



A CONVERSATION WITH YOUR PARTNER
THAT WILL GET YOU THE SEX YOU WANT

IMPROVE
YOUR SEX
LIFE

written by

MOLLY CARTER

Improve Your Sex Life:
A conversation with your partner that will
get you the sex you want

By Molly Carter

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<http://yourbestsexualself.com>

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TABLE OF CONTENTS

Things I Know About Sex	5
Preparing for the Conversation	6
You need to separate fantasy from reality.	7
What good sex is:	8
What good sex isn't:	8
Ways to enhance your sex life	9
Finding the right time	10
Knowing your partner	11
Be honest, but not too honest	12
It's not just about you	13
Let it be said	13
After the Conversation	14
Showing some interest	15
Bring on the fireworks	15
When it's a no go	16
We're Ready... Now What?	17
Safe, sane, and consensual	17
Go do it	19
Most importantly, have fun	20
Key Takeaways	21

Hi.

I'm Molly. Your friendly neighborhood sex blogger. To the outside world, I'm just a normal woman in my late 30s, raising a family, paying my bills, and going about my life. But behind closed doors, I'm having wild and crazy sex with my husband, the kind of sex you only see in the movies, and it's doing wonderful things for our relationship.

If you met me in line at the grocery store, you'd never know that I love to give my husband blow jobs or that I enjoy dressing up in lingerie or that I tend to call him Daddy or Sir. Hell, I could be your child's Scout Leader or soccer coach. I'm not goth or emo and I don't wear shirts depicting my love of kinky sex.

I mention this because I want you to understand I'm normal. I'm just like you. I sit on the PTO and volunteer at the local animal shelter. I don't have a mental health disorder and I wasn't abused as a child. I don't hurt little kids and I'm not out to steal anyone's man.

The only difference between you and me is that a few years ago, I found myself in a position where I broke down and had a hard conversation with my husband. A conversation that changed our lives and saved our marriage. And while I'm thankful every single day for that, it's been a huge learning curve, but we've made it through and now our marriage is better than ever.

And dare I say stronger than most of the couples we know. We're closer, more open, and better friends there we were before.

And the sex is killer.

So if you've ever dreamt of having a better sex life, of engaging more with your partner, or experiencing more and exploring your sexuality, then keep reading. If you've wanted to talk to your partner about it, but were afraid of what would happen, keep reading.

Believe me, I get it.

And that's why I'm here, writing about having one of the most important conversations you'll ever have. Because I've been there. And it's hard. And scary as shit.

But it can totally be worth it in the end.

I promise.

xoxo.

~Molly

Things I Know About Sex

You may be wondering what qualifies me to talk about sex. While I won't pretend I know everything about sex, I know a lot. I've been studying intimate relationships since I was 16 years old, learning everything I could about what goes on between the sexes. I've been a writer in the sexual wellness industry since 2012. I ran a top 100 niche sex blog. And I'm a sexually satisfied woman who enjoys a little bit of kink.

Basically, I've been talking about sex my entire life. And this is what I know.

I know what has worked -- and what hasn't -- in my marriage.

I know my sex life is hotter and more fulfilling since I've opened up and talked to my partner about my needs and desires.

I know not every person has the same desires or kinks and I know that's okay.

I know sex is a skill that develops with time and practice.

I know a lot about what not to do and I know I've made a lot of mistakes, hopefully, a few you can learn from.

I know when someone has the desire for something, especially something deemed deviant, it's frightening to share it with anyone.

I know the fear of rejection can be paralyzing and that sometimes it's easier to avoid a situation than face it.

I know it can be hard to tell someone you love that you need more.

I know that good sex is safe, sane, and consensual; if it doesn't fit all three of those points, then it's not good sex.

And I know having an uncomfortable conversation can be so worth the hassle.



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Preparing for the Conversation

It doesn't matter if you've just read *50 Shades* or if you've always had a fantasy about being spanked, if you're reading this, I'm going to assume you're at a point in your life and relationship where you'd like more. Maybe it's [more sex](#). Maybe it's more kink. Maybe it's a different type of sex. But whatever it is, you'd like to talk to your partner, but you just don't know how.

To have an honest and open conversation about changing your sex life, and maybe even your relationship, you need to prepare before you begin talking. But before we can get that far, there's something you need to do.

You need to separate fantasy from reality.

What is it that you want?

A knight in shining armor? A woman who will let you do anything and everything? A man who knows just how to touch you without you having to say a word?

Well, I hate to break it to you, but none of those things are going to happen no matter what conversation you have. Because none of these things are based on reality. They're all fantasies and not one of them exists in real life.

If you really want to [improve your sex life](#) and your intimate relationship, you need to understand that real sex isn't what you see in the movies or read in books. Those are fantasies, and while they're great for helping you get off when you're rubbing one down, they don't belong in your relationship goals

Instead, I want you to sit down with a pen and paper and really think about what you want in your sex life and relationship. How does "better sex" manifest itself in your life? What does better sex look like to you?

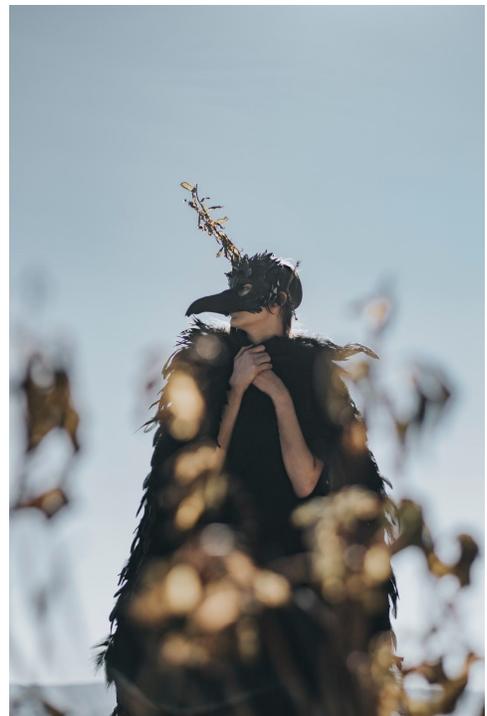


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What good sex is:

- A mutual decision to take your relationship to a different level
- Based on [trust](#), truth, and compassion
- Safe, sane, and consensual
- An added bonus to an already healthy relationship
- A huge variety of activities and experiences
- A different way to express and experience love and intimacy with your partner
- Something fun and exciting that brings you closer together



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What good sex isn't:

- A fantasy
- A fix for a bad relationship
- A fixed set of rules
- Constraining
- Pushy
- Guilty
- Abusive
- A cure for past trauma
- Focused on just one person
- A replacement for therapy

Ways to enhance your sex life

There are a lot of things you can do to enhance your sex life. Here are just a few of the different types of practices you may consider talking to your partner about:

[More frequent sex](#)

More sexual variety

More initiation from your partner

Sensation play

Sex toys

Mutual masturbation

[Dirty talk](#)

Roleplay

Bondage

Restraint

Power exchange

Dominance and submission

Orgasm control

Impact play, including spanking

Dress up

Fetishes

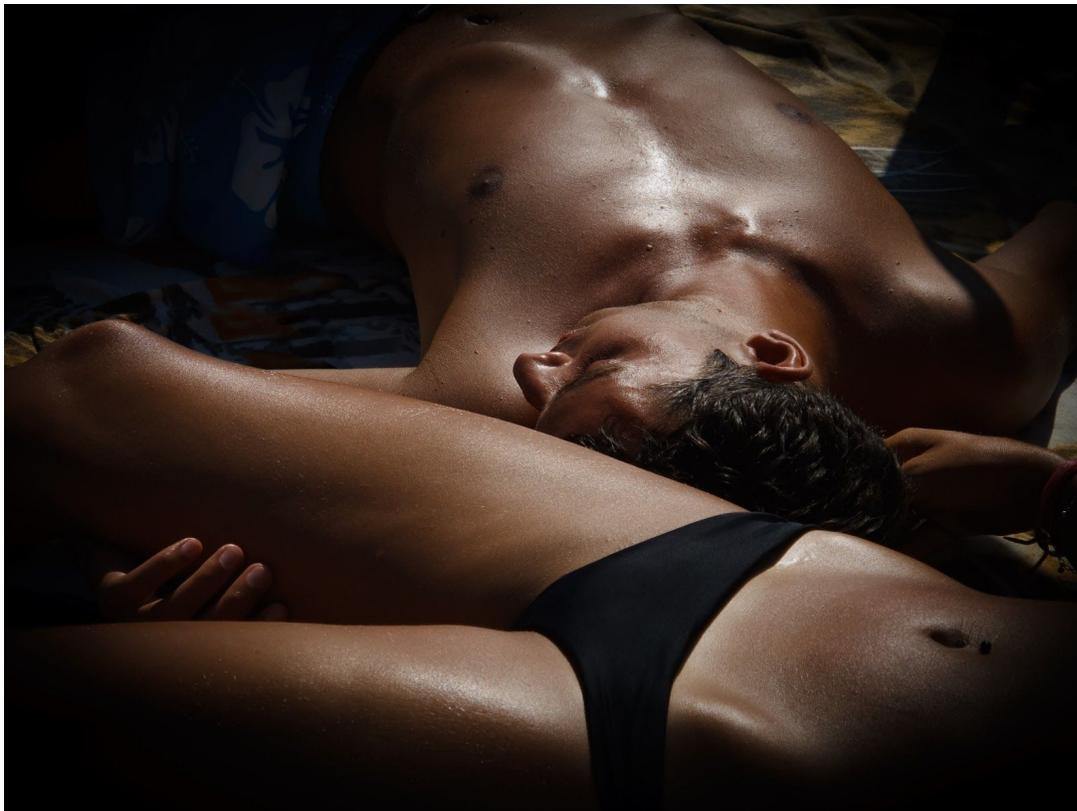


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Finding the right time

When it comes to letting your partner know about your desire to improve your sex life, there's a hard way and an easy way.

The easy way happens in the bedroom when things are already hot and heavy. Maybe you ask her to smack your ass before she sucks your cock. Or maybe you ask him to hold you down or pull your hair while he fucks you.

This can -- and does -- work. After all, in the throes of sex, there's a good chance your partner will comply, giving you exactly what you asked for. But this isn't a real conversation. This is a sex-induced request. Your partner has no clue that you want anything more than that little bit of kink that one night.

And if that's all you want then great. The bedroom approach is definitely the way to go.

But if you want more, if you want permanent changes to your sex life and relationship, then you've got to go the harder way and have a conversation with your partner about sex outside of the bedroom.

You need to do it sober. And you need to do it in the light of day.

Knowing your partner

Once you understand how you want your sex life to change, you need to bring your partner into the mix. After all, they're an important half of your relationship.

If you're like many people broaching this conversation, you may have desired more for quite a while. At this point, you know exactly what you want, you've been fantasizing about it for years. Hell, your desires may have even started somewhere else, but over time, they've grown and morphed into something different.

But please remember, this is all new to your partner. **This is sooo important.** Your partner may be completely happy with the once-a-month nookie they've been getting for the last five years. The thought of [holding you down](#) may never have crossed their mind and if you bring it up, it

may take some time for them to adjust to the idea.



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So as you prepare for the conversation, keep your partner's thoughts, feelings, and desires up front in your mind. They deserve the same consideration as your own wants and needs and hold just as much weight.

A multitude of beliefs, thought processes, and experiences influence people's feelings and reactions to sex and all that it encompasses. Keep these things about your partner in mind as you plan for your discussion. Things like beliefs instilled during childhood, religious doctrines, and previous trauma may make your partner react negatively, so identify the barriers that may arise and prepare for them to improve your chance of success.

And remember, just because your partner's initial reaction may be impulsively no, it doesn't mean it will necessarily stay that way (no that doesn't mean you should pressure them). You may get a "What the fuck? Are you crazy?" on day one, but after a few days to think about it, your partner may be more receptive than you think.

Be honest (but tone it down)

You're finally ready to tell your partner about your desires, but you're at a loss. What the hell are you supposed to say? How do you even start this awkward conversation?

You start with the truth. Or perhaps a toned-down version of the truth.

If up to this point in time your relationship has been rather vanilla, jumping into something more can feel rather overwhelming. Your partner may not know what to do, let alone what to think, especially when you tell them you'd like to be blindfolded, spanked, and used while they call you a "dirty little slut."

So instead of saying all that, turn it down a little bit. If dominance is what you're seeking, then suggest they hold you down during [oral sex](#), maybe wrap their hands in your hair, or ask them to tell you how much they enjoy fucking you.

Start slow. This makes it less frightening for both of you and allows you to learn and grow together, find out what each of you likes and what works for you as a couple, then explore from there.

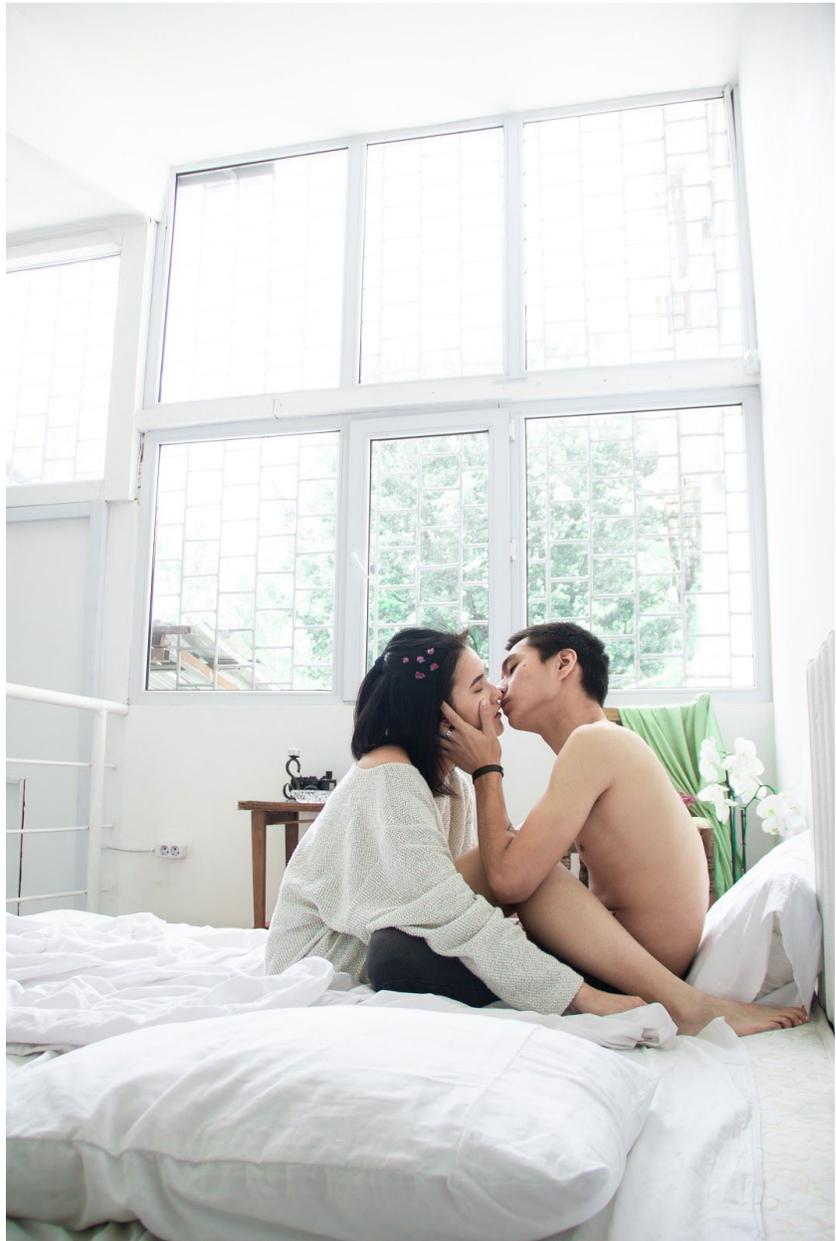


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It's not just about you

I get that you understand it's not just about you, but do you really? Because up to this point, it has been all about you: your needs, your wants, and your desires. But once you bring your partner in on the conversation, you must consider their needs, wants, and desires as much as your own.

That's why you need to make it about both of you. Talk about how spicing up your sex life can bring the two of you closer together in new and loving ways. And mean it.

Take a moment, pre conversation, and put yourself in your partner's shoes. Imagine being told what you've been doing for the last six years isn't enough and that they've been fantasizing about all sorts of wild and crazy things you've never even thought to do.

It's a little humbling.

And it can be hurtful if not done the right way and damaging to your partner's pride, which can easily turn into anger and resentment, which is definitely not what we want.

Let it be said

So have the conversation. Keep it real, just not too real. Make it about the two of you as a couple, not about your needs as an individual.

Here are a few ways you can broach the subject:

- **Start with something positive:** You're such an attentive lover when you...
- **Elaborate on something you like:** It feels so good when you...
- **Suggest something new:** What do you think about trying...
- **Show them:** If you touch me like this...
- **Tell a story:** There was this naughty little girl...
- **Plant a seed:** Nothing like a man in a uniform...
- **Make it about them:** I'd love to [make you squirt](#)...
- **Tell a fib:** I was browsing the internet and I came across [this story](#) about...
- **Ask them:** Is there anything I can do to make you feel more pleasure...
- **Make a request:** You know, I'd really love it if you...



Photo by Charles on Unsplash

Then ask your partner to think about it. Tell them that you don't expect an answer right now, to take some time to ponder what you've said, then to come to you to share their thoughts.

And leave it at that.

The conversation's been had. You've done what you can. Now all there is to do is sit back and wait.



Photo by Kate Kalvach on Unsplash

After the Conversation

So now your partner knows your [dirty little secret](#). Give them some time to think about and digest what you've bravely shared.

Say, like a week.

If after a week, they haven't brought up the topic, it's time for you to do it. Not talking about it after the first conversation is the most common mistake people make. They went out of their comfort zone, they asked for what they needed. But then they're too afraid to come back to the subject.

Don't let that happen. You've spoken your peace. They know your secret. Now talk to each other and keep the conversation going. The same rules apply this time as before. Don't do it under the covers. And keep it focused on the two of you.

Be receptive. And understanding.

Even if your partner isn't turned on by the ideas you presented, they may be willing to try just to please you. Other times, the whole idea excites them and you'll be getting rug burn before you can ask if they've considered what you talked about.

Showing some interest

If your partner's interested, they may have some thoughts regarding what to try and their ideas



may differ from yours. When this happens, remember, embracing new sexual experiences as a couple isn't just about you, **it's about both of you**. And if your partner's willing to tie you up and smack your ass, then you should be receptive to bringing toys into the bedroom or messing around with some sensation play.

One of the best things about exploring intimacy with your partner is that it's an adventure. You may like impact play while they're really into role play. Together, you learn. You grow. And soon, your sexual tastes blossom into something so much bigger than either of you anticipated.

Bring on the fireworks

If you're one of the lucky ones, your partner will open up and the two of you will grow and explore and your sexual preferences will perfectly align and every time you touch it will be like fireworks.

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But let me tell you, that happens to the few. The rest of us, we have to go through a learning curve. Sometimes it will be hot as hell. Other times you may be like, “What the fuck was that?!” Regardless if it’s amazing or so-so, what it can always be is fun. So learn to laugh. And let go. And just have a good time together.

When it’s a no go

So what do you do when the opposite happens? When your partner says hell no. When you tell them about a kink and they suddenly think you’re a child molester and responsible for everything from Harvey Weinstein’s escapades to global warming?

Well, at least you know. Knowing is always better than wondering what if. If your partner shows absolutely no interest, so be it. You can try to convince them otherwise, but don’t be forceful or deceitful. Everyone has a right to sexual freedom, which includes not being obligated to fulfill your desires.

Hopefully, their lack of desire for what you want isn’t a deal-breaker in your relationship. But if not exploring a sexual avenue is enough to end it, understand that the relationship wasn’t very strong to begin with. And if that is the case, then again, at least you know.



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We're Ready... Now What?

You've had the conversation. You've talked about what you're interested in. And you're both ready to go. But where do you start?

Safe, sane, and consensual

When you're exploring new sexual frontiers, it requires trust in one another. And if that trust is violated, it can ruin things both for you and for your relationship. That's why we have to take a moment to talk about safety, consent, and communication.

I really want to encourage you to pick a safeword. Picking a safeword is a common practice in the BDSM community. It's a predetermined term one partner uses to tell the other partner that they need them to stop or slow down.

Because of certain aspects of BDSM, it's not recommended to use words like "no" or "stop." This could be for numerous reasons, including role playing and submission. And even if you're not exploring these kinds of kinks, it's still good to have a safeword, as any new sexual territory could bring up unknown feelings and apprehensions.

I'm a big fan of using "yellow" and "red." Yellow indicates that you have some hesitations. You don't necessarily want your partner to stop what they're doing, you just want them to proceed with caution.



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Red, on the other hand, is an immediate stop. It may not mean a stop for good, but it means that we need to stop right now and communicate before we go any further.

These concepts are extremely important on multiple levels and you and your partner should discuss them before venturing into unknown sexual arenas.

Other aspects of keeping things safe, sane, and consensual include:

- **Respect your partner's limits.** Everyone has their [own limits](#), especially when it comes to sexual play. Some limits may be soft, which means they're prohibited except under predetermined circumstances or with extreme caution (*I'll try anal, but you need to let me be on top and control the motion*), while other limits are hard (*Under no circumstance do I want anything inserted into my asshole*). Respect your partner's limits and don't be pushy when it comes to things your partner is uncomfortable pursuing.
- **Prepare what needs to be prepared.** When you're exploring sexuality as a couple, it's important to be prepared. For instance, if you'd like to try [fisting](#), make sure you have lube handy. If you want to experiment with bondage, keep a pair of scissors or a knife handy in case you get an unexpected visitor knocking on your door. Basically, think of the worst-case scenario that could happen and prepare for it, making sure you can protect both you and lover if it were to arise.
- **Provide aftercare.** Aftercare is another BDSM concept that you can apply to your sexual exploration, even if it's not the kinky kind. See, for many of us, sex is an emotional experience. And sometimes it can bring up an unexpected response. Maybe it pulls up long-buried emotions. Maybe something you thought you would like causes so much pain it brings tears to your eyes. Sometimes the pleasure is so intense, it also brings tears to your eyes. Sometimes it just makes you want to be held when it's all said and done. Regardless, make sure you take enough time after your sexual play to just be together and make sure each other's needs are met.



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Go do it

Now it's time to explore.

To fuck.

And then to fuck some more.

No one can tell you what's going to excite you, so you've got to find out on your own. Sometimes, what you thought would rock your world doesn't excite you in the least. And the things you thought would be boring, turn you on like a faucet, so stay open to new ideas and experiences.

[Reading erotica](#) and watching provocative movies can inspire ideas, as can exploring different online communities.

If you're not sure how to spice up your sex life, but you know you want more than you currently have, consider trying some of these ideas:

- **Dress up.** In something sexy. In something kinky. Something erotic. Lingerie or a schoolgirl outfit, it doesn't matter as long as it gets you and your partner in the mood.
- **Play with sensations.** Use feathers, silk, or steel to enhance your partner's sensation. Use cold and hot and watch how their body reacts. Gather up everything you can think of that you'd like to rub across your lover's skin and plan for a nice, long night in.
- **[Read erotica](#) together.** Now I know smut's not for everyone, but if you're willing, erotic writing allows you to share what turns you on without necessarily having to verbalize it yourself.

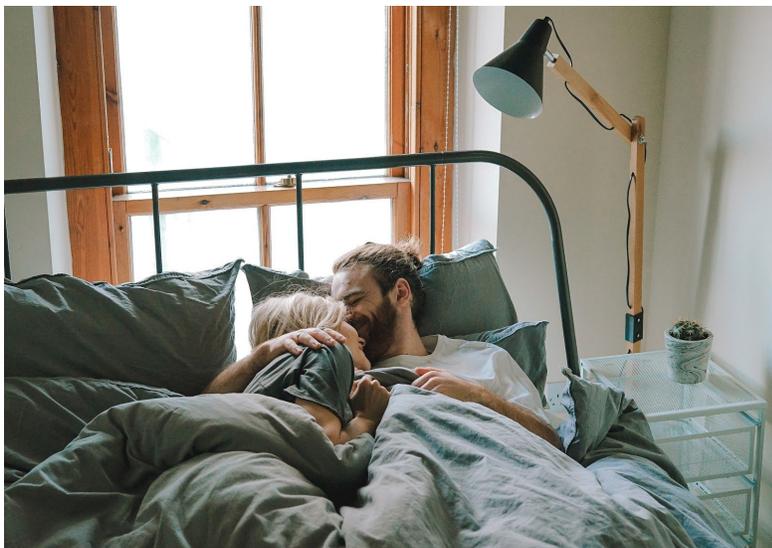


Photo by Mickael Gresset on Unsplash

- **Experience mutual masturbation.** If you want to know the best ways to please your partner, watch him or [her masturbate](#). Watch how she touches herself, the direction her fingers move. Pay attention to where his fingers lay on his cock and the strength of his grip. Watch how their body moves as it approaches orgasm. While mutual masturbation may not be what you've dreamed of, it does amazing things to build trust and teach you how to be a better lover to your partner.
- **Engage in a good old fashioned over-the-knee spanking.** An over-the-knee spanking can be an extremely erotic and sensual experience, both for the one getting the spanking and the one giving it. And it can easily be more pleasurable than painful. There are elements of restraint. Of dominance. Submission. S and m. And then there's the view. A red bottom. A pretty pussy peeking out between round ass cheeks. **#sigh**
- **Indulge in sensory deprivation.** It doesn't matter if it's a blindfold or earplugs, when you eliminate one of the senses, the others become heightened. So block out your sight. Use a ball gag. And let the other senses soar.
- **Make a list.** Personally, I'm a big fan of lists and when it comes to sex, I understand that making a list can offer double excitement. So sit down together and talk about the things you'd like to try. You can even make a sexual bucket list. If you're still exploring limits, consider making three lists: things you want to try, things you may like to try, and things that you never want to try.

Most importantly, have fun

The whole point of bringing some excitement to the bedroom is to bring you closer to your lover. To let you experience new things together. To get you both off. And to have fun.



Don't forget that's what it's about.
So have fun. Enjoy it. Laugh.
Learn. Explore.

If you have any questions or want to share your experience, please don't hesitate to contact me at molly@yourbestsexualself.com or follow me on social media.

Key Takeaways

- If you want to make significant changes to your sex life, you must have a conversation about it with your partner.
- Examine your desires and make sure you're not looking for a fantasy; this is real life and your wants need to be based in reality.
- Good sex happens in a healthy relationship. It is safe, sane, and consensual.
- There are many, many ways to improve your sex life so don't limit yourself to certain expectations.
- When you talk to your partner about your desires, do it outside of the bedroom, when you're both calm and can focus on the conversation.
- Understand who your partner is and prepare for any barriers that may come up during your conversation. These could be related to religious, societal, or personal dogmas or expectations.
- During and after the conversation, understand that this idea and all this information is brand new to your partner. They'll need some time to digest it.
- After you have the conversation, give your partner some time to think about what you just presented. About a week is best.
- If your partner is receptive, start slow. You have lots of time to explore and learn together, so enjoy every moment of it.
- Ask about and embrace your partner's unspoken desires as well. They're just as much a part of the relationship as you are.
- If your partner isn't interested in exploring together, then at least you know and aren't wondering "what if."
- Have a discussion about being safe, sane, and consensual. Include a talk about limits and set a safeword.
- Keep it lighthearted and fun! And remember, it's about bringing the two of you closer together!



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ABOUT THE AUTHOR

Molly Carter is a freelance writer who specializes in sexual wellness and relationships, among other things. She lives in Pennsylvania with her Husband, three kids, and two dogs, Duke and Ruger. She believes that a good, satisfying sex life can lead to happier couples and better marriages. It's her goal to help as many couples as she can have the sex they've always wanted, and in doing so, she hopes to strengthen their relationships and marriages. That's why she created [Your Best Sexual Self](#), a place that helps people transform their sex life into what they've always wanted it to be. Beyond her blog, you can find Molly on [Medium](#), [Quora](#), and [LinkedIn](#).