

# 10 QUESTIONS TO SPICE UP YOUR

# Sex Life



- ★ What are some of the things we do that turn you on?
- ★ When you think about our sex life, what were some of your favorite times that we had sex? What made them your favorite?
- ★ What can we do to create connection and intimacy when one of us is not in the mood for sex?
- ★ How do you like for me to let you know when I am in the mood for sex?
- ★ What do you most enjoy about our sex life together?
- ★ If there was one thing we could do to improve our sex life together, what would it be?
- ★ How can we have more conversations around sex and our sex life in a way that is comfortable for both of us?
- ★ What are the positions that you enjoy the most?
- ★ What do I do or what can I do to help you feel more desirable and sexy with me?
- ★ What are some things we can do outside of our "sexy time" that would help to increase your desire for sex?

