

Words are extremely important in a relationship.

Sexual talk can be difficult for some people but communication is important to having a great sex life. If you are a couple that have a difficult time discussing your sexual relationship, discuss the following questions with your spouse:

1. Do you believe in soul mates?
2. Do you believe in love at first sight?
3. What do you consider to be romantic?
4. What have you learned about love?
5. What was the most significant thing about your first kiss with your spouse?
6. The most romantic thing your spouse has ever done was...
7. The most memorable moment spent with your spouse was...
8. What are the three best things about your spouse?
9. What is your favorite form of foreplay?
10. What is your favorite way to kiss?
11. What is your favorite sexual position?
12. What is your favorite place to make love?
13. What is your favorite music to make love by?
14. What is your favorite time of day to make love?
15. How do you like to be touched sexually?

Develop your own special love language. You can give words a special meaning that only you and your spouse are aware of.

Talk during your sexual encounter. Most people do not hesitate to say what they don't like during sexual intercourse but it is also important to communicate when your spouse is pleasing you. Plus, a great deal of excitement enters the bedroom when a husband and wife talk to each other during the sexual encounter. For example, when the husband kisses and caresses the wife's breasts it is exciting for both of them. Imagine if suddenly, she says just how much she likes his kisses and caresses then the experience becomes more exciting. Your spouse need to her that he is doing a good job. Let him know how good he is making you feel.

Also, during the course of sexual encounters, it is good to let him know what you and how you want it. If you desire him to suck/lick your breast (or any other part of your body), tell him and then give him affirmations for a job well done.

### **How about dirty talk?**

Sex is not dirty, therefore, what the two of you say to one another is not dirty. For some couples "Whose your daddy?", is not enough. It is up to the couple to create their own love language. Remember, both men and women are stimulated by verbal communication. As a couple, you may need to discuss words you find exciting to hear while you are making love. Make sure that your "sizzle talk" does not make your spouse uncomfortable.

### **About the "F" word**

Who decided that the "f" word was a dirty word? Was it man? I believe so. Certain words and sexual acts have been perverted by man through the porn industry. We don't use these words because they have been labeled as offensive. Within the confines of your marriage bed, if you and your partner are turned on by saying, "F\*\*\* me baby", GO FOR IT!

Do you know the "f" word's origin? In early American, if people were arrested for crimes, they were placed in stockades, and their crimes were written above their heads so that people could see what they had done. Anyone who was arrested for committing sexual crimes was labeled; "For Unlawful Carnal Knowledge." As you can see, a sexual crime was

labeled F.U.C.K.. The dirty expression is not in the word, but in the head of the person who said it.

I stress, once again, that sexual talk, "sizzle talk", or dirty talk (I don't particularly like this phrase) be uses only in the parameters of a marriage, where both are in agreement, and only in the context of sex.