

TALKING ABOUT SEX



Spice up your relationship

Talk about sex!

Get comfortable talking about sex

STEP 1: Print 2 copies of this worksheet

STEP 2: Take the time to go through this individually

STEP 3: Talk about it!

Be sure to take your time with this - particularly if either one or both of you have had one or more traumatic experiences with sex, just talking about it can feel threatening, let alone 'doing' it.

Please note

- Be sure you've familiarised yourself, and have made some progress, with the advanced communication skills before you start with this part of the programme
- Ask the questions gently and watch for your partner's reaction (remind yourself of the stuff you've learned earlier in the programme)
- Don't pressurise each other for an answer - encourage only gently if he or she appears to struggle
- If the conversation is a difficult one, for whatever reason, just talk about 1 - 3 questions at a time

15 Questions about sex

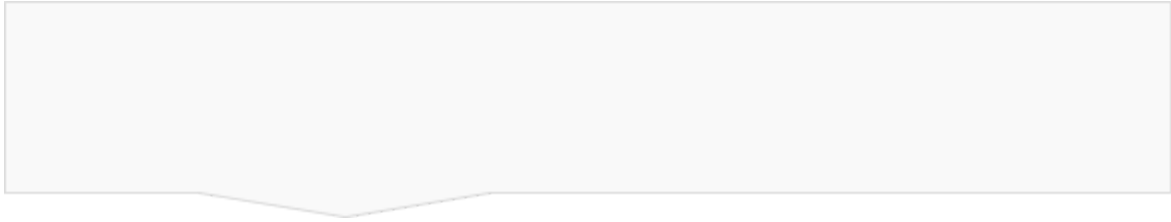
1. How did you learn about sex?

What do you know already about your partner's journey?

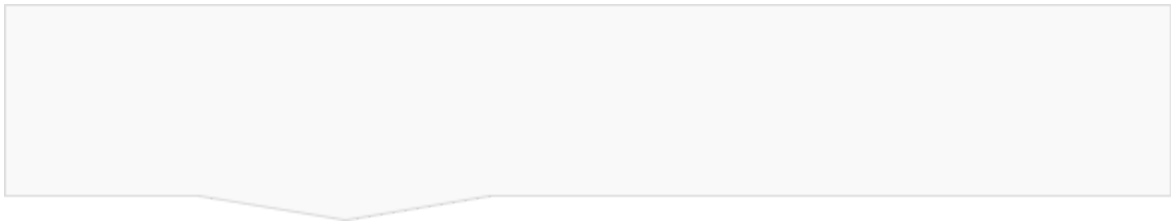
2. Who precisely told you what, where and when?

What do you know about your partner's experience?

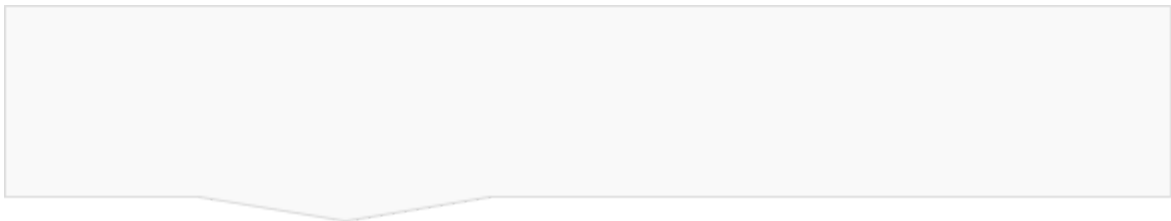
3. What were your parents' attitudes to sex?

A large, light gray rectangular box with a decorative, slightly irregular bottom edge, intended for the user to write their response to question 3.

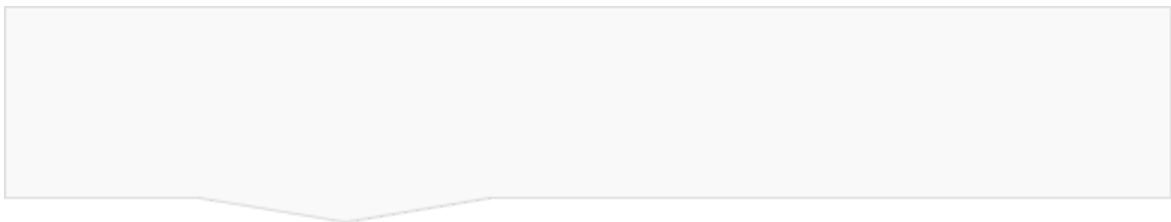
What about your partner's parents?

A large, light gray rectangular box with a decorative, slightly irregular bottom edge, intended for the user to write their response to the follow-up question for question 3.

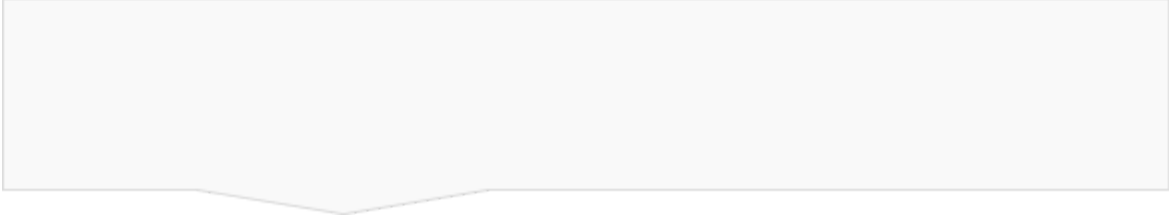
4. Did you play any games with your siblings or friends as a child that had a sexual element?

A large, light gray rectangular box with a decorative, slightly irregular bottom edge, intended for the user to write their response to question 4.

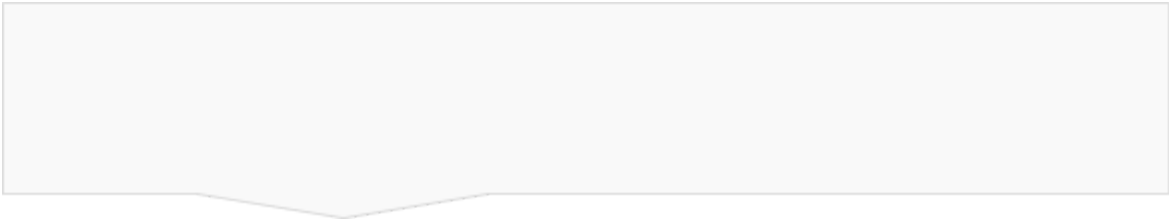
What about your partner?

A large, light gray rectangular box with a decorative, slightly irregular bottom edge, intended for the user to write their response to the follow-up question for question 4.

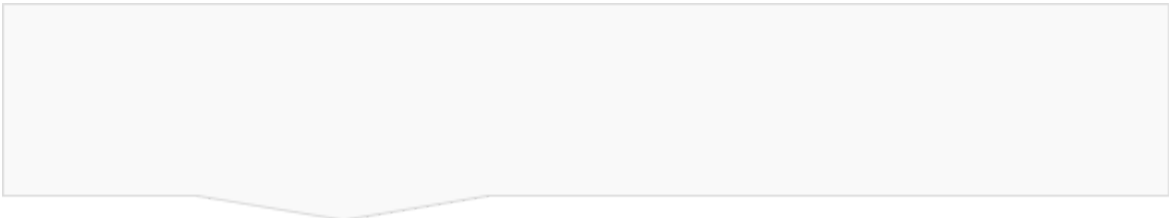
5. How did you feel about sex as a child?



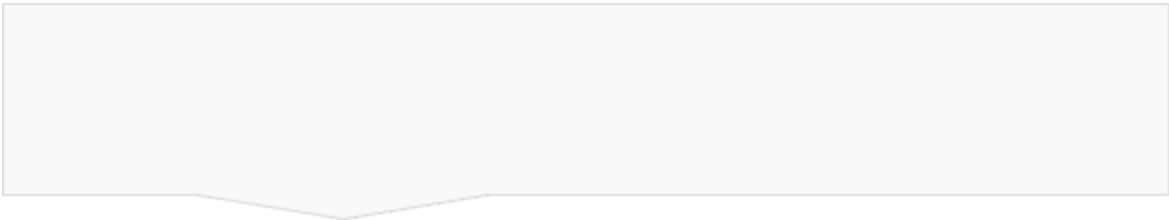
What do you know about how your partner felt?



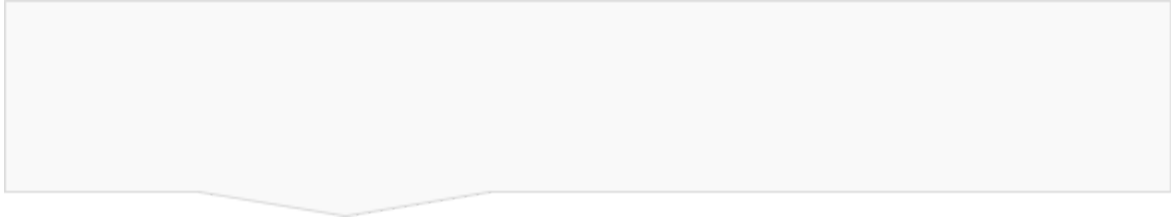
6. How did you feel about sex as a teenager?



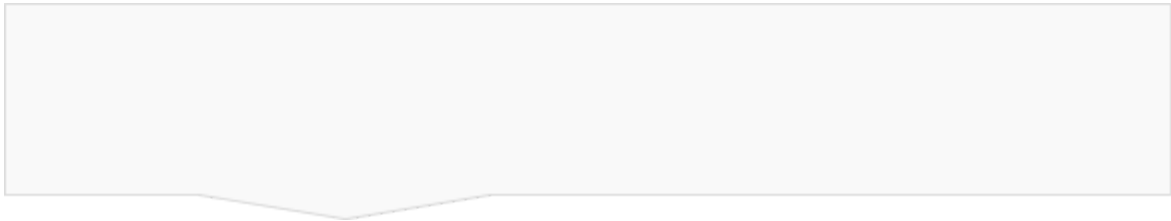
What do you know about your partner's feelings?



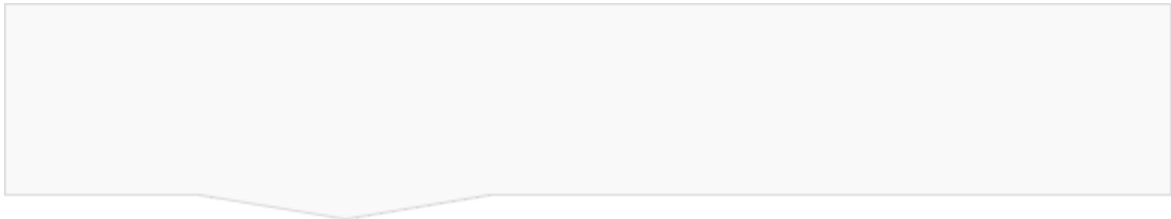
7. As a teenager, who - if anybody - did you confide in about sex?



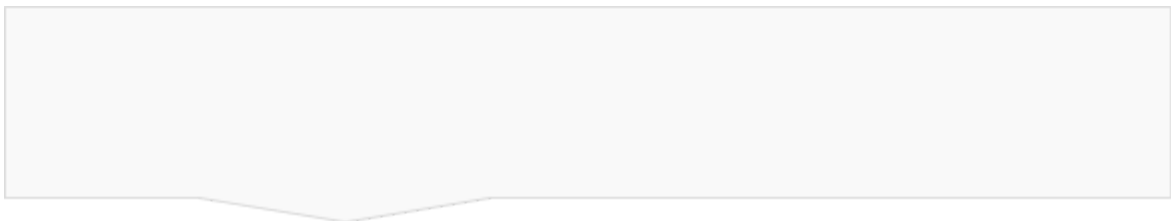
What do you know about your partner's feelings?



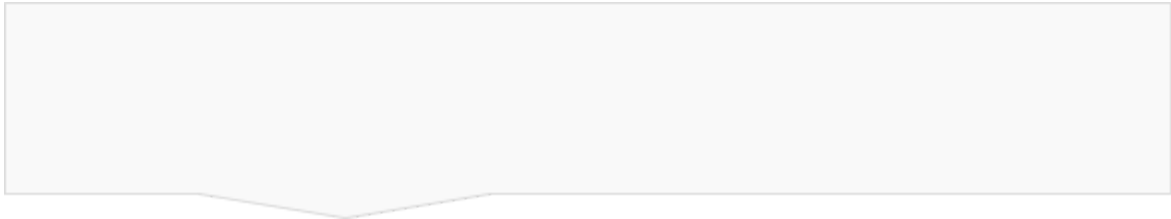
8. What was your first sexual experience like?



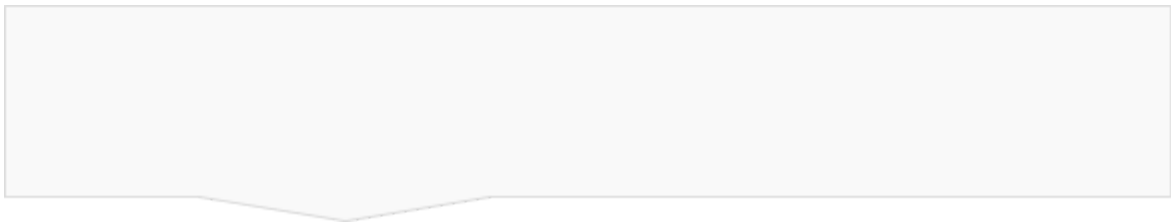
And your partner's?



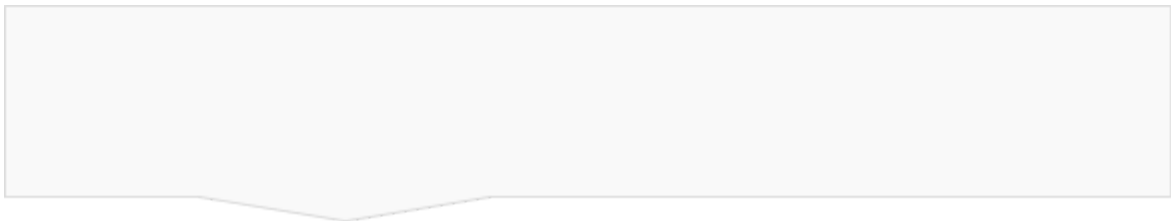
9.. Were you in love? Was it just for sex? How do they differ for you personally?



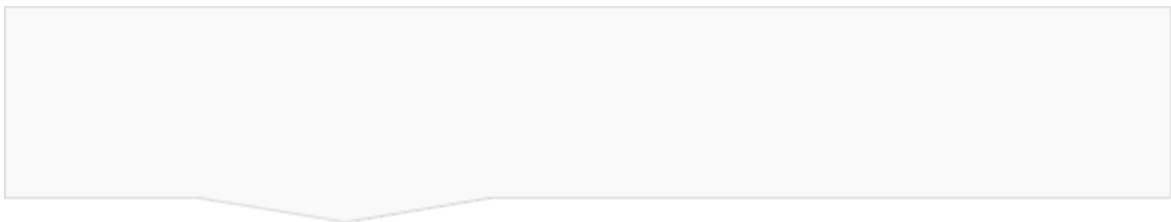
And your partner?



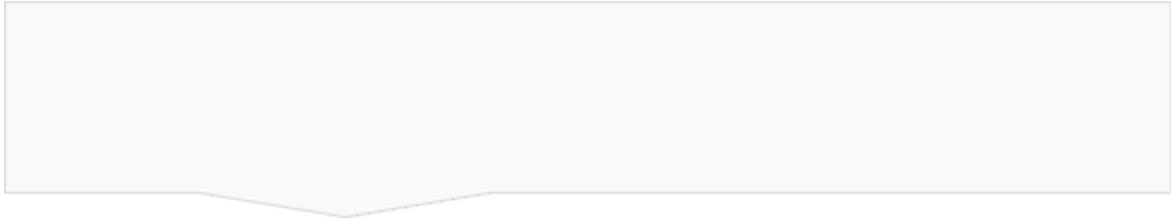
10 How do you feel about masturbation?



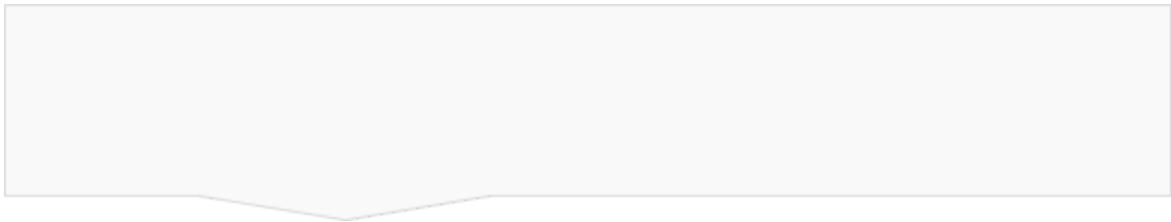
And your partner's feelings about masturbation?



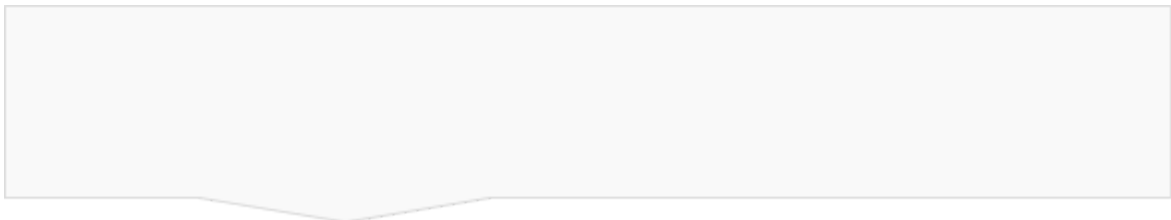
11. What is your attitude to porn?



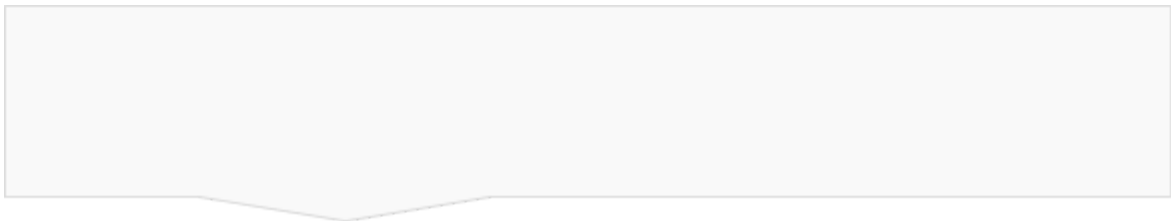
What do you think your partner's attitude to porn is?



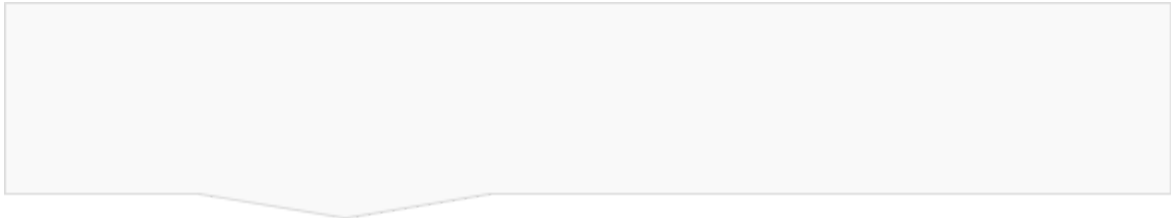
12. How does your religion prescribe what is and isn't 'acceptable'?



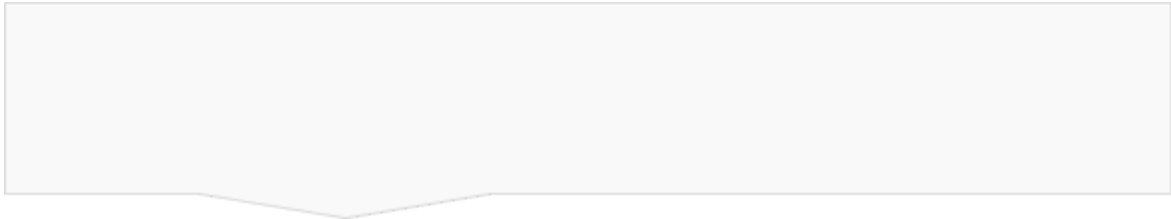
And your partner?



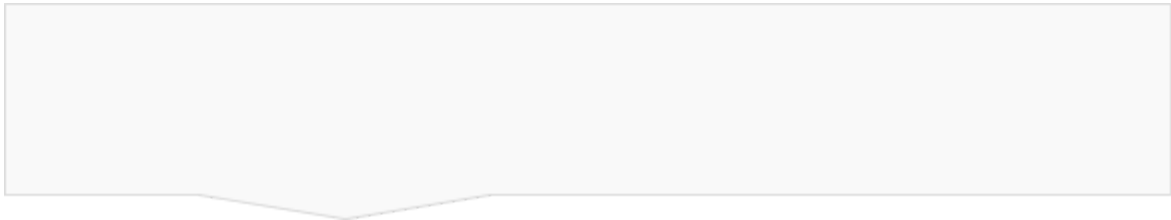
13. What bothers you about your partner's sexual past?



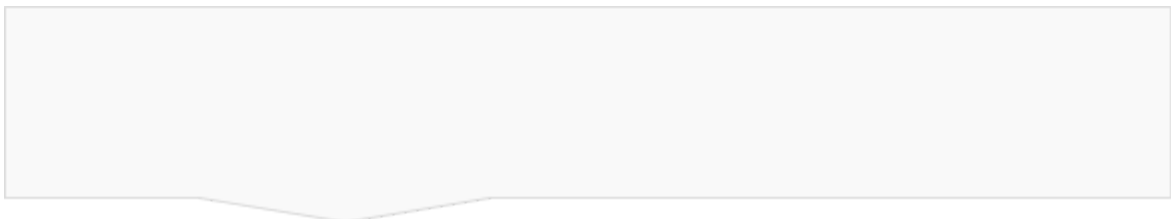
What do you know about your partner's concerns about your past?



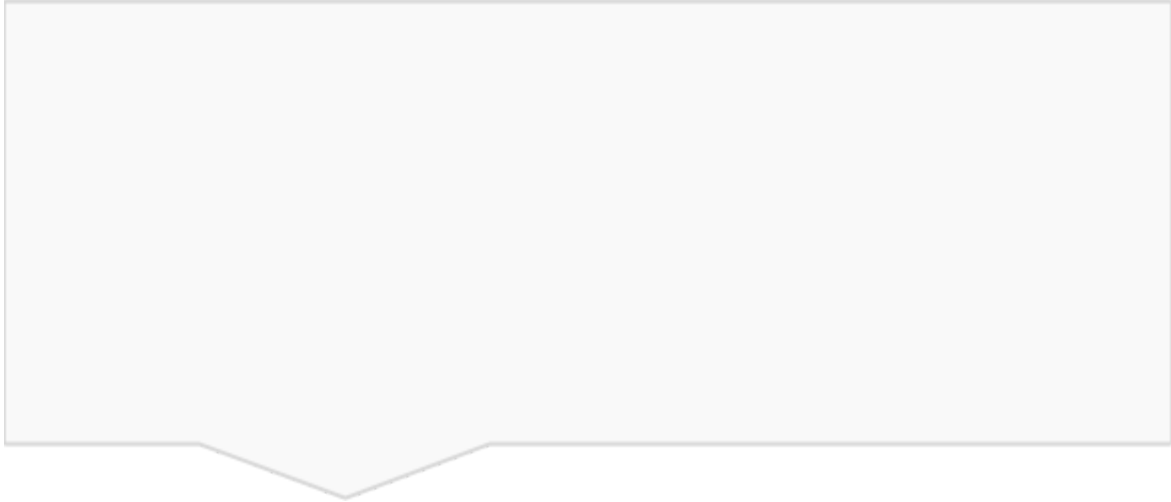
14. What do you need sex to be like to be turned on?



What precisely do you know about your partner's needs?



15. Is there anything else you would want to ask?



How did you do?

Did you manage it? Are you surprised about what you know and don't know?

If you need to talk it over with a professional, please see [CLICK HERE](#) (Online Relationship Advice page on my website)