

Legendary Love. Module 2. Sex and Sensuality. Lesson 29. Talking About Sex.

Talking About Sex.

In this last module of *Legendary Love, How to Keep the Fire of Love Burning for Life*, you'll focus on what many believe is meant by "fire" in relationships - **your sexual relationship**. Just as in any area of life, sexual desire varies greatly from person to person.

The key is being able to talk about what you want and need, what you're afraid of, and what you're lusting for.

Why Talking About Sex Can Be Difficult.

Talking about sex in many families is difficult. Recall how you learned about the "**birds and the bees**." If your family was comfortable with sex and sexual information, you'll probably be comfortable also.

If you had to search for information, you may be reluctant asking your partner questions and sharing what you're thinking and feeling about your sexual relationship.

Your sexuality and your sexual relationship are some of the most intimate and sacred aspects of yourself. Sharing this with your partner, both through honest discussion and through action, is a symbol of your love, respect, and commitment to each other.

Let's look at some reasons why discussing sex may be difficult:

- 1. You may be embarrassed due to family training, religious reasons, or because you're shy.**
 - Consider that your "sex talk" is a gift you give to yourself and your partner. You do this from self-love and love of your partner.
 - **The more often you share with your partner, and your partner shares with you, the easier it becomes.**

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2. **You may feel shame from past sexual experiences.** This can range from sexual activity to sexual abuse.
 - Share with a trusted friend or objective party first. This will help you become at ease with sharing.
 - Your sharing isn't just about sexual intimacy. It's also about emotional intimacy. The more honest you can be in your relationship, the closer you'll become.
3. **If you came from a strict religious background, you may feel it improper to talk about sex.**
 - If you're in a sexual relationship and aren't married, you may have some spiritual issues to work through. This is an uncomfortable place to be. Praying, journaling, and talking to a trusted spiritual leader may assist you.
4. **Fear of your partner's reaction.** When you're embarrassed or ashamed, it's normal to be afraid of someone's reaction.
 - Consider your partner. Are they trustworthy, reliable, and respectful? If so, take the risk to share. If your partner is who you think they are, your fear will dissolve as you share.

What to Talk About.

Before we get to the "what," remember the "how." This is a very sensitive subject and, if not handled with respect, can lead to hurt. You know how to communicate with each other. Use those tools.

Also, you might find it easier to talk about just one subject at a time. The last thing you want is for there to be misunderstandings or either of you feeling judged.

Here are some topics to get you started:

1. **What turns you on?** This can be words, love language, actions, or areas of your body.

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- This may challenge you to pay attention to words and actions which turn you on. Notice them and share them with your partner. **Notice what turns your partner on, also.**
 - Share with your partner the sensitive areas of your body. Ask if it's okay to move their hand to those places during love making.
2. **When do you feel most sexual?** This could be during a particular time of day or even month.
- Your body wants you to procreate. A woman often feels more sexual when she's ovulating.
 - Good news often brings on celebratory sexual feelings.
 - If you aren't aware of what times of the day or month you feel most sexual, begin paying attention. This information can add a great deal of fun to your relationship.
3. **When do you feel least sexual?** This is as important to know as when you feel the most sexual. Knowing this information can head off challenges and hurt feelings.
4. **How often would you like to have sex?** If one of you wants twice a week and the other wants once a month, you have some talking to do.
- **Use your Reflective Listening process to share your desires.** Arrive at a compromise if needed.
 - It's okay to schedule sexual intercourse.
5. **How do you like sexual relations initiated?**
- Do you prefer to initiate intercourse, have your partner initiate, or you take turns initiating?
 - Do you prefer intercourse be initiated with words or actions such as a kiss?

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4. What turns you off?

5. Schedule a time for your first conversation about your sexual relationship.