

# Negotiating Tips for Sexexpectations

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## Frequency

1. How many *times per week* would you need to have sex to be satisfied? Choose a number.
2. *Explain* the number you chose.
3. Between the two of you, what *beyond intercourse* could bring satisfying sexual release?
4. Negotiate what a healthy *sexual balance* of frequency looks like for the 2 of you?

## Endurance

1. What do you find enjoyable about *quickies*? Or find distasteful about quickies?
2. What do you find enjoyable about *extended experiences*? Or find distasteful about extended times of sex?
3. What most easily *distracts* you from being fully focused during your sexual encounters? What might help you stay more focused?
4. What prevents you from maintaining sexual *stamina*? What might help you?

## Performance

1. How much time in *foreplay* do you need to be satisfied?
2. What are your greatest sexual *turn-ons* when it comes to foreplay? Biggest *turn-offs*?
3. Discuss whether your sex life has gotten *better, worse, or stayed the same* and why?
4. What do you need in sexual *variation* to be more fully satisfied?
5. How do you come to agreement on your *freedoms* in sexual variation?