

Radical Sex

What Would Make You Radically, Ecstatically Happy With Your Sex Life?

RADICAL SEX PART ONE: 7 STRATEGIES FOR GREAT SEX

Strategy #1: Connection Rituals

Radical Action: Design a daily ritual for checking in with each other about your day, and include an appreciation and request.

Strategy #2: Preparation

Radical Action: Design a shared ritual for preparing for sex. Who would do what? Where and how? What do you want your partner to do to prepare for sex? What does your partner want you to do?

Strategy #3: Prioritizing your Partner's Fulfillment

Radical Action: Develop the habit of checking in with your partner. For example: "How was that for you?" or "What would be pleasurable for you right now?"

Strategy #4: Take Responsibility for Your Fulfillment

Radical Action: Check in with yourself by asking what you want, what would make you happy and feel good, then share those answers with your partner. Make this a frequent habit.

Strategy #5: Structure Sex into Your Routine

Radical Action: Discuss with your partner your preferred times and days for scheduled sex and develop a plan to structure sex into your routine in a way that works for both of you.

Strategy #6: Embrace What Is

Radical Action: Don't let "reasons" (being tired, busy, not in the mood, etc.) interfere with appointment sex. Keep your appointment no matter what, accept what is, let go of the outcome, and focus on connecting with your partner physically, emotionally, and spiritually.

Strategy #7: Debrief Ritual

Radical Action: Determine the best way to fit a debrief ritual into your routine and share what you enjoyed and what you'd like to do differently next time. Use the Relationship Journal if needed.

Make your life together your greatest adventure.

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