

7 Insights to Understand About Each Other That Make Sex Flow

1. What will have you feel *appreciated* today?*

You:	Your partner:
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2. What will have you feel *desired* today?*

You:	Your partner:
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3. What will have you feel *supported* today?*

You:	Your partner:
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* Ask these questions of your partner every day. The answers will vary.

4. How do you signal that you want *affection*?

You:	Your partner:
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5. How do you signal that you want *sexual attention*?

You:	Your partner:
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6. What makes you feel *safe to open up* with each other in sex?

You:	Your partner:
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7. What things are guaranteed to *turn you off* and even shut you down sexually?

You:	Your partner:
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8. What things help you *get turned on* and become sexually available?

You:	Your partner:
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About Irene Fehr

Irene Fehr, MA, CPCC, Sex & Intimacy Coach, helps couples make love and sex work in long-term relationships and bring sex and passion into sexless ones. Determined to dispel myths about why sex dies in long-term monogamous relationships that cause heartache and broken dreams, Irene's views have been featured all around the world in HuffPost, Cosmopolitan, Shape, Refinery29, ScaryMommy, EliteDaily and Bustle. She is no stranger to her clients' issues, having recovered from the all-too-common story of "happy marriage turned sexless" when she lost her libido — all before turning 30. www.irenefehr.com

