

Male-Female Distinctions That Can Enhance Your Sex Life

MALE DISTINCTIONS

- 1. He wants to be your HERO**
 - Appeal to him to slow down in the foreplay to really love you
 - Ask him to romantically take you away to fulfill all your desires
- 2. He wants to be your PROBLEM SOLVER**
 - Ask if he could help you understand the other types of orgasms
 - Ask him to assist with a chore to help free your mind for better sex
- 3. He by nature is a MAN of FOCUS**
 - Ask to schedule a conversation each week to meet your connection needs
 - Ask him to focus on 1 thing and 1 thing only to bring you pleasure that night
- 4. He tends to be a BOTTOM LINE COMMUNICATOR**
 - Directly coach him on what you need to really enjoy yourself
 - Ask him what 1 thing from last night brought you the most pleasure
- 5. He is driven to be your PROVIDER & PROTECTOR**
 - Ask if he would mind putting a little money aside to enhance your sex life
 - Name your sexual need and ask if he would help fulfill it
 - Ask him to keep your sex life sacred and private – just between the two of you

FEMALE DISTINCTIONS

- 1. She is a MULTI-TASKER**
 - Ask her to put “romancing her man” as one of her focuses for the day.
 - Help her with projects that she’s working on so that she can focus more on your relationship, and have fewer distractions. Helping clean the house can be foreplay!
- 2. She is a VERBAL CONNECTOR**
 - Start a conversation on what she needs from you to enjoy herself more sexually.
 - Phone her just to say “hi” and that you’re thinking about her.
- 3. She is RELATIONALLY HUNGRY**
 - Have fun in and out of bed. Be playful, and never stop laughing together.
 - Pretend that you are dating again and that she’s your girlfriend – romance her and spend time talking about your hopes and dreams.
- 4. She is a NUTURING CARETAKER**
 - Share with her what you need from her - such as time to relax after work before you engage in deep conversation.
 - Tell her how it makes you feel when she makes love to you willingly and excitedly.
 - Have a conversation of how she could make you feel nurtured before and after sex.

5. She usually is a MULTI-THINKER

- Ask her about what she's been thinking about during the day – tensions that she has, struggles that she's facing. Let her talk out her concerns...and just listen!
- Let her know what makes her a “hot mother”, a sexy woman, and a centerfold wife!