

6 Steps to Reclaim Your Sex Life!

Reclaim Your Sex Life Now!

LIVE FULLY Counseling works with woman and couples to help them restore a healthy sex life. The following free report is a brief guide to help you start your process. Below are 3 (of many) examples for how sexual relationships can evolve:

MARRIED SINGLES

We talk about making sex a priority. We may go out on a date and have sex afterward, which is great, but after that, we fall back into our same routine. We don't go out on dates, we only hang out watching T.V., we go to bed and kiss each other good night. We feel more like buddies than lovers.

OVER-SCHEDULED

We don't even talk about sex. We are so busy working that we simply don't have the time. When we do have the time, we're too tired and can't find the energy. We're simply not interested. Sure, it can feel bothersome but if we never had sex again, we wouldn't miss it.

FEELING DYSFUNCTIONAL

About 10 years ago, I began to have pain during intercourse. I thought it was temporary but it only became worse and worse. After 5 years, I finally discussed this with my doctor who said that I have vulvodynia and recommended some treatments. The treatments don't really work. My partner doesn't approach me sexually anymore because he doesn't want to hurt me and I feel like I can't please him. So, now, we don't bother trying to have sex anymore.



You may relate to some of these or have a unique situation of your own. Know that you are not alone. So many woman struggle with maintaining a healthy, active sex life. Read this report to learn more. For additional support, email or call LIVE FULLY Counseling today.

1) ADMIT THERE IS A PROBLEM

If it's been months or years since you've engaged with your partner, this is a red-flag that something is wrong. You may say to yourself, "Oh, we're just tired", or "Our schedules just don't allow it", or, "Well, the kids are always home".... which, the 1st, 2nd, 3rd, even 6th time, may be true. But if this pattern has continued for months without end, it's time to step out of denial and recognize that something larger might be happening.

It's not easy to admit that there are problems in the bedroom. Most couples, at one time or another, go through a period of stagnation. For some, it may be due to stressful life events such as adjusting to a baby or perhaps caring for an elderly parent. For others, it may be due to one partner being diagnosed with a sexual disorder. In any case, these events can have profound impact on how you behave sexually.

If you find that you shy away from your partner's advances, that you purposely wear baggy unattractive pajamas to bed or that you are both in a pattern of avoidance, come clean with yourself and admit there is a problem that needs fixing.

2) TALK WITH YOUR PARTNER

Once you've settled on accepting that there is a problem, talk about this with your partner. **Communication is the key to resolving your sexual tension.** You may even find that once you open this door of communication, your partner feels relieved that one of you has found the courage to broach the subject.

It's important that you raise the topic at an appropriate time. **Examples of *inappropriate times* include:**

- as you both settle into bed to go to sleep (this can produce much anxiety)
- as soon as you both get home from work (let go of the work stress first)
- while your loved one is taking a shower (save this for quick chats only)

Instead, plan a block of time to talk. Reserve an afternoon or an evening after dinner, leave the TV and radio off and simply give each other the time and space to speak and listen. If you want to reclaim your sex life, talk is necessary!

3) CREATE GOALS FOR YOURSELF AND YOUR PARTNER

Once you've opened up lines for communication, decide on some goals that you can try to reach together. Based on your conversation, you may agree on certain obstacles constantly blocking the road to sex. Creating goals requires that you identify the problem, set a goal and design action steps, such as:

Problem: We schedule too many activities with our friends and family

Goal: Schedule time for intimacy

Action: Look at schedules and mutually decide on a set time and day each week to be together intimately.

Some people find the structure to be a turn-off. Unfortunately, **being able to easily maintain a spontaneous sex life is a myth.** Structure is often necessary, at first, to break the cycle of avoidance. Some couples find that after time, they look forward to their time together and naturally begin to carve out that time without a calendar in hand.

4) MONITOR YOUR PROGRESS

Once you've made the commitment to goal setting, check in with each other to discuss whether or not this has a positive effect on your sex life. Are you sticking to your action-steps and/or setting new goals? When you are together, is it intimate? You might need to think about how you define intimacy and sex. You may also want to explore whether being intimate and sexual feels satisfying to you. **Does it feel like something is still missing?**

5) SEEK EXTERNAL SUPPORT

If you continue to feel dissatisfied in your sexual relationship, it may be helpful to seek outside support, such as a counselor. Many couples make an honest effort to try to solve the problem. However, **deeper emotions and issues can create obstacles outside of your awareness.** Events such as **infertility planning** or other **serious life issues** can prevent sexual desire. Problems of arousal, disinterest or lack of desire may also be due to physiological reasons such as a **sexual disorder.**

If this is your situation, you may find greater progress for enhancing your sexual relationship by talking with a qualified counselor.

6) FOLLOW THROUGH

Once you've made the decision to seek external support, it is important for you to follow through with your commitment toward a better sex life. This can be the most difficult part.

At first, couples do not find these issues easy to talk about with each other, let alone a counselor. However, **once couples connect with a counselor, they report feeling a sense of relief that they no longer have to carry the "burden" alone.** They also gain greater confidence and hope knowing that they are working with someone who understands how they've become stuck as well as how to start moving again.

Follow-through also requires **patience.** The problems that you have did not develop

overnight. Intimacy problems usually evolve with time. Expect to invest time in your journey toward sexual improvement.

Finally, **remember that how we evolve sexually involves a complex set of physical and mental experiences.** It's almost never as simple as Cosmopolitan magazine would like you to believe, "light some candles and play romantic music". Problems in the bedroom usually stem from *various* relationship issues.

Commit to learning about yourself and your partner, both in the bedroom and beyond!

FOR MORE INFORMATION

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