

Radical Sex

Part One: Seven Strategies for “Great” Sex



With David &
Darlene Steele



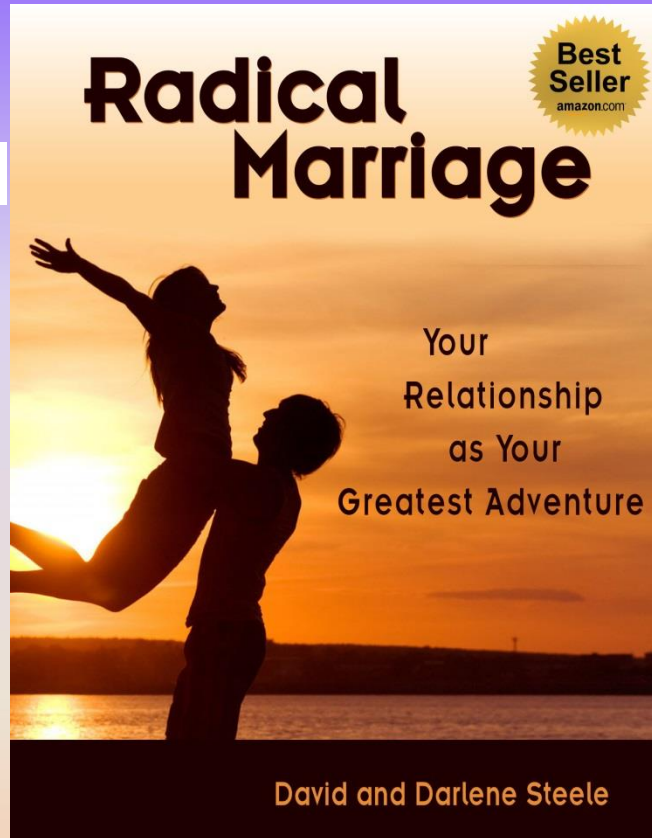
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Radical Marriage Your Relationship as Your Greatest Adventure



Radical Sex

What would make you radically, ecstatically happy with your sex life beyond your wildest dreams?



Radical Sex

The Truth about Sex

❖ A satisfying sexual relationship is an important bond for coupling.



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- ❖ A satisfying sexual relationship is an important bond for coupling.
- ❖ But, sex in a long term relationship can become routine and boring.



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The Truth about Sex

- ❖ A satisfying sexual relationship is an important bond for coupling.
- ❖ But, sex in a long term relationship can become routine and boring.
- ❖ People need variety to keep things fresh
- ❖ Both of your sexual wants, needs, and desires are different and ever changing



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Good News!

❖ Sex in a long term relationship can be even more exciting and fulfilling.



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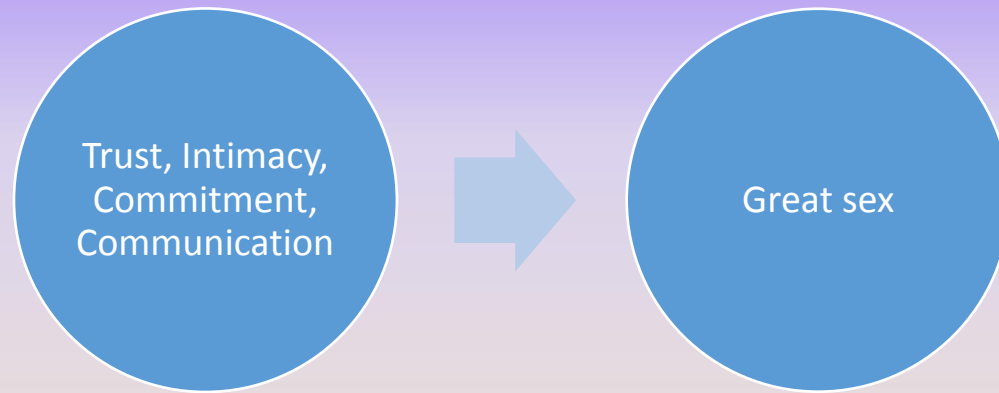
Good News!

- ❖ Sex in a long term relationship can be even more exciting and fulfilling.
- ❖ Practice makes perfect: the more sex you have, the better sex can be.



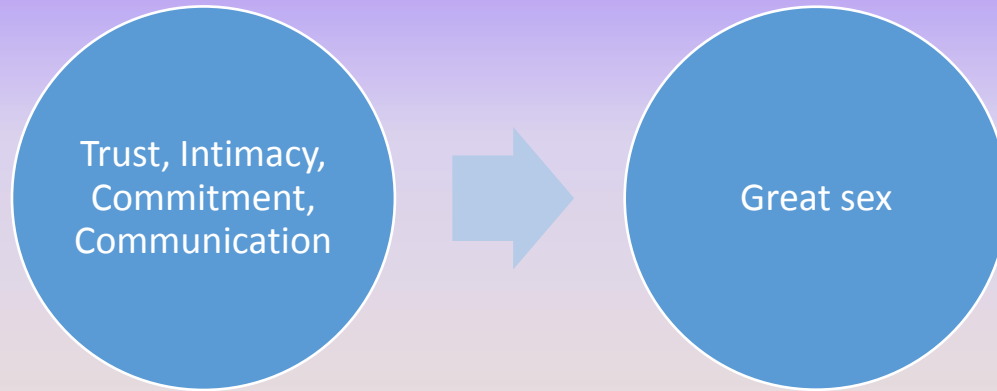
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Sex is a Reciprocal Relationship



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And



Radical Sex

Important Research Findings

Study 1: American Journal of Medicine, 2012

- ❖ Though desire and frequency decline with age, arousal and orgasm get better



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- ❖ Though desire and frequency decline with age, arousal and orgasm get better
- ❖ Desire and arousal are NOT correlated



Radical Sex

Important Research Findings

Study 1: American Journal of Medicine, 2012

- ❖ Though desire and frequency decline with age, arousal and orgasm get better
- ❖ Desire and arousal are NOT correlated
- ❖ Having sex increases your interest in sex



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Important Research Findings

Study 2: Archives of Sexual Behavior, 2010

- ❖ Sexual satisfaction is not determined by number of orgasms



Radical Sex

Important Research Findings

Study 2: Archives of Sexual Behavior, 2010

- ❖ Sexual satisfaction is not determined by number of orgasms
- ❖ People are more fulfilled when having sex out of love and commitment than satisfying sexual urges



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Important Research Findings

Study 3: Journal of Sexual Marital Therapy, 2011

- ❖ Desired frequency is a major factor in sexual satisfaction
 - When you have sex as often as you want, you are happy with your sex life



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Important Research Findings

Study 3: Journal of Sexual Marital Therapy, 2011

- ❖ Desired frequency is a major factor in sexual satisfaction
 - When you have sex as often as you want, you are happy with your sex life
- ❖ Men's desire stays constant, while women's desire decreases, so you need to work together to create a sexual relationship that meets both partner's needs



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Important Research Findings

- ❖ 20% of relationships are sexless
- ❖ 15% of married couples haven't had sex in at least six months
- ❖ 25% of men and women suffer from hypoactive sexual desire



Radical Sex

Do you think couples want to have no interest in sex?



Radical Sex

The Benefits of Sex

❖ Sex is great for your health



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The Benefits of Sex



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- ❖ Sex lowers stress, blood pressure, boosts immunity, burns calories, and strengthens your heart



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- ❖ Sex releases oxytocin, which helps create and strengthen emotional bonds



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The Benefits of Sex



- ❖ Sex is great for your health
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- ❖ Sex releases oxytocin, which helps create and strengthen emotional bonds
- ❖ Sex helps you sleep better



Radical Sex

Seven Strategies for Great Sex



Radical Sex

Great Sex Strategy #1: Connection Rituals

Daily rituals help you to better connect with each other.



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Great Sex Strategy #1: Connection Rituals

Radical Action:

- ❖ Design a daily ritual for checking in with each other about your day
- ❖ Include an appreciation and a request.



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Great Sex Strategy #2: Preparation

❖ Clear your mental space and be present.



Radical Sex

Great Sex Strategy #2: Preparation



- ❖ Clear your mental space and be present.
- ❖ Grooming and hygiene, because sex happens with all your senses.



Radical Sex

Great Sex Strategy #2: Preparation



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- ❖ Create a comfortable setting to maximize your experience.



Radical Sex

Great Sex Strategy #2: Preparation



- ❖ Clear your mental space and be present.
- ❖ Grooming and hygiene, because sex happens with all your senses.
- ❖ Create a comfortable setting to maximize your experience.
- ❖ Be prepared with creative ideas



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Great Sex Strategy #2: Preparation



Radical Action:

Design a shared ritual to prepare for sex



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Great Sex Strategy #3: Prioritize your Partner's Fulfillment

❖ Place a bit more emphasis on your partner's fulfillment than on your own in approximately a 60-40 split



Radical Sex

Great Sex Strategy #3: Prioritize your Partner's Fulfillment

- ❖ Place a bit more emphasis on your partner's fulfillment than on your own in approximately a 60-40 split
- ❖ Mutuality: Your happiness is interdependent



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Great Sex Strategy #3: Prioritizing your Partner's Fulfillment

Radical Action:

Develop the habit of checking in with your partner.

For example: "How was that for you?" or "What would be pleasurable for you right now?"



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Great Sex Strategy #4: Take Responsibility for your Fulfillment

❖ Practice conscious intention



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Great Sex Strategy #4: Take Responsibility for your Fulfillment

- ❖ Practice conscious intention
- ❖ Ask for what you want and need



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Great Sex Strategy #4: Take Responsibility for your Fulfillment

- ❖ Practice conscious intention
- ❖ Ask for what you want and need
- ❖ Give direction to your partner



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Great Sex Strategy #4: Take Responsibility for your Fulfillment

- ❖ Practice conscious intention
- ❖ Ask for what you want and need
- ❖ Give direction to your partner
- ❖ Commit to your experience and your connection with your partner



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Great Sex Strategy #4: Take Responsibility for your Fulfillment

Radical Action:

Regularly ask yourself what would make you happy and feel good, then share with your partner.



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Great Sex Strategy #5: Structure Sex into your Routine

- ❖ Having a certain time and day when you know it's going to happen allows for planning and creativity.



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Great Sex Strategy #5: Structure Sex into your Routine

- ❖ Having a certain time and day when you know it's going to happen allows for planning and creativity.
- ❖ "Appointment sex" promotes security



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Great Sex Strategy #5: Structure Sex into your Routine

- ❖ Having a certain time and day when you know it's going to happen allows for planning and creativity.
- ❖ "Appointment sex" promotes security
- ❖ The more you have sex, the more you want to have sex, and the better your relationship will be.



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Great Sex Strategy #5: Structure Sex into your Routine

Radical Action:

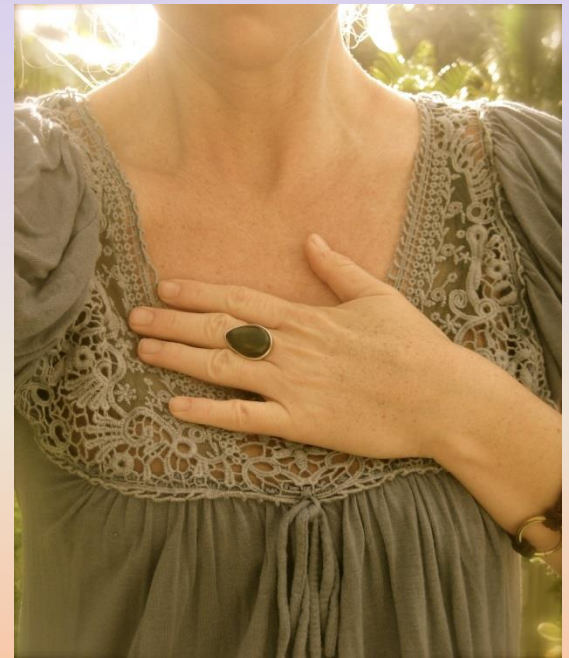
Discuss with your partner your preferred times and days for scheduled sex and develop a plan to structure sex into your routine in a way that works for both of you.



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Great Sex Strategy #6: Embrace What Is

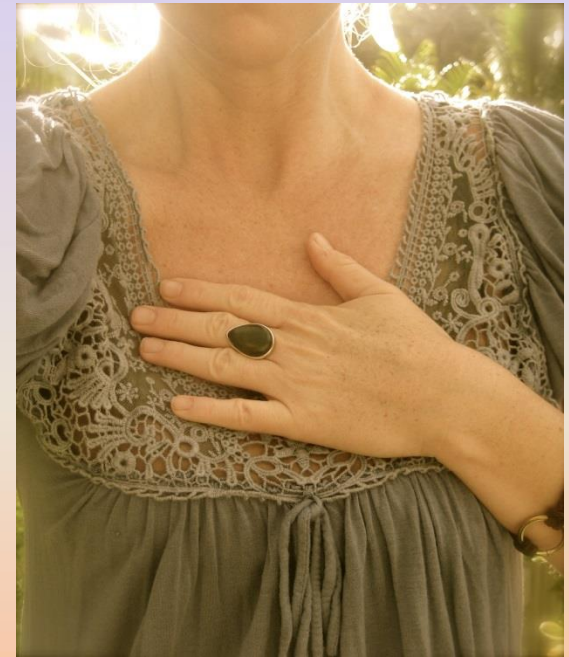
- ❖ Your attitude towards sex determines your experience of sex.



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Great Sex Strategy #6: Embrace What Is

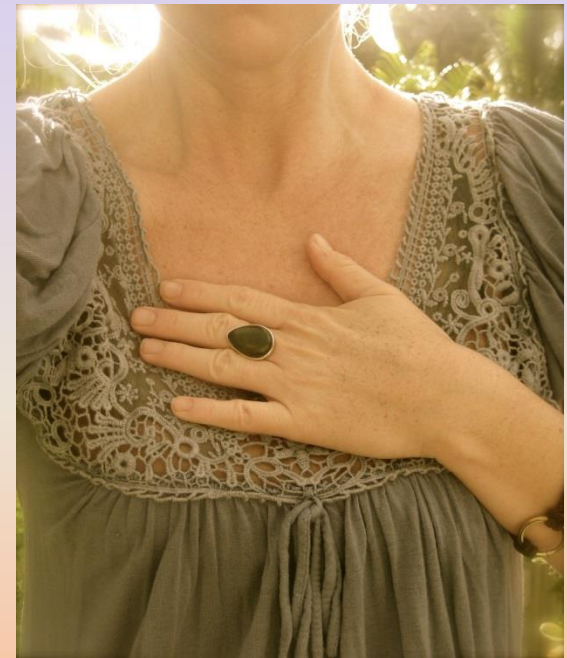
- ❖ Your attitude towards sex determines your experience of sex.
- ❖ Your level of arousal doesn't need to stop you from having a great sexual experience.



Radical Sex

Great Sex Strategy #6: Embrace What Is

- ❖ Your attitude towards sex determines your experience of sex.
- ❖ Your level of arousal doesn't need to stop you from having a great sexual experience.
- ❖ Don't let circumstances stop you from having fulfilling sexual experiences.



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Great Sex Strategy #6: Embrace What Is

- ❖ Your attitude towards sex determines your experience of sex.
- ❖ Your level of arousal doesn't need to stop you from having a great sexual experience.
- ❖ Don't let circumstances stop you from having fulfilling sexual experiences.
- ❖ Try passive sex – making the most of the energy you do have.



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- ❖ Don't let circumstances stop you from having fulfilling sexual experiences.
- ❖ Try passive sex – making the most of the energy you do have.
- ❖ Orgasm doesn't have to be the end goal.



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Good Sex Strategy #6: Embrace What Is

- ❖ Your attitude towards sex determines your experience of sex.
- ❖ Your level of arousal doesn't need to stop you from having a great sexual experience.
- ❖ Don't let circumstances stop you from having fulfilling sexual experiences.
- ❖ Try passive sex – making the most of the energy you do have.
- ❖ Orgasm doesn't have to be the end goal.
- ❖ Focus on your connection with your partner.



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Great Sex Strategy #6: Embrace What Is



Radical Action:

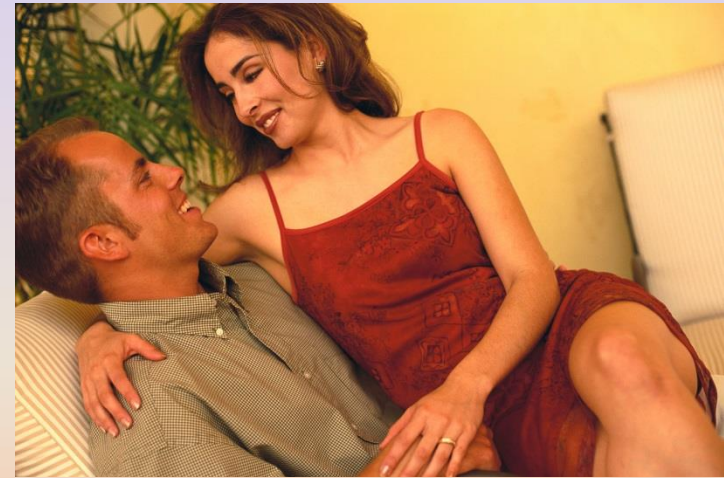
Make and keep an appointment for sex with your partner no matter what. Focus on connecting with your partner.



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Great Sex Strategy #7: Debrief Ritual

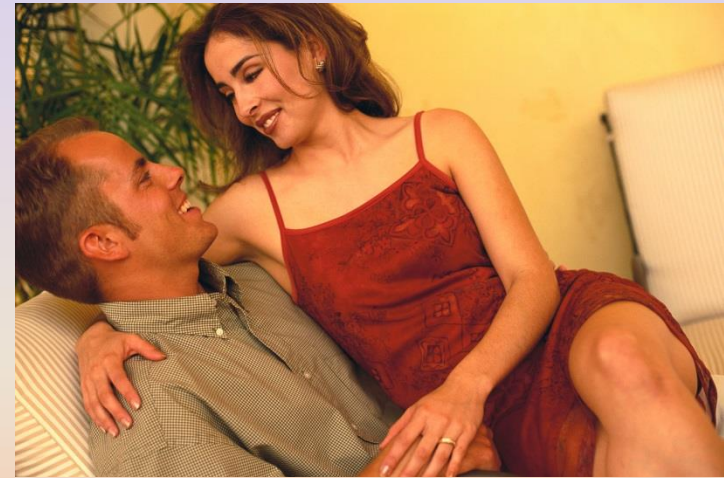
❖ To have good sex you must talk about it!



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Great Sex Strategy #7: Debrief Ritual

- ❖ To have good sex you must talk about it!
- ❖ Review your latest sexual experience.



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Great Sex Strategy #7: Debrief Ritual

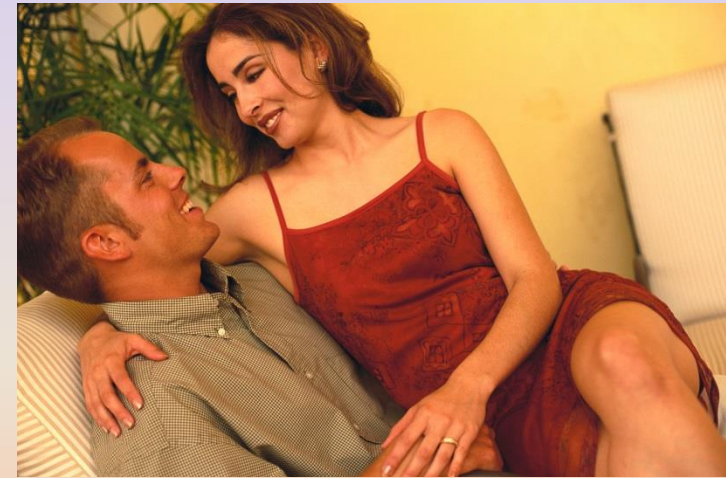
- ❖ To have good sex you must talk about it!
- ❖ Review your latest sexual experience.
- ❖ Share and explore what you liked and what you would do differently next time.



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Great Sex Strategy #7: Debrief Ritual

- ❖ To have good sex you must talk about it!
- ❖ Review your latest sexual experience.
- ❖ Share and explore what you liked and what you would do differently next time.
- ❖ Reliving your experiences together is a great turn on.



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Great Sex Strategy #7: Debrief Ritual

- ❖ To have good sex you must talk about it!
- ❖ Review your latest sexual experience.
- ❖ Share and explore what you liked and what you would do differently next time.
- ❖ Reliving your experiences together is a great turn on.
- ❖ Share an idea or fantasy of what you might like to do next time.



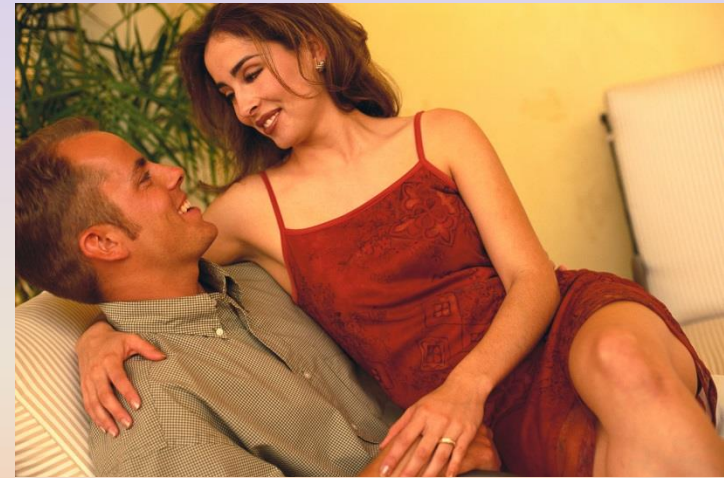
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Great Sex Strategy #7: Debrief Ritual

Radical Action:

Determine the best way to fit a debrief ritual into your routine in a way that works for both of you.

Use the Relationship Journal if needed.



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7 Strategies for Great Sex

Connection Rituals

Structure Sex into your Routine

Preparation

Embrace What Is

Prioritizing your Partner's Fulfillment

Debrief Ritual

Take Responsibility for your Fulfillment



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Make your life
together your greatest
adventure.



www.RadicalMarriage.com



Thanks for joining us!