

PLEASURE MECHANICS

CONVERSATION STARTERS

Talking about sex is one of the most essential skills to develop for a happy, fulfilling sex life.

Great sex doesn't just happen. Culture tells us that when the chemistry is right, there will be fireworks. That talking about sex takes the romance away.

Nothing could be further from the truth. Great sex happens when you can communicate - both verbally and non-verbally - about your desires, needs, boundaries and emotions.

Imagine going to a restaurant and not communicating. No words, no gestures. What is the likelihood of getting your favorite meal?

But most people are shy when it comes to talking about sex. Most of us have learned that talking about sex is impolite, crass or even perverted. We weren't allowed to talk about sex as kids, and this lesson sticks with us through adulthood.

The good news? A great question can get the ball rolling!

Let these prompts propel you into conversation, and then be as open, honest and nonjudgmental as you can for one another.

These kinds of intimate conversations are great during long car trips, walks, meals out and any other time you can give one another your full attention!

Remember, talking about sex can feel challenging at first. Notice if you are getting embarrassed, ashamed or afraid at any point during your conversation. If you get stuck in these feelings, or feel overwhelmed at any point, a few sessions with a great therapist can guide you through trickier terrain.

Remember, our sexual attitudes are often rooted in misinformation and mythologies. As you examine your sexual attitudes notice which are aligned with your values and which might want to be recalibrated.

One of the best ways to get more comfortable talking about sex is to listen to intelligent conversations about sex. Explore our archives of over 300 episodes and then join in the weekly conversation:

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www.PleasureMechanics.com/the-podcast

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Where did you learn about sex when you were a kid?

What were you taught about masturbation as a child?

Who was one of your first celebrity crushes? What attracted you to them?

Who was one of your first celebrity erotic role models, someone you wanted to be like?

What do you want to experience more of in your body?

What sex acts do you want more of?

How do you want to feel during sex?

How do you want to feel about your sex life?

What emotional experience do you crave more of during sex?

Are there spiritual values or beliefs you want to express through your sexuality?

What kind of erotic relationship do you want to have?

What attitudes and values do you want to define your erotic life together?

How do you want to be treated by your lover?

How do you want to express your love for your partner?

What is one of your favorite erotic memories about us?

Describe how a great orgasm feels to you using only weather metaphors (or food metaphors, or colors, or ...)

What is one pleasure you want to experience more of in the next three months?