

'There is no norm in sex. Norm is the name of the guy who lives in Brooklyn'

– Dr Alex Comfort –

- 10 Improving your sexual relationship:** There is no such thing as a normal sexual relationship, rather we can talk in terms of a satisfactory sexual relationship, where both partners feel mutually satisfied. To have and maintain a fulfilling sexual relationship can help cement relationships together, reflect intimacy and ultimately relieve stress.
- a Communicate.** Talk about your love making, explain what you like and do not like, and your different needs. Talk while making love, saying, 'That's nice, I like you doing that'. Take active responsibility for your own pleasure by showing your partner what you like. Experiment, try out different things.
 - b Be flexible.** A fulfilling sex life means recognising the need for flexibility and changeability. Your needs will be different on different occasions. Just as our appetite for food varies so does our appetite for sex. Occasionally we might want an elaborate three course meal, which involves planning and preparation, while at other times we might want a quick snack or a sandwich on the run. Similarly, our sexual appetite varies. This variety maintains interest. Imagine how boring a steady diet of the same encounter would be?
 - c What turns you on.** With your partner take it in turns to describe what you like or find arousing about the following list. Do not interrupt but allow each to have their say. Looks, clothes, touching, kissing, stroking, manners, atmosphere, particular sexual words, sexual acts, foreplay, after sex.
 - d Focus on the sensation.** Spend time just touching and stroking each other – use a massage oil. Resist the temptation to have full intercourse or reach a climax or even to touch each others' genitals.
 - e Make time and make it special.** Deliberately make time for love making rather than always coming together when feeling tired at the end of the day. If things have become a little routine create a special atmosphere with soft lights, candles, music, or maybe after a bath. Make love somewhere other than in bed.
 - f Overcome inhibition.** If you feel inhibited and have deeply ingrained beliefs that sex is 'dirty', 'sinful' or 'should not be discussed', try to re-examine your attitudes. Develop your fantasies by looking at erotic books, magazines or videos. Your imagination is a safe place to let your inhibitions go and to experiment with different feelings. Read a book of sexual fantasies. Practice losing control during love-making: breathe more heavily or moan more loudly.