won't know what you like without you giving detailed feedback, both verbally and non-verbally. Each of us are unique in what we like.

Frequently, sex writers exhort couples to psyche themselves up into feeling more sexual desire using fantasy, deep breathing, and focussing totally on your sensation. However, your partner can be your best source of turn-one when sex is going really well, with whom you experience profound physical, mental, and emotional connection with a partner who is giving you full, intimate attention.

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1. Foreplay

Many women apologize for needing so much foreplay and taking ‘too long’ to climax, resulting in pressure to be ready for intercourse sooner and to be done quicker. Women need to value their own erotic rhythms and make sure not to override them. Don’t apologize for needing whatever stimulation you want!

Each person’s sexuality is unique - and women’s tends to be more idiosyncratic than men’s (meaning that what one woman likes is not necessarily arousing to another woman). What one woman really enjoys won’t necessarily create orgasmic states in another woman, so it’s important to create an environment where a woman can go for what she wants.

When you start to make love again, learn to play for extended periods rather than doing ‘foreplay’ before rushing to penetrate. All the non-genital moments, including touch, smell, whispering sweet nothings, and other open-ended activities can be just as important as genital sex.

Sex therapist Marty Klein recommends you tell your mate what you really desire. For instance, ‘I want to have great sex, and get really excited with you and about you.’

I want my body to melt into yours, I want us to drive each other so wild that we can forget about everything else, so let’s spend tons of time kissing and squeezing and tasting...’

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2. Agree no intercourse while you rebuild your shared erotic map

Sex is really all about extended play! Your aim is to become erotic playmates. Don't assume that you'll be going back to the way sex was before. If it wasn't working that well you don't want to go back to your old formula for sex.

Take this opportunity to start from scratch, and explore your partner's erogenous zones in detail. Start with non-genital areas, and explore them intimately, building up your awareness of the ways they respond to different types of caress.

Then spend time learning to receive pleasure while they explore all the nuances of your body and your sexual responses.

3. If one or the other of you is having difficulty with orgasm, this needs addressing before you can let go of being goal orientated and let go into a mutual flow of sexual pleasure (*where you know that orgasms will happen naturally as you enjoy waves of sexual bliss*).

See my Kindle e-book **Find Your Orgasm** for detailed suggestions for women struggling with orgasm, and **How to Help Your Woman Find Her Orgasm** for partners.

For all books by Cassandra Lorus; Click [here](#) to go to Amazon to search for my ebooks.

4. Learn the skills needed for great sex.

if you've never spent time learning what turns your partner on sexually, of course, this will sooner or later turn them off sex.

HOW TO GET **MORE SEX** IN A LOW SEX OR NO SEX RELATIONSHIP!

So if your partner is not interested in sex, doesn't get excited while you are caressing them, and rarely climaxes during sex, you'll need to devote yourself to improving your sexual technique and expanding your repertoire.

There are plenty of great resources available. For men, a good primer is *She Comes First* by Ian Kerner. If you stimulate and satisfy your partner, they'll be only too willing to return the favour!

I have developed a sexual mastery course for men who want to become great lovers at <http://www.tantricsecrets.co.uk/expanded-orgasm-for-men>

5. Take turns focusing on just one person at a time.

It's important to learn how to focus on your partner and give pleasure, and just as important being able to lie back and receive. Being able to focus on one role with undivided attention makes you much better at giving and receiving. It also makes your relationship more equal.

6. Connect.

Concentrate on connecting with your partner during sex, rather than going for an orgasm. Orgasm will look after itself if you get everything else right. I know this is quite different to how most people think about sex and what they focus on during it - but try it and see!

It can be difficult to let go of the focus on coming.

Open your eyes and look at each other while you are touching each other. Feel free to talk to each other.

HOW TO GET **MORE SEX** IN A LOW SEX OR NO SEX RELATIONSHIP!

7. If sex has become boring and predictable and you want to introduce play, novelty and risk.

Write a list of at least 10 different things each of you would like to do sexually and cut it into strips. You can have fun pulling out a random idea out of the pile of 20 fun ideas.

8. Both men and women can expand your sexual arousal and orgasmic potential. Make sex even better with multiple, expanded and whole body orgasms. I have developed an expanded Orgasm programme at <http://www.tantricsecrets.co.uk/expanded-orgasm/>

9. Uncovering topics for communication.

Ask yourselves these questions and share the answers, once you have deepened your intimacy and both want to deepen your sexual intimacy..

- How important is sex to you?
- How often do you tell your partner the truth about your sexual preferences and desires?
- What are your obstacles to good sex?
- What are your obstacles to orgasm?
- What would you like more of sexually?
- What do you wish you could tell your partner that you want more of in the areas of relationship, communication, and sex?
- What do you believe your partner wants more of in these same areas of the relationship, communication, and sex?

HOW TO GET **MORE SEX** IN A LOW SEX OR NO SEX RELATIONSHIP!

10. Enjoy the play!

Sex Therapy.

For those whose rare unable to use these suggestions because there is too much distance and a lack of communication, sex therapy is often necessary.

If you are locked into a power struggle - undermining each other - these sexual solutions will not help your sex life back on track...

Manipulation and scorekeeping will ruin any attempt to resurrect your sex life.

You will need to work on the deeper dynamics that sabotage your desire for intimacy with your partner.

You can consult me via Skype at www.couplesextherapy.co.uk