

Tips on Talking Better Sex

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SEXLOVEYOGA

Many of us are not talking or not honest about sex with our partners.

Topics around sex are 1 of the top 5 reported most difficult conversations to have in a coupledom.

Why?

We don't want to hurt their feelings.

We don't want to appear selfish.

What if they laugh about what we like.

What if they are disgusted with what we like.

What if they think we are inexperienced if we ask that.

If we ask this, then they will only be doing it because we asked and not because THEY want to.

Ring a bell?

Mind Blowing Sex starts with open honest communication. Think of it as this: YOU hold the responsibility of your own orgasm.

Your partner then has the right to politely accept or not; however, it's not their responsibility to mind read and know what your body needs or wants at that particular moment.

At the same time your partner holds responsibility of his or her orgasm. Again. They need to communicate what they want and need.

In this guide I will give you
tips on how you can
become a better sex
communicator so you can
get exactly what you
desire in the bedroom

**First? We want to establish trust,
safety, & presence**

Sex is a vulnerable subject. If we feel the partner is going to bail, be grossed out, or not be honest back, then we are less likely to open up.

Establishing a safety in a neutral space outside of the bedroom is a good way to start this conversation.

This way it is not in the heat of the moment and going to kill the sex buzz or not be heard.

5 Faulty Beliefs About Communication that Can Impede our Effective Communication:

I shouldn't have to ask

It should be NATURAL.

I'm sure I know (assuming
that you know something)

It's useless to discuss

Winners + Losers (arguing
to prove our point; fight to
win).

Even before starting the Conversation.

Build in more non-goal oriented touch of affection on a daily basis. Often times we unknowingly condition touch, petting, or flirting with it being a precursor to sex, making it more likely we shut it down when we don't have the time or energy. Non-goal oriented affection also builds trust between partners so when we do have vulnerable conversations we can relax.

Be inviting with the conversations, ask if this is a good time to talk about sex and be open to a specific different time, if for whatever reason it is not. Similarly, if you are the one being approached and you would not be available to be fully open, present, + receptive, give an alternate time for the conversation to be had. That way our partner feels that this is important to you.

Starting the Conversation.

Start with setting the intention to have an open conversation/exploration of your sexual desires. Get comfy, affectionate, and somehow physically touching with your partner so you are connected + comforted throughout.

Start with this prompt:
Love, Fear, Need, Desire

One thing I love about you is...
Give appreciations about your partner as a sexual partner to aid in lowering walls.
Note: What is working?

One thing I am afraid of is...
Express what about this conversation you might be afraid of being vulnerable about or why.

One thing I need is...
Express what one of your needs is around sex or your partner's response in conversation here.

One thing I desire is...
Express how you might want your partner to respond here in conversation to feel supported or something you desire in sex.

Starting the Conversation.

Remain curious and non-judgmental.

You + your partner have different 'languages' around sexuality, given the natural fact that you have both had different life experiences that have formed your own maps of arousal.

You are not the same as your partner; therefore, what gets them going is not necessarily the same for you.

Stop assuming your partner can mind-read + be willing + generous with what you have to share.

Talk about any SELF concerns or fears regarding sex. Sometimes we do what we do in sex because we fear if we do it differently then we might lose our erection, or we might look fat, or because ONE time someone didn't like it ONCE.

Sharing with our partner what helps us to feel more open to intimacy and sex can be a powerful way to help us get what we desire.

Think of it as helping them help you get what you want.

This is MUCH better than expecting them to know and then holding the broken expectation because they do not.

"I feel loved when you..."

"I feel sexually desirable when you..."

On Initiating Sex or Play.

This can be used in identifying + expressing what your ideal strategies are for initiation of sex, play, + exploration, as well.

Some styles of initiation are major turn-ons for us.

Some? Are not.

It's going to be different between you + your lover.

Initiating sex is a vulnerable action to take. Maybe you've experienced a time where you approached your lover and it wasn't received. It may have been a contextual reasoning, or it could simply be the style of initiation is not in their sexual script of turn-ons.

On Initiating.

Topics to talk about to increase chance of initiating being received:

- Time of the day (morning vs evening)
- Directly being asked?
- Dirty talk
- Non-verbal cues
- Types of touch
- Types of looks
- Locations that are turn on/off
- Surprises/No surprises
- Specific context that's a definite Nope.
- Specific contexts that are a definite Yep.
- Specific songs that are a turn-on/off
- Specific scents that are turn-on/off
- Specific clothing that are turn-on/off?
- Are there stressors present in the environment that are contributing to the shutdown?

On Initiating.

What would be the best way your partner could say 'No' that would still feel good + loving to you?

Sometimes, we may not have the energy or the time for full-on sex, but we may be open to flirting or making-out, or erotic touching.

Communicating where we are at + what we are open to experiencing helps everyone to know the boundary so we can honor this + relax into it.

If you change your mind mid-kissing, then it's your responsibility to express this + their's to continue to honor NOT PUSH the boundary that you previously expressed.

Sandwiching.

Taking directives can be difficult at times.

Sandwiching our directive with what is going well helps our partner feel encouraged rather than a bad lover doing wrong. This is helpful in & out of the bedroom.

Start with a compliment or appreciation on what's working.

Followed by a clear directive of what you would like.

End with an affirmative or compliment.

'The way you lightly circle my clit at the start of our play gets me so turned on, I'd love for you to follow that with light finger strokes up and down my lips.

The way you tease me with pulling away before I cum puts me over the edge.

Set an intention for playful exploring, trying something new, or show- and-tell

Trying new toys, positions, role
play can be intimidating.

We often attach the outcome of
the experiment to our value as a
lover.

Setting the intention sets the
scene that you aren't striving for
the most epic love-making
session, but more of checking
something out for play. That way
if it doesn't work, or someone
doesn't like it, it's easier to chalk it
up to: 'Welp. We tried it.'

"Let's play show-and-tell! I'll show you what I've been discovering about my body and you can show me yours!"

"How about I go down on you and try different things. You can give me code for what feels good using green, yellow, red or what's good, what's better and what's best?"

"Let's have a sexy experimentation night!"

"Tonight I want to be a sexy Dora the Explorer. Delicioso!"

On Consent.

Just because your lover says yes to a kiss doesn't mean he's in for a bite. In the same sense, just because your lover let you go down her pants last time doesn't mean she wants it this time.

Consent is sexy.

But how do we ask or give it in a way that sounds sexy?

Creating space before, during, and after sex is an intimacy builder and empowering action to take between lovers.

Affirmative consent is asking for a verbal 'yes' every step of the way, which can be a fun way to interact with your partner and bring you both back into what's going on.

'What would you like me to do to you?'

'I'm going to press you up against the wall and kiss you all down your body, ok?'

'Do you like it when I grab your hair?'

'Do you want me to go down on you?'

'How would you feel if I bite you?'

'Let me know my limits. Otherwise I'm just going to keep finding all your pleasure points.'

Compliments
and
Appreciations
are pure
GOLD

Everyone has a bit of self-consciousness around their skills as a lover. Being critical or going into problem-solving mode will only discourage them.

Focusing on what they are doing well or what's sexy or epic about them as a lover sets the stage for everyone's success and pleasure.

IN the bedroom, Use POSITIVE directives.

“I like it when you do...”

“Ugh! This (right now) gets me going...”

Naming What Feels Good--So you found something that feels good. Coming up with a name to call it will make it easier for you and your partner to refer back to. “I love when your tongue does the Twisted Sister” instead of ‘Remember that thing you did last week?’

“When you (touch, sound, talk, move this way), I (insert steamy moan).

Directional Feedback--Asking your partner for feedback on what you’re doing and giving options to gain clarity: “Higher like this or lower like this?” or “Faster like this or slow like this?”

Simple Sandwich: “Yeah, oooo, now bring it a little harder, right there, yeeeees.”

“Look me in the eyes” or “Be with me” helps guide your partner back into the present experience with you if you notice they start getting stuck in their head or distracted (it happens, get undefended).

IN the Bedroom: Using Non-verbal.

Smoothly and sexily guide your partner's hand where you want to be touched.

Move and position your own body higher or lower or angled or pressed up into them for a change that better suits what you need.

Guide their hand in the motion, speed, or pressure that you're wanting.

Use sounds to communicate your current experience. Low to high moans and gasps are great for encouraging and complimenting. They are not as good as clear directional cues.

Mutual masturbation --I show you what I like with myself and you show me what you like.

Playful code words and signals for what's feeling good. Red light, green light, yellow light. Getting warmer, getting hotter, getting colder.

Certain sounds as directives that you two have predetermined to mean something.

IN the Bedroom: Words & Directives to Avoid.

Avoid using words like 'don't' or "I don't like it when you..." as these may cause your partner to shut down and not open up again.

Avoid saying: "Are you close?" as this puts pressure on your partner to have an orgasm or hurry their experience. Not only can this create guilt or shame, but can also cause them to get caught in their heads, a total shut down, or even longer time to get back into the groove.

"What do you want?" can be a loaded question, often causing a person to short-circuit. Many of us don't know what we want unless we give an intention for curiosity and exploration. Instead, invite curiosity into the bedroom play. "I wonder what your pussy can want today..."

Don't tell your partner to be quiet (unless it's in play) as this can be perceived as criticism or that you're embarrassed by their expression. As a result, this can trigger & contract the body, & potential future sexy times being more inhibited.

On Fantasies.

Sharing our fantasies with our partner can be difficult and make us feel vulnerable; however, research shows the communication contributes to stronger feeling of closeness and greater sexual satisfaction--even if you never actually play it out!

Expressing fantasies does NOT necessarily mean you or your partner want to bring them to reality. Sometimes it can ruin the fun of the fantasy of it.

If you are the receiving partner, be mindful that the fantasy of your partner is NORMAL, whatever it is. Fantasy is a safe place for us to play out what arouses our body. Hold your judgements, for this might cause your partner to shutdown + pull away. Instead, be curious as to the components of the turn-on.

Fantasies can be talked about outside of sexual play or can be a fun narrative during sex.

On Fantasies.

Before we have a conversation with our partner, maybe we spend a little bit of time with ourselves to better understand what components of our fantasies + turn-ons are present.

Looking at the who, what, when, where, how of the episode, see if you can identify the specifics.

What role do you play?

What are you wearing/not wearing?

Where are you at? Is it public or private?

What's the overall feeling you have in it?

i.e. dominant, dangerous, risky, romantic, lustful

Are there props?

Are the other characters specific to a person or are they just hot?

Is there a power dynamic going on?

Is there a storyline or just a scene?

What's sexy about the other person(s)?

What play/positions are you engaging in?

What gender do we/they embody?

On Fantasies.

Sometimes having the visceral response of the body to these fantasies can be satisfying enough. Sometimes we may feel we want to or be curious to bringing it to real life.

Is this something that we would like to act out in real life or keep in private fantasy?

Is this safe, sane, consensual, legal?

If not, are there elements that were identified in the above that I may be able to re-enact that don't have the same consequences as the fantasy lived out itself? I.e. power dynamics, props, story, overall feeling of risk, etc.

Are there ways I can safely, legally, and consensually act them out? I.e. role play, scene with professional dominatrix or other consenting sex worker, robot sex, VR, etc.

Now you have some material to bring forth in conversation.

On Fantasies.

"Last night I had a dream that...." and fill in the rest with your fantasy. This takes the pressure off of it being personal to you and puts it in the context of a dream in which we don't often have control over.

Play 20 questions fantasy edition! A sexy twist to the traditional board game. Using only yes/no questions, take turns guessing your partner's fantasy. Questions can be: "Is your fantasy outdoors?" "Is your fantasy involving more than one person?" "Is your fantasy with a celebrity?"

Write your own erotic literature. Both of you write your fantasy as an erotic novel and read it back to your partner. Maybe one of you take one night to read and the other partner the next and see where it goes....

The use of erotic materials like movies, books, or art can also be helpful in connecting with your sexual fantasies or describing them to your partner.

On Difficult Conversations.

Some topics can be harder to bring up than others. It's not easy telling our lover that their pussy or cock smell bad.

It's not easy having that initial conversation around STI diagnosis.

It's not easy sharing with our partner that we experience painful sex, difficulty with erections, premature ejaculation, difficulty with orgasms.

Go into the conversation with the embodiment of 'not a big deal'; we are just giving the facts to provide full consent.

Do your research (from accurate resources) on what exactly you could be experiencing so you can speak confidently.

Reassure that you enjoy the chemistry between you.

Be mindful of your non-verbal language like facial expressions, eye contact, fidgeting. Breathe, babe.

Validate any feelings they may be having.

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- Go into the conversation with the embodiment of 'not a big deal'; we are just giving the facts to provide full consent. Or share the fears + vulnerabilities you have around bringing this conversation up so they can hold space.
- Do your research (from accurate resources) on what exactly you could be experiencing so you can speak confidently.
- Reassure that you enjoy the chemistry between you.
- Be mindful of your non-verbal language like facial expressions, eye contact, fidgeting.
- Breathe, babe.
- Validate any feelings they may be having.
- Share with them how they can be supportive for you.

On Conversations about STDs.

Having conversations about getting tested or sharing our test results can be scary or may feel like it kills the mood, yet the answer will allow everyone to be able to relax into the moment + action. Being in question can actually cause us to tense, making the full pleasure to be more difficult to achieve.

Check out my podcast Eat Play Sex episode #60 for tips on conversations around herpes+ other STDs. I even have a special guide that gives you ACCURATE information about herpes--one of the most common STDs--and strategies for moving through the conversation with more ease.

We even dive into how you can use this as an opportunity for growth instead of an obstacle.

Ultimately,
We cannot have the
sex & love life we
desire if we do not take
the risk to open up
about what we could
want.

Even though this is 'just the tip', it's my
hope it helps spark discussion to get you
ALL THE DELICIOUS YUM!

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The potential of your sex
life is infinite...but only if
you treat it as such.

-Dr. Cat



Dr. Cat Meyer, PsyD, LMFT is a licensed relationship therapist #88224, sex therapist, yoga instructor, and international speaker dedicated to evolving the relationship we have surrounding sexuality and our bodies. She is the founder of SexLoveYoga.com, an online platform integrating various schools of thought including science, tantra, body movement, and psychology designed to help people create a deeply fulfilling, prosperous relational and sexual life. As an expert + published researcher in sexual health, Dr. Cat sees clients in her private practice office in Beverly Hills and leads workshops, lectures, and retreats internationally. Dr. Cat is the host of the podcast, Eat.Play.Sex, co-founder of Un.done women's yoga experience, co-creator of Goddess Celebration, and author of the blog SexLoveYoga.

