

Step 5

Carnal Instincts Long Term Intimacy Course



Step 5: Sexploring Each Other

Finally, it's the chapter you've been waiting for. Yes, we have done a lot of groundwork to get to this point – but people all too often underestimate just how strong the foundations of a good relationship need to be. The good news is this: now that you've spent all that time ensuring that you know yourself, that you have a decent awareness of your own sexuality, and that you trust your partner... it's finally time to get down and dirty.

In this chapter we'll look at how best to explore the needs, wants and desires of your partner. Everyone is different – and so while this guide won't tell you how to turn on your partner in particular, it *will* provide something far more powerful. It will tell you how to work out what your partner wants, how to share what you want, and how to have the most satisfying and mind-blowing sex of your lives.

I don't need to underline the importance of good sex to a relationship. Naturally a couple that can please one another will get along far better than a couple who can't. And good sex is an experience that people share which can really and truly bring them together in a way that nothing else can. It's a circular thing as well – a strong relationship will lead to excellent sex, and great sex in turn will lead to a stronger relationship.

For that reason, I won't delay any further. Let's get right into it, and find out how you can strap a booster pack to your sex life.

Dirty Talk

Everyone knows about dirty talk – at least in theory. The trouble with this particular activity is that it's very easy to get wrong. You don't have to look far to find some comical examples of bad dirty talk. Even if you've thought about introducing some filthy whispers to your bedroom routine, the thought of ending up a laughing stock might have put you right off the idea again.

Don't be so quick to dismiss dirty talk from your repertoire, however. Done right it's one of the best tools you have available. Words, after all, stimulate both you and your partner's imagination. If you have no idea what to say, one of the best things you can do is read some erotica, watch some pornography, and seek out inspiration from films and books. Pin down a couple of words or phrases that turn you on, and that don't sound too cheesy – the next time you're in bed with your partner try whispering one of them in their ear. The results will be anything but comical – though they certainly might make you smile.

Remember also that dirty talk doesn't have to be as filthy as you can make it all the time. Simply telling your partner that they look particularly good tonight, and that you cannot wait to get your hands on them can be every bit as effective as something more complicated. Ask your partner what turns them on. Is it something sweet and sensual? What would they like to be called during sexual play? What do they not wish to hear? Do they wish to be humiliated even? Whilst some women may like to be called a "filthy little slut" in bed, this will make others cringe and want to slap you. It's important to find out what speaks to your partner.



Dress Provocatively

Pay attention to the way you dress. When you've been in a relationship for a while it can be tempting not to spend much energy on your outfit, but even for your own sake it's a good idea to dress in a way that makes you comfortable, and makes you feel sexy. As well as showing off your body at its very best, clothes can make your partner look at you in a completely new light.

There's a saying that usually applies to the world of business: "Dress for the role you *want* to have, not the one you already do". This wisdom works in the bedroom as well. If you want to kick things up a gear and light a fire underneath your bed then try dressing in the way you imagine a sexy, confident, irresistible version of yourself might dress. Your partner will notice the difference right away – not just in your clothes but in the way you carry yourself as well. What's more, that same difference will carry on through to the way you interact with each other in bed. What could be hotter?

Who Goes First?

The question of who takes the initiative is usually decided fairly early on when a couple gets together. There is almost always one partner who is more dominant than the other, and who takes the lead in the bedroom. Quite often, because of the way in which society conditions us, this is the man – but it's just as normal for it to be the woman. While being aware of who takes sexual initiative is a good thing, you don't necessarily need to do anything to change it. The arrangement that you have might work quite well for you. If you tend to take the lead, and you and your partner are both happy with this situation, then there's nothing that needs fixing.

On the other hand, it can be interesting and invigorating to try switching things up every so often. If you usually let your partner take the initiative, why not try making the first move every now and then. Kiss your partner and touch their body – see how they react. If you are almost always the one to initiate sex, why not see what happens when you let your partner take control? Flirt a little to get things going, but then let your partner steer the encounter.

Use Your Voice

A lot of people are afraid to vocalize during sex – often for the same reason that people are afraid to talk dirty. They don't want to sound silly or say the wrong thing... and so they end up saying nothing at all. This is a shame, as your voice is one of your most powerful tools when it comes to turning your partner on. Moans, groans, yelps and cries are all excellent ways to let your significant other know that you're turned on, or that you're enjoying something they're doing to you. Moreover, vocalization during sex is an excellent way to indicate what you like and do not like, without saying it directly. Use your voice to get what you want, as well as to stimulate your partner! Not sure where to start? Try just quickening your breathing, or giving a few subtle moans and groans every now and then – then build from there.

If you're not into moans and groans, try to give little pointers or requests like "a little to the left" or "slow down". You may want to consider saying in a sexy voice, rather than barking orders. Also, remember to use positive encouragement when your partner's doing a good job. Telling them "that feels amazing" or "keep going" gives them more confidence in their abilities and improves the level of intimacy between you.



Understand the Power of Denial

As humans we are pretty much programmed to want what we cannot have. This works against us in relationships. Once our partner is completely sexually available to us, it can sometimes make them feel unexciting or dull. If we know that we can have sex with our partner whenever we want, then why would we want to have sex with them right now? If we can put something off until later, then we make it less urgent, and less desirable as a result.

For this reason, a little bit of denial can work wonders. This can take many forms. You might enforce a hands-off rule on certain nights of the week, or decide to enjoy a couple of make out sessions without going all the way before you finally give into your carnal desires. You might even make a game out of it – deciding that you're not going to have sex until you've flipped a coin and gotten five heads in a row. Whatever you decide to do, the key thing is to understand the power of denial, of waiting, of holding back. By doing so you make the sex you do have all the more precious and valued – and you will increase your desire for it exponentially. Obviously the purpose of denial is not to use it against each other as revenge for something. Rather, it's a tool you can both use together to heighten the senses and the excitement for next time.

Take Away the Senses

Even if you've never tried one before in your life, I thoroughly recommend a blindfold. It is the best toy that any couple can have in their bedroom drawer. By taking away one of your senses, you heighten all the others, and can really switch on and tune in to your body. Experiment with a blindfold on your partner – take away their sight and then touch them, explore their body, do all of the things you normally do. You'll be absolutely amazed by how different it makes things.

Go Full Kink

Remember the checklists we created earlier on in the program? Now it's time to use them. Take a look through and examine one another's kinks and fetishes. Pick something that you're both comfortable experimenting with. Decide how you're going to explore it, and order some equipment if necessary. Then set about experimenting. There are few things more sensual than exploring a completely new kink with someone you love and trust. Take things slow, be careful, and make sure to put safety first. Use the [Worksheet](#) available in this step to plan and negotiate it. Remember to talk to one another as much as possible whenever you're trying out something new – let your partner know what you enjoy and what you don't, and whether you want to proceed further. Afterwards, take some time to reflect on the experience, before moving onto the next item on the list.

Find Inspiration Wherever You Can

Don't be afraid to find inspiration in unusual places. Is there a particular advert or internet video that really turned you on? Is there an actor or actress you've always idolized? This is all useful information – and all potentially crucial when it comes to working out what works for you in the bedroom. Try to cultivate an experimental attitude with your partner, where it's okay to try things out even if they don't work. That way you can experiment with things that catch your fancy without there being too much pressure.



Think About Your Technique

First of all, let me say this: there is probably nothing wrong with your sexual technique. Do not feel as though you have to compare yourself to what you see in films, what you read about in dirty stories, or what you might catch a glimpse of on the internet. Nothing could be further from the truth. Sex is at its best when you do what comes naturally to you.

That said, it can never hurt to give some thought to your technique. This applies to everything from kissing to oral to full sex. Take a look at the way in which you usually go about performing, and then think about how you might change or mix things up if you really wanted to. No doubt some of the changes you could make would be purely cosmetic – but there's no harm in trying. What's more, by changing things around on a regular basis and trying something new as often as you can, you'll find that you actually discover new things that work for you at a really refreshing rate.

This tip can be applied as simply as kissing a bit harder or deeper than you normally do – or it can be as complicated as a new sexual position. What you do is up to you, but just make sure not to dwell if it doesn't work out the way you want it to. There're plenty of other things to try, so don't let one failed experiment slow you down.

Ask Them What They Want

One of the most powerful questions you can ask your partner is what they want you to do. Even if you traditionally take the lead in bed, there's no harm in occasionally asking your partner what they're in the mood for. Listen to their answer; you might actually be really surprised by it.

Give A Massage

A massage might seem like a tame way to explore sexuality with your partner, but it's actually incredibly powerful. By removing the pressure for sex from the equation for a moment and focusing instead on bodily pleasure you give arousal a chance to build. Touch your partner all over, rather than just zeroing in on their genitals. Take your time, and use a bit of massage oil to keep things loose. Rub, press, massage and grind – do everything you can to build tension and expectation. Make sure the atmosphere is right with some scent or candles – and perhaps even some music if that works for you. Dedicate at least an hour to just massage. More often than not couples who really commit to this find themselves turned on and ready to tussle after just a few minutes; the results of waiting an entire hour, touching and building tension all the while... well, they can be explosive! Plus, women tend to get more sexually aroused when they are relaxed.

Have A Quickie / Spontaneous Sex

Sex doesn't always have to be planned out beforehand. Make intimacy and sexual contact part of your day to day routine by touching your partner intimately, squeezing their ass, kissing them on the lips and rubbing the back of their neck as you pass each other by around the house. These little injections of sexuality into your everyday will not only remind both of you what you're waiting for, but also will keep you in a heightened and sexualized mood.

If you have the opportunity, a quickie can be a great way to change your sexual routine. Catch your partner at an unusual time, and see where a little touching and making out can take you.



