

A photograph of a man and a woman lying on a bed, smiling and laughing. The woman is in the foreground, wearing a white tank top, and the man is behind her. Pink rose petals are scattered around them on a white sheet.

19 QUICK QUESTIONS THAT WILL REKINDLE YOUR SEX LIFE ASAP

Before you ever got married you and your spouse have long thought about sex. You may have even talked about having sex together or had sex before you got married.

We know where you are because we talked about sex and had sex before we got married.

The sex was driven by emotion and because of this we didn't talk about what we liked or disliked.

The decision to have sex before marriage and to then not talk about it lead to many subpar years of sex. Along the way we ended up with some pretty bad habits too.

You now have the opportunity to do what took us 11 years of marriage to do, we talked about our sex lives!

We actually took time together, faced our fears, and asked each other questions about what we would like or wouldn't like when it came to making love.

You may be a bit squeamish right now. Good!

It means you need to have a talk with your spouse.

You may not enjoy talking about sex the first time you sit together. It's understandable, but if you desire to have more passion and romance with your spouse the both of you need to know what your likes and dislikes are.

Take an evening to go through all of these questions.

Most importantly both of you need to honestly answer each one.

Write down your spouse's answers. Keep this sheet and refer back to it often.

Those acts your spouse wishes to do or not do are now out in the open.

Honor your spouse if he or she does not wish to try something.

Nobody wishes to be forced to do something they do not desire. Remember, you are a servant lover and by putting your spouse's needs in front of yours the two of you will grow closer sexually.

1. How can we romance each other during the day in anticipation of sex?

Romance means *different things to different people*. You might be surprised at what your spouse finds romantic. Use this question to make it a win for both of you.

2. What ways do you show me that you are initiating sex? Give me details.

Is it the knowing glance across the room? Is it saying "let's go to bed together"? Or is it something else altogether?

Your spouse doesn't have ESP, and neither do you. Make it easy for both of you to know when you're initiating by getting the answer to this question.

3. Would you be interested in using sex toys? Which ones?

- Dildo
- Vibrator
- Penis Ring
- Others

Sex toys can enhance your love making by providing the two of you with different experiences and sensations.

A lot of people think that *they are the only ones interested in using toys*, However studies show that **at least 50% of women have used a vibrator** at some point in time in their lives.

Need some insight at which toys can help you turn up the heat in the sheets? Here's [one of our favorites](#).

4. Which love making position(s) would you like to try the next time we have sex?

- Wife or Husband on top
- Side-by-side
- Bent over
- Other

There is no rule that says that sex has to be in the same position every time. Just because missionary (husband on top) is the most common doesn't mean it's the *most satisfying for you or your spouse*.

Ask this question to find out what else your spouse might like to try.

Experiencing a wall when it comes to trying new positions in your bed?

Listen in to [this episode of the ONE Extraordinary Podcast](#). We share the fears we faced when trying new positions and how we overcame them to find our go to positions that rocks the bedroom for BOTH of us.

5. Share with me the touch(es) that make you orgasm.

Having an orgasm, especially for a woman, can sometimes seem like a hit or miss experience. Knowing your own body allows you to share with your spouse.

According to a Kinsey survey, *between 20 and 30% of women struggle with having an orgasm.* Which means having challenges hitting an orgasm is actually pretty common!

Think of this questions as your own personal “sex ed” and you can to try things out with your love.

6. What would you enjoy doing during foreplay?

Foreplay isn't just get naked and jump into bed.

- Do you like to be stroked and where?
- What types of kissing help get you in the mood?
- Lights on or off?
- Music?

Knowing what your spouse enjoys doing allows you to be meeting each other's needs.

7. How much time would you like to spend during foreplay?

Now, this is going to vary because sometimes it's a quickie and sometimes you have all day. Knowing your spouse's desires for foreplay allows you to create an experience that is satisfying for both of you.

8. Is anal sex something you would be willing to try?

Did you know somewhere between 10 and 25% of heterosexual couples have tried anal sex? It can be another tool in your bedroom toolbox. New positions can bring a level of excitement and anticipation to your sexual encounters.

9. How did you learn about the birds and the bees?

- Parents
- Friends
- School
- Magazines

According to research most kids these days are learning about sex from school or from friends, with hardly any information coming from parents or those in the medical profession.

Where you get you information and the messages that you receive impacts how you view sex and what you are comfortable with.

Asking this question gives you insight into where the information came from and how that has impacted your spouse.

10. What do I do during sex that you enjoy?

It's important for each of you to know what brings pleasure to the other. Sharing what works is a great way to have more of that in your relationship. Encourage your spouse and watch your sexual intimacy flourish.

11. Where are two places you would like to make love outside of our bedroom?

There is no law that says you can only have sex in your bedroom. Think about vacation sex. You're in a hotel room and you don't have to clean up after yourself, it's great!

What other places would top your list?

12. Are you the high desire or low desire spouse?

High desire? Low desire? Who wants sex more? Pretty simple question that gives you a lot of insight into your intimacy, but rarely do couples ask it!

Understanding this about one another allows you to create the [intimacy lifestyle](#) in a way that works for your marriage.

Learn more about the "[intimacy lifestyle](#)" and [how to balance low/high desire needs](#) in a healthy way for both partners.

13. How many times a week would you like to have sex?

Depending on who you talk to married couples are having sex on average once or twice a week.

That being said, there is no magic number although *frequency can lead to increased satisfaction and connection*.

The number that you come up with, has to work with your desire and your lifestyle. You might be surprised when you ask this question about how your partner really feels.

14. What is it about oral sex that brings you pleasure?

Oral sex, for both partners can be an incredible addition to your sexual repertoire. That being said knowing what works and *what doesn't* matters in this area and is a key to increasing the comfort and pleasure of both spouses.

15. What scent(s) would you like to have in our bedroom when making love?

Did you know some of the most popular scents for arousal are vanilla, licorice, cinnamon and even doughnuts?! *They might just make you hungry for each other.* ;-) Finding out your spouse's favorite scents might just unlock hidden passion in the bedroom.

16. How can we verbally express satisfaction during sexual intercourse?

Shouting, groaning, moaning, “oh yes” or ...something else?

Getting some sort of verbal feedback is a great way for your spouse to know that what they are doing is working for you.

It might feel a little awkward at first, but practicing this skill will do wonders for your sex life.

17. Is connecting emotionally before we have sex important to you? If so, how would you like to connect?

Some of you are already thinking that you can answer this question for your spouse. You still need to ask it.

What you think is emotional connection may not be what your spouse considers connecting.

Ask the question, get connected and have better sex. It's a win for both of you.

18. How would you like to be held before, during, and after sex?

Is it a caress of the face? An arm around your shoulders? My head on your chest? Touching matters and you want to make sure that you are holding your love in the way that matters most to them.

Especially *after* sex, when researchers report that touch can definitely improve satisfaction.

19. What would you like to see me wear (or not wear)?

Both men and women are visual creatures.

Do you prefer your spouse in something sexy or in nothing at all?
Is a little strip tease good or not so much?

Being able to satisfy your spouse visually is one way to spice things up in the bedroom.

Ask this question to find out how you can see your way into better sex.

GET YOUR PRACTICAL GUIDE FOR LEARNING HOW TO REIGNITE THE SEX AND INTIMACY IN YOUR MARRIAGE (EVEN IF IT'S BEEN STALE FOR YEARS)

Position of the Month Club

To building your extraordinary marriage,

Tony and Alisa Dilocenzo