

# *Your Erotic Menu*

Create and Communicate Your Erotic Menu of  
Love, Sex and Desire Activities

by Corinne Farago



Love Sex  
& Desire

# *Welcome to an erotic exercise that will transform how you talk about sex with your partner(s).*

By using this full-spectrum list of erotic activities and following my guidelines and instructions, you will learn to express your deepest desires, share your curiosities, and communicate your boundaries.

## **Use this Erotic exercise to:**

- Expand your erotic menu
- Discover new erotic desires and interests
- Understand your partner's erotic mind and fantasies so you can give them the experiences they long for
- Bring novelty and variety to your sex life
- Learn the communication skills to talk openly and honestly about sex
- Understand the differences in your and your partner's sexual tastes
- Discover the vast world of human sexuality in all its expressions

**If you've been together for many years**, this exercise is an opportunity to see your partner through fresh eyes and understand their erotic mind more intimately.

You'll learn how to expand your erotic menu and add the element of novelty into your sex lives. Embrace this kind of growth, and watch how it impacts every aspect of your life together, in and out of the bedroom.

**If you've just started dating**, this exercise will reveal your sexual tastes. You'll learn about your new partner's erotic desires and they'll learn about yours.

In less than an hour you'll understand more about each other than some couples who have been together a lifetime. The best thing is that you'll set the tone for an open, honest, and consensual sexual relationship with your new partner.

## *Instructions*

Set aside some time with your partner to begin this communication exercise and create your erotic menu together. If your list is long it may take multiple conversations to complete this exercise. Take your time and enjoy where these conversations lead you.

- Print or share the list so that each partner has their own copy
- Complete step 1 separately then come back together for step 2

## *Step 1*

Review each activity on the list and consider, with an open mind, how you feel about each activity. Mark each item as follows:

**Yes:** *It excites you and engages your imagination. You want to experience this activity. You want it on your menu.*

**Maybe:** *You need to think about it /learn more/discuss it, but you're open to exploring it.*

**Fantasy:** *You find it exciting, but you simply want to fantasize about it, rather than experience it.*

Beside each Yes, Maybe and Fantasy include:

**Giver:** *you want to be the giver of the activity.*

**Receiver:** *You want to be the receiver of the activity, or in other words, the person to whom it's done.*

I have not included a No option with this checklist. The ones left unmarked will be understood as a No for you. Remember, a No can become a Maybe and a Maybe can become a Yes. Stay open to your interests shifting as you expand into new experiences.

## *Step 2*

Come back together once you've marked your activities. Don't share them yet! Follow the detailed instructions on how to share, which you'll find after the list. Use the questions I've written for you to guide your conversation.



# *A Full-Spectrum List of Love, Sex and Desire Activities*

I've compiled this list as a 'full-spectrum' menu of erotic/sensual/sexual activities that fall within the realm of what I consider to be representative of the activities enjoyed or explored by the couples I have coached over the years.

The activities are listed in alphabetical order and grouped as: sensual, romantic, tantric, passionate, fetish, and kinky. Whatever your tastes, you will find activities that appeal to you. For the purpose of this e- book, I've left out more extreme kink/fetish activities.

If there's something you feel I've missed that should be included in this list, please let me know ([corinne@lovesexanddesire.com](mailto:corinne@lovesexanddesire.com)), and if you'd like to learn more about any of these activities, I am available for private coaching. You can set up a 15 min. Discovery Call with me here, <https://calendly.com/lovesexanddesire/discovery-call>

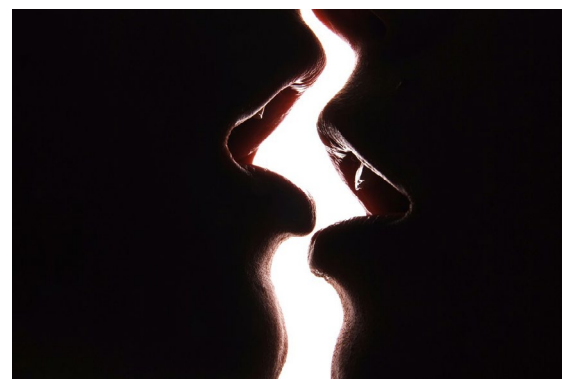
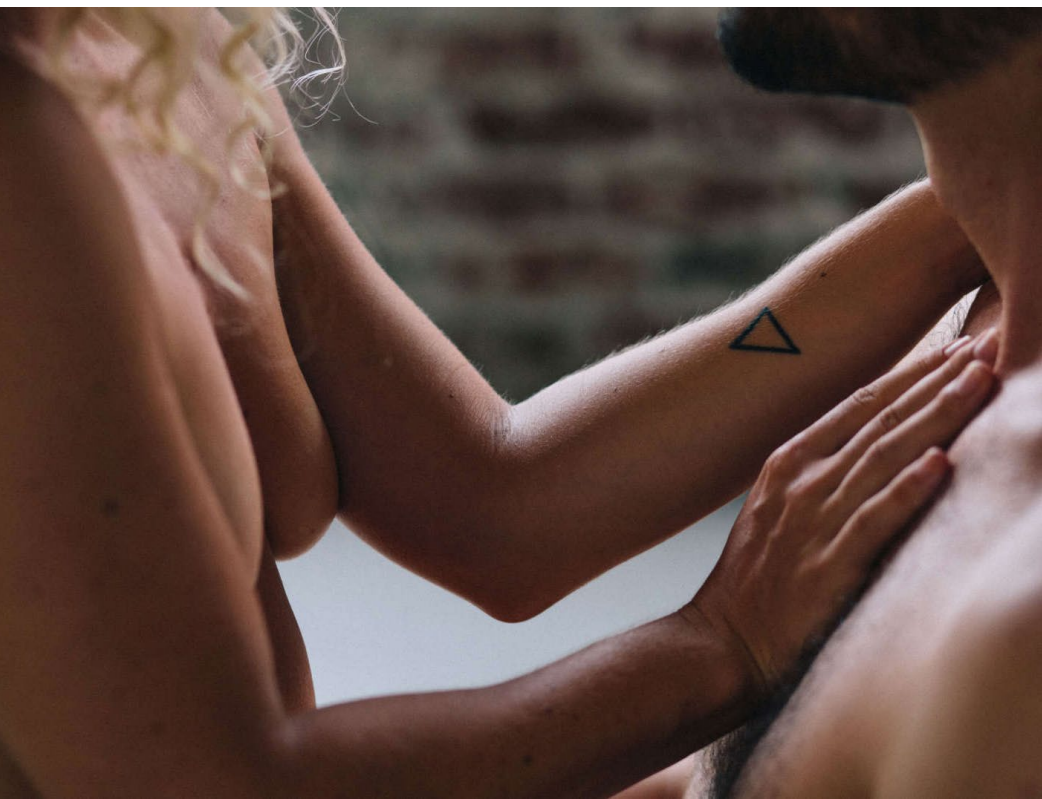
*Below, I teach you how to use this list as a tool  
to transform your relationship.*

# Sensual

|  | <i>Yes, Maybe,<br/>Fantasy</i> | <i>Giver,<br/>Receiver</i> |
|--|--------------------------------|----------------------------|
| Adoration / worship (being in service)                               |                                |                            |
| Body painting  |                                |                            |
| Catch and release (playful chasing)                                  |                                |                            |
| Clothing optional resorts / public nudity                            |                                |                            |
| Dancing (partner)  |                                |                            |
| Devotion (acts of / expressions of)                                  |                                |                            |
| Environments (erotic space creation)                                 |                                |                            |
| Erotica (reading / sharing / writing)                                |                                |                            |
| Erotic entertainment (burlesque / erotic dance)                      |                                |                            |
| Facials  |                                |                            |
| Food play (messy / splashing / delicious treats)                     |                                |                            |
| Games (board games etc. for erotic fun)                              |                                |                            |
| Hair brushing (sensual)  |                                |                            |
| Making out (like a new lover, clothes on)                            |                                |                            |
| Massage (full-body sensual / sexual)                                 |                                |                            |
| Nudity (Nudists / Naturalists)                                       |                                |                            |
| Oil (Nuru oil massage / full body on body)                           |                                |                            |
| Partner yoga   |                                |                            |
| Phone sex / sexting  |                                |                            |
| Planned Sex dates (arranging a time and activity(s))                 |                                |                            |
| Sex education (courses / trainings / couples retreats / conferences) |                                |                            |
| Sheets (satin)   |                                |                            |
| Showering (together)   |                                |                            |
| Striptease   |                                |                            |
| Story-telling (erotic / fantasy)                                     |                                |                            |
| Talking about sex (what you desire / sexual history)                 |                                |                            |
| Teasing (erotic)   |                                |                            |
| Tickling   |                                |                            |
| Touching (feather light / stroking / back scratching /kneading)      |                                |                            |
| Words of seduction   |                                |                            |
| Wrestling (erotic)   |                                |                            |

# Slow Sex/Tantra

|   | <i>Yes, Maybe,<br/>Fantasy</i> | <i>Giver,<br/>Receiver</i> |
|---|--------------------------------|----------------------------|
| Breathwork (Breathing exercises / tantra / pranayama)                   |                                |                            |
| Eye gazing (intimacy exercises)   |                                |                            |
| Healing through sexuality (negative memories / trauma)                  |                                |                            |
| Hugging (extended / cradling / rocking)                                 |                                |                            |
| Positions (tantric lovemaking / Kama Sutra)                             |                                |                            |
| Intimacy / awareness exercises  |                                |                            |
| Sacred Sexuality (sex devoted to spiritual / heart connection)          |                                |                            |
| Sex magic (ritual using orgasmic energy for change)                     |                                |                            |
| Sex education (courses, trainings, couples retreats, conferences)       |                                |                            |
| Slow sex (tantra / focused attention on slowing down)                   |                                |                            |
| Spirituality (tantra / ritual / Goddess worship / heart-centered union) |                                |                            |
| Tantra (Neo-Tantra, sex / intimacy practices and exercises)             |                                |                            |
| Taoism (energy practices)   |                                |                            |
| Yoga (partner yoga / Kundalini yoga)                                    |                                |                            |



# Romance

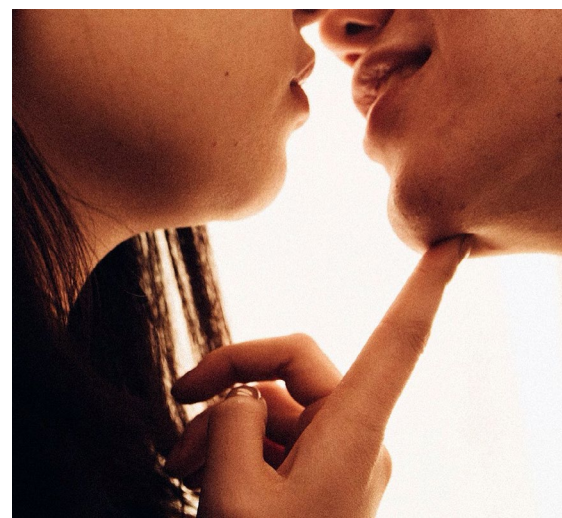
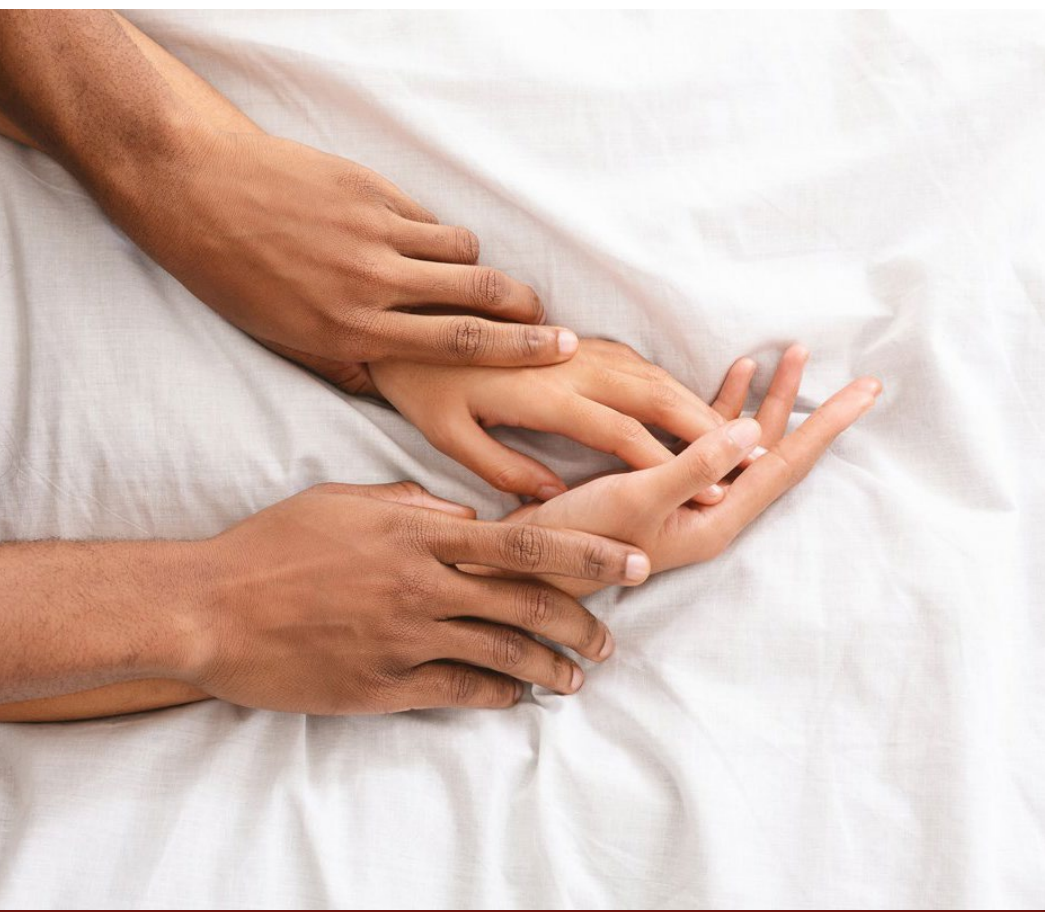
|  | <i>Yes, Maybe,<br/>Fantasy</i> | <i>Giver,<br/>Receiver</i> |
|--|--------------------------------|----------------------------|
| Bathing (together)   |                                |                            |
| Corsets (sexy / romantic wear)                                       |                                |                            |
| Dancing (partnered / ecstatic)                                       |                                |                            |
| Dressing up (elegant / sexy)   |                                |                            |
| Erotic dancing / lap dancing   |                                |                            |
| Sensuality (touching / caressing)                                    |                                |                            |
| Fantasies (writing / sharing)  |                                |                            |
| Foot massage (foot washing)  |                                |                            |
| Gifts (erotic / sex toys / romantic)                                 |                                |                            |
| Hot tubs (naked, of course)  |                                |                            |
| Hugging (extended practice)  |                                |                            |
| Jewelry (symbolic / ritualistic)                                     |                                |                            |
| Kissing (extended kissing practice)                                  |                                |                            |
| Language (words of romance / confessions of love)                    |                                |                            |
| Lingerie / sexy underwear  |                                |                            |
| Making Love (romantic / heart connected sex)                         |                                |                            |
| Massage (full-body erotic / sensual)                                 |                                |                            |
| Nipple / breast / massage  |                                |                            |
| Outdoor sex (from backyard to mountain top)                          |                                |                            |
| Pillow talk  |                                |                            |
| Planned sex (prearranging a time and activities)                     |                                |                            |
| Pole dancing (watching / learning)                                   |                                |                            |
| Romantic date night (acts of romance / outings)                      |                                |                            |
| Sex education (courses / trainings / couples retreats / conferences) |                                |                            |
| Sex and intimacy coaching (private coaching and education)           |                                |                            |
| Skinny-dipping / being naked outside                                 |                                |                            |
| Shaving / grooming (self or each other)                              |                                |                            |
| Stockings / pantyhose / panties / men's sexy wear                    |                                |                            |

# Passion

|   | <i>Yes, Maybe,<br/>Fantasy</i> | <i>Giver,<br/>Receiver</i> |
|---|--------------------------------|----------------------------|
| Anal sex  |                                |                            |
| Anal massage  |                                |                            |
| Biting (from nibbling to medium pressure)                 |                                |                            |
| Blow jobs   |                                |                            |
| Cock rings  |                                |                            |
| Cock worship (focused, extended attention)                |                                |                            |
| Dildos  |                                |                            |
| Dirty Talk/Pillow Talk                                    |                                |                            |
| Dressing up (sexy)  |                                |                            |
| Erotic Hypnosis (self and partner hypnosis)               |                                |                            |
| Fisting (penetration)                                     |                                |                            |
| Girl on girl (two women in erotic play)                   |                                |                            |
| Hair pulling (light)                                      |                                |                            |
| Hand jobs   |                                |                            |
| High heels (erotic wear)                                  |                                |                            |
| Intercourse   |                                |                            |
| Language (passionate / speaking / hearing)                |                                |                            |
| Man on man (two men in erotic play)                       |                                |                            |
| Modeling for erotic photos /videos                        |                                |                            |
| Oral sex  |                                |                            |
| Orgasms (extended / multiple)                             |                                |                            |
| Pegging (strap-on play)                                   |                                |                            |
| Playful pinching (teasing and sensation play)             |                                |                            |
| Porn (ethical porn watching / sharing)                    |                                |                            |
| Public sex venues (bathhouses / sex clubs / play parties) |                                |                            |
| Pussy worship (focused attention and adoration)           |                                |                            |
| Rough Sex (grabbing / holding / animalistic)              |                                |                            |
| Scratching (light to medium / sensation play)             |                                |                            |

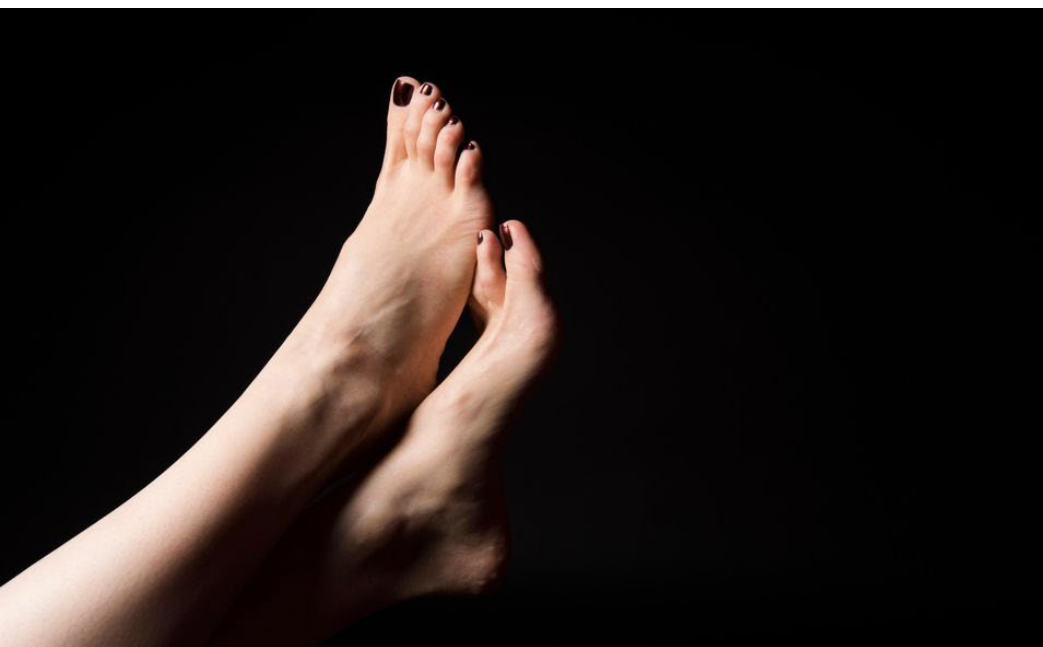


|   | <i>Yes, Maybe,<br/>Fantasy</i> | <i>Giver,<br/>Receiver</i> |
|---|--------------------------------|----------------------------|
| Sensation Play (variety of skin sensations from light to intense) |                                |                            |
| Sex parties / play parties, household / public spaces             |                                |                            |
| Sex swings / suspension slings                                    |                                |                            |
| Sex toys / wedges / furniture                                     |                                |                            |
| Squirting (orgasmic)  |                                |                            |
| Strap-on (for women or men / penetration with harness and dildo)  |                                |                            |
| Swapping (with one other couple)                                  |                                |                            |
| Swinging (multiple couples / threesomes)                          |                                |                            |
| Vibrators   |                                |                            |
| Video (erotic recordings of you)                                  |                                |                            |



# *Fetish/Sexual*

|  | <i>Yes, Maybe,<br/>Fantasy</i> | <i>Giver,<br/>Receiver</i> |
|--|--------------------------------|----------------------------|
| Cuckolding   |                                |                            |
| Cross-dressing   |                                |                            |
| Dressing up (costumes, uniforms)                             |                                |                            |
| Exhibitionism (being watched by others)                      |                                |                            |
| Fetish clothing (leather / rubber / latex)                   |                                |                            |
| Foot worship (adoration)                                     |                                |                            |
| Golden Showers (Urophilia, pee play)                         |                                |                            |
| Leather clothing (fetish wear)                               |                                |                            |
| Little Play (nurturing age play)                             |                                |                            |
| Nylons / pantyhose   |                                |                            |
| Period sex (intercourse during menstruation)                 |                                |                            |
| Ritual (erotic, symbolic)                                    |                                |                            |
| Shoe / boot fetish (worshipping / collecting / boot shining) |                                |                            |
| Sheets (rubber / latex)                                      |                                |                            |
| Tattooing (body modification / art / piercing)               |                                |                            |
| Voyeurism (watching others)                                  |                                |                            |

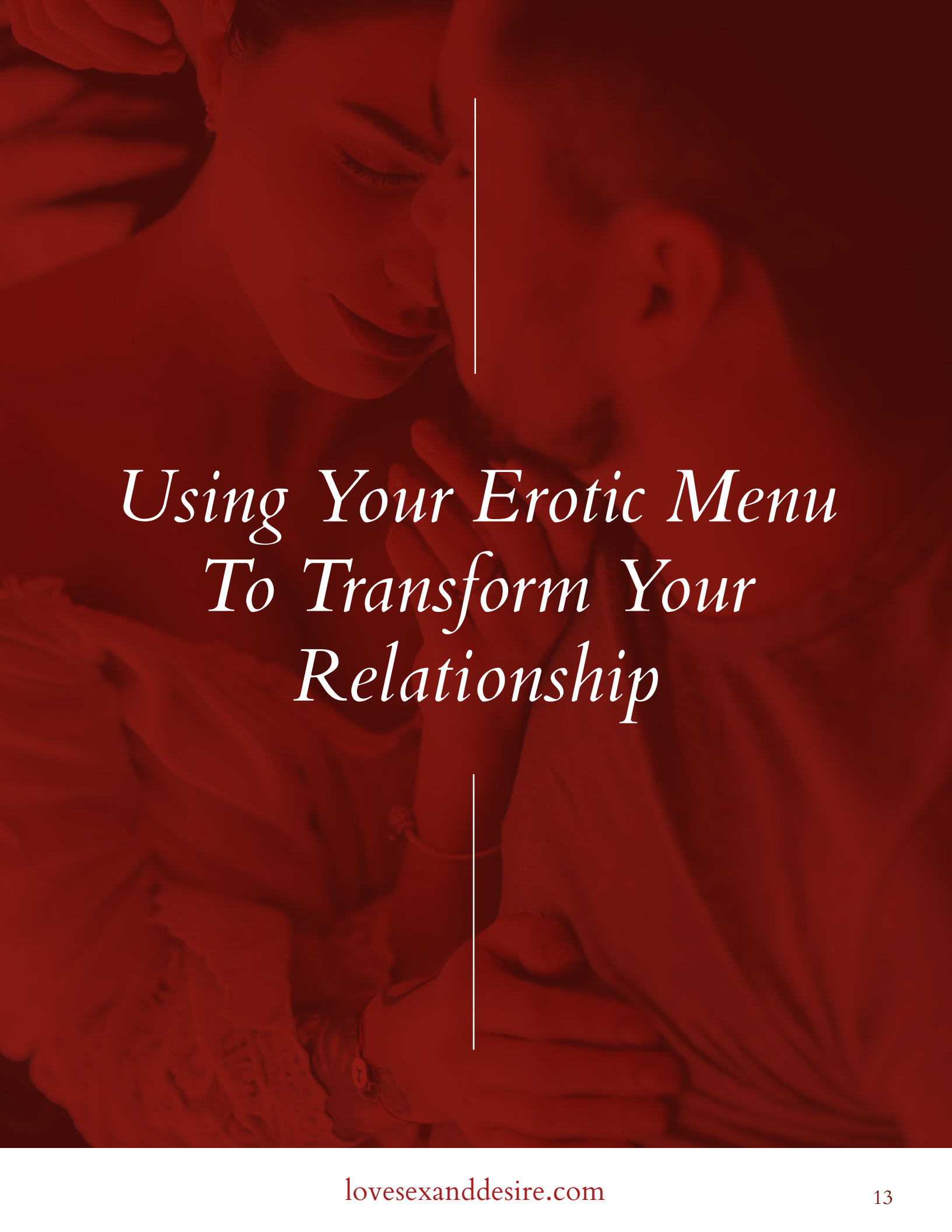


# Kink

|   | <i>Yes, Maybe,<br/>Fantasy</i> | <i>Giver,<br/>Receiver</i> |
|---|--------------------------------|----------------------------|
| Archetypes (invoking inner sexual personas)                               |                                |                            |
| Blindfolds (sensory deprivation)  |                                |                            |
| Bondage (restraints, rope, Japanese Shibari)                              |                                |                            |
| Butt plugs  |                                |                            |
| Caning (corporal punishment)  |                                |                            |
| Chastity devices (orgasm denial)  |                                |                            |
| Clothespins (sensation play)  |                                |                            |
| Cuffs (leather / metal / furry)   |                                |                            |
| Dominance (leading / directing)   |                                |                            |
| Edge play (teasing / orgasm denial)                                       |                                |                            |
| Electrical / sensation play (Violet Wand, TENS unit)                      |                                |                            |
| Eye contact restrictions (submissive etiquette)                           |                                |                            |
| Face slapping (light) (impact play)                                       |                                |                            |
| Flogging (impact play)  |                                |                            |
| Gags (leather / ball)   |                                |                            |
| Hairbrush spankings (funishment, meaning fun punishment)                  |                                |                            |
| Hot wax (sensation play)  |                                |                            |
| Humiliation (intense language / consensual)                               |                                |                            |
| Ice cubes (sensation play)  |                                |                            |
| Impact play (flogging, spanking)  |                                |                            |
| Kneeling (act of service)   |                                |                            |
| Kidnapping scene (role play)  |                                |                            |
| Language (dominant / submissive)  |                                |                            |
| Masochism   |                                |                            |
| Objectification (a feeling of being seen and used for another's pleasure) |                                |                            |
| Orders (giving / following / dominance / submission)                      |                                |                            |
| Orgasm denial (controlling when someone can or can't orgasm)              |                                |                            |

|   | <i>Yes, Maybe,<br/>Fantasy</i> | <i>Giver,<br/>Receiver</i> |
|---|--------------------------------|----------------------------|
| Over-the-knee spanking (playful discipline)                       |                                |                            |
| Play punishment / discipline (funishment)                         |                                |                            |
| Psychological play (playful mind games)                           |                                |                            |
| Rimming (outer anal licking)                                      |                                |                            |
| Restraints (wrists / ankles)                                      |                                |                            |
| Role play (to create polarity and playfulness)                    |                                |                            |
| Scenes (planned erotic scenarios with a beginning and an end)     |                                |                            |
| Scratching (light to medium / sensation play)                     |                                |                            |
| Serving as a maid / butler (role play in service)                 |                                |                            |
| Sensation Play (variety of skin sensations from light to intense) |                                |                            |
| Sex education (courses, trainings, conferences)                   |                                |                            |
| Spanking (funishment, disciplinary, playful)                      |                                |                            |
| Spreader bars (form of ankle restraint to separate the legs)      |                                |                            |
| Submission (being led / following / submitting / consensual)      |                                |                            |
| Tease and denial (orgasm / power exchange)                        |                                |                            |
| TENS Unit (electrical toy, sensation play)                        |                                |                            |
| Whips (impact play)   |                                |                            |
| Wooden paddles (impact play)                                      |                                |                            |





*Using Your Erotic Menu  
To Transform Your  
Relationship*

## *Step One:*

Complete the checklist identifying your Yes/Maybe/Fantasy activities as described on page 2.

## *Step Two: Sharing Your Answers*

Number each item that you have marked, starting from top to bottom.

Now, it's time to share. You're going to take turns.

It's important to ask the questions as stated. The questions are designed to guide you in a conversation that is compassionate and revealing.

**Download a random number generator onto your phone. I use this one: [Pretty Random for Android or IOS.](#)**

Put in your minimum and maximum numbers based on the number of items you marked on the list. Alternatively, you could use dice to choose a number.

(Starting to share your activities with your partner might be intimidating. Choosing randomly relieves you of deciding what you'll share.)

Decide who will share first.

**Person sharing:** Pick a random number. Find the corresponding number on your menu of chosen activities. This will be the activity that you'll be sharing about first.

**Person listening:**

Ask your partner these 5 questions:

- 1. What is the activity, and is it a yes, maybe, or fantasy?**
- 2. How do you define or describe this activity?**
- 3. Why do you think it turns you on, do you have any insight about that?**
- 4. What do you think would be the feeling that activity would give you?**  
(see examples in the section on 'feelings' below)
- 5. Why are you attracted to that feeling?**

It's completely up to you where the conversation leads from these questions, but keep it within agreed upon boundaries if you set them.

## Now here's the important part!

When the person sharing is finished answering the questions, and they feel complete in their sharing about that particular activity,

the person who is listening simply says:

*“Thank you. Your desires are beautiful.”*

Now switch

- The person who was listening now uses the random number generator app to choose the activity they're going to be talking about.
- Person who was sharing now listens, asking the same questions.
- Keep switching between sharing and listening, as you progress through your list of activities.

*Here is an example of how your dialogue might go:*

**What activity did you choose? Is it a Yes, Maybe, or Fantasy for you?**

*I choose spanking, for me it is a yes.*

**How would you define or describe this activity?**

*I like the idea of being spanked over someone's knee. I define spanking as using your hand, rather than an impact toy.*

**Why do you think it turns you on, and do you have any insight about it?**

*When I was a teenager I used to wrestle with a boyfriend and the winner would get to spank the loser. I was a virgin, but I found this very exciting. Also, I saw someone getting spanked in an old movie when I was little. I liked watching how the spanking went from struggling to becoming romantic and then passionate.*

**What do you think would be the feeling that activity would give you?**

*I would feel submitted to have something like this done to me, even if I was playfully struggling at first. The attention my partner would be giving me would also make me feel special and excited (refer to the list of feelings below).*

**Why are you attracted to that feeling?**

*I want to feel submitted because I want let go of control once in a while. I also want to just enjoy the sensation of being spanked within my limits. I want to do things that bring out my partner's dominance as well, so I can feel like they're in charge and turned on by taking control.*

These initial questions may lead to followup questions of your own. Keep the conversation focused on the person sharing and stay curious in your questioning.



# *Feelings*

*to help you answer questions 4 & 5*



*Consider what feelings you hope to find in any chosen activity.*

Whether we're conscious of it or not, we're attracted to certain sexual activities or fantasies partly because of a feeling we're wanting to experience during sex or an erotic encounter.

These can be feelings of being worshipped, cherished, or feelings of being subservient or slutty. Below, I list dozens of potential feelings you may want to experience.

Some feelings are edgier and may come from places inside of us we don't understand, from early life memories that have been eroticized in our minds.

In a consensual, trusted relationship all feelings are welcome and available to be explored in an erotic context.

**As adults we can use sex to explore and connect to those more shadowy parts of ourselves that seek expression. Our erotic mind includes the light and dark places of our psyche, and is fertile ground to explore a vast range of feelings and desires.**

What feelings do you want to experience during sex? Here are some examples of the many feelings available to us in our sexual experiences.

**Consider the feelings you're looking for in your chosen activities and write them down, so you and your partner remember the feeling you're seeking in that activity.**

Adored, Animalistic, Accomplished, Ashamed, Bad, Belonging, Beautiful, Bratty, Catharsis, Cherished, Connected, Competent, Clever, Corrupted, Desired, Dirty, Encouraged, Embarrassed, Euphoric, Focused, Forgiven, Forced, Free, Good, Helpless, Humble, Innocent, Idolized, Liberated, Loss of Control, Loved, Lustful, Needy, Nurtured, Out of Control/ In Control, Open, Objectified, Owned, Overpowered, Overwhelmed, Passive, Perverted, Powerful, Punished, Precious, Rebellious, Pathos, Protected/Protective, Redeemed, Respected, Rebellious, Safe, Sadistic, Served, Small, Subservient, Surprised, Shocked, Sexy, Spiritual, Submissive, Satiated, Special, Strong, Trusted, Youthful, Used, Useful, Victimized, Wanted, Worshiped



*Keep These Things  
in Mind*

## *Person Listening – you have the most important role in this exercise*

- **Welcome your partner's desire/ curiosity/ fantasy** as a beautiful part of their sexuality.
- **Celebrate and support their desires**, knowing it's not up to you to meet all their desires. Simply hearing them and accepting that they have these desires is what's important for this exercise.
- **Don't counter with your own stories** or desires right now. Keep the focus on them and give them enough time and attention to say all they want to say.
- **Self-acceptance** is the first step toward sexual empowerment and sexual authenticity. When we hear our partner say, "your desires are beautiful", we feel accepted for exactly who we are. Being accepted even in the midst of our differences is the glue that keeps a couple's sex life intact.
- **Have the courage to share your desires/interests** in as straight-forward, shame-free, sexually empowered way as possible. Your desires matter. Own them without apology.
- **Take Your Time.** Depending on how long your personal list is, this exercise can take some time. Enjoy these erotic conversations over one or more sittings. It's up to you how you use this exercise.
- **These are present and future oriented questions.** Notice they're not questions about past lovers. If the person sharing wants to discuss past experiences with other people, you can agree to that beforehand.
- **Feelings are going to come up for both people** - Notice them and share them honestly.

You might be feeling numerous things at the same time.

Feelings like: appreciation, anticipation, hurt, resistance, love, shame, guilt, excitement, embarrassment, admiration.

**When we share our honest feelings without blame or judgment, we deepen intimacy with our partners.**

- **Be patient** with yourself and each other and stay vulnerable, knowing this conversation can range from fun and exciting to challenging and even potentially triggering.

- **If you feel challenged or triggered** at some point, this doesn't mean you need to stop. It's an opportunity to share your thoughts and take responsibility for your own feelings without finger pointing, judging or making your partner wrong. If you're surprised to find out that your partner is turned on by something you're not, remember, **we are no more responsible for what turns us on, than we are responsible for the color of our eyes.**

- **Don't shame or judge your partner.** In a healthy, sex-positive, consensual, relationship, there's no place for shame or judgment. Shaming can be communicated in a look or an awkward silence, so stay sensitive to your partner's feelings as they open up and share their sexual interests with you.

## *Consent and Boundaries*

This list is a full-spectrum selection of erotic activities, meaning that there will be a number of things you never want to experience. This is where negotiation, consent and boundaries become an important part of your sexual communication.

Consent is now a household word for people. Mostly because we've heard so many stories of non-consensual experiences that ended in a bad place. But learning to establish healthy boundaries are an important part of any loving relationship.

Whether you've been in relationship for 10 hours or 10 years, a conversation about erotic activities requires a consent conversation to help everyone feel equal, safe and respected.

The tricky thing about asking for consent is that saying no doesn't always come easily for some people. We're raised to be polite, keep the peace, please others, so the pressure to say 'yes', when what we really want to say is 'no' or 'I'm not sure' is often lurking in our answers.

So let's add the word enthusiastic to our affirmative answer, as in 'I'm an enthusiastic yes to that activity'. If you can't feel your enthusiastic yes to a proposal, then you're a maybe and need more learning or conversation to become a full yes.

Empower yourself and your partner to use your yes and nos, trusting that these words will be respected and adhered to. Consent is the key to amazing sex and trust is the key to deep intimacy.

Clear consent lays the foundation for an erotic encounter that is free of

misunderstandings and disappointment when expectations aren't met. It also opens the door to talking about sex with our partners in a clear, direct and open way.

## *Express Yourself - Safe Words*

If your partner's chosen activity is to brush your hair, you probably won't be needing your safe words. But, if your chosen activity is to explore flogging or sensation play, or any kind of sex for that matter, then safe words are a valuable tool to use in your play. You're trying new things and exploring your limits in some cases, so safe words are good to introduce into your sexual agreements.

Safe words are another recognized household term, thanks to the ethical practices of the BDSM community. Safe words are simply a shortcut to saying any number of things that directs what's happening in the moment. You can decide what your safe words will be, the most common words are:

**Yellow** meaning slow down, I'm reaching my limit. Let's check-in before continuing.

**Red** meaning stop completely to check-in, with the possibility that the activity will end based on the receivers decision.

**Green** meaning, I love what's happening, keep going.

These three words are easy to remember and universally recognized. Use them freely and hear them respectfully. Including consent conversations and safe words makes you a trusted and respected lover.



## *Educate Yourself!*

Educate yourself! I can't stress this enough. A great lover is an educated lover. As a sex coach, I make sure my clients have the appropriate knowledge and skills before they trying something new. At the very least you will find information on the Internet that will help to guide you in your explorations. Do your due diligence.

If you find yourself interested in trying something new, you don't want to pretend you know what you're doing, or just wing it based on what you've seen in movies or books.

The last thing you want to do is to explore a new activity with your trusting partner and have it turn out bad because of your lack of knowledge/experience. It will leave you feeling frustrated, and your partner feeling disconnected and hesitant to trust you again.

Become a knowledgeable and trustable lover before you try anything new. There's only one first time with a new activity. Make it a positive experience!

Become a knowledgeable and trustable lover before you try anything new. There's only one first time with anything. Make it a great experience!

## *Plan Your Sex Dates*

Trying new things means planning. Planning what you both agree to explore (negotiation and consent), planning to have the things you need for that exploration (toys, accessories), planning to be in the mood for connection and erotic fun (mental preparation).

Planned sex dates are all about anticipation, seduction and intention. When we prepare for sex, we're showing our partners that we care about their experience,



we're prioritizing their pleasure, and we're setting the stage for a romantic, erotic, and fun connection.

Make this your new normal and your sexual boredom will be a distant memory.

Lastly, I've given you this exercise as a gift toward your sexual evolution. If you need support and guidance in your journey, set up a 15 minute Discovery Call and we'll talk about your desires, your goals, and the details of working together.

You deserve a life full of love, sex and desire.

*[Click here to schedule your FREE Discovery Call today](#)*

<https://calendly.com/lovesexanddesire/discovery-call>

Mail about sex will often get sent to promotions or junk. Move me to your inbox so we can continue to stay in touch regularly.

If you're ready to grow in your sex and intimate life and you want your partner to feel the same, direct them to my website, [www.lovesexanddesire.com](http://www.lovesexanddesire.com) where they can learn about sex and relationship coaching and read more of my teaching in my weekly Passion Blog. Let's stay connected!

Stay well and love deeply,

*Corinne*

[lovesexanddesire.com](http://lovesexanddesire.com)

