

## 1 INVENT YOUR OWN MOVE

"Improvising new sex positions shows that you're secure with each other," says Susan Crain Bakos, author of *The Orgasm Bible*. You'll both feel like sexual pioneers, creating self-confidence that will liberate your libidos. **Your assignment:** tweak your old favourites. If you both enjoy rear entry, try standing on the floor while she leans on the bed. If missionary is your standby, shift 180° so your head is at her feet. From there, add variations until you find a move that peaks arousal for both of you.



## 2 DESIGNATE A NEW "HUMP DAY"

Carving out a day of erotic activity can stoke your woman's fire. "People complain about 'planning' sex, but reserving this time will build anticipation all month," explains relationship therapist Michele Weiner-Davis.

**Your assignment:** set aside one weekend day a month to lavish attention on each other. Take a bath together, give massages or play one-on-one strip poker.

## 3 MAKE A RESERVATION FOR SEX

"When you're mired in a major life event like buying a house or even planning a holiday, the stress can do your sex life in," says Dr Debby Herbenick, of *mysexprofessor.com*.

**Your assignment:** tell her what you're going to do after you carry her over the threshold of the new house, or detail your intentions for the outdoor shower after your day at the beach. It'll plant some passion-packed seeds for later.



## 4 TAKE A SEX BREAK

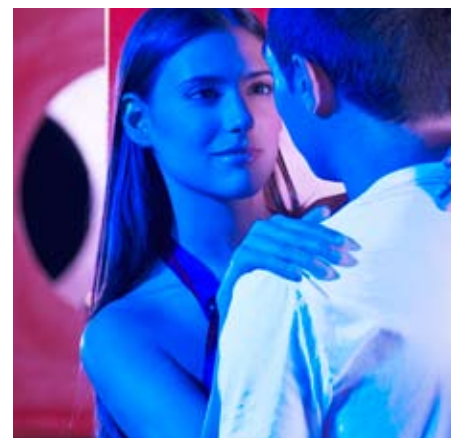
Sex can be stale when it's an assembly-line process – tab A, slot B, repeat. "You need to rebuild the sexual tension," says Weiner-Davis.

**Your assignment:** plan a sex-free week (no oral action or wandering hands, either). After seven agonising days, both your libidos will be through the roof. When naked time returns, extend foreplay to ramp up the excitement.

## 5 SQUEEZE IN A QUICKIE AT A PARTY

Sneaking away from a public gathering for your own 20-minute private party can jolt a stagnant sex life, says Dr Gloria Brame, author of *Different Loving*. And reminiscing about that stolen tryst can spark desire even years later.

**Your assignment:** at the next cocktail party, grab your girl's hand and lead her to a secluded spot outside or even to your car. Since dryness can be a problem with on-the-fly nookie, start the fun by going down on her.



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**THE SEX COACH**  
Jacqueline Hellyer boosts your bedroom know-how

**Q** *My fiancée loves girl-on-girl porn. I know she's straight; what gives?* – MP

**A** All that gives is that she likes watching lesbian sex action. It doesn't necessarily mean she wants to do it herself. We all have fantasies that turn us on but that we don't actually want to enact. Lesbian fantasies are very common among women, as are violent sex, group sex and prostitution fantasies, and God knows what else, that might be a complete turn-off in real life.

But then again, maybe she's not as straight as you think. Most of us are somewhere between completely heterosexual and completely homosexual, with a range of bisexuality in-between. In your fiancée's case, she's probably just a little bisexual – enough to be turned on by the thought of lesbian sex, but not enough to actually want to do it. But whether it's a simple fantasy or she's mildly bisexual, if it turns her on, all you've got to do is watch and enjoy.



**Q** *My partner says it hurts when I stimulate her manually. What am I doing wrong?* – RV

**A** Probably too much too soon. A common male misconception is that manual stimulation is foreplay and that's what gets a woman aroused. Wrong. A woman needs to be aroused before she can enjoy clitoral stimulation. That means plenty of kissing, nibbling of earlobes and licking of nipples; not to mention sexy text messages, the odd bunch of flowers and other niceties that will make her feel wanted and therefore get her in the mood for sex.

When you do start touching her down there, make sure she's well lubricated. Use her vaginal lubrication on her clitoris, or if she's not wet enough, use your saliva or lube from a tube. Secondly, keep it gentle – there are as many nerves in the head of her clitoris as in the head of your penis!

Most importantly, you have to practise to become a great lover. So ask for her feedback to improve your skills. This isn't a sign that you're a bad lover; it's a sign of a sensitive and improving lover. Which would you rather be?

Jacqueline Hellyer is the author of *Sex Secrets for Busy People*. Got a question for her? Log onto [yahoo7.com.au/menshealth](http://yahoo7.com.au/menshealth).

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