

Getting the Sex You Want – Couples Dialogue

From [Getting the Sex You Want](#) by Tammy Nelson, Ph.D.

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Just talking about your sex life can improve it. Couples can use this dialogue and its expressions of appreciation to help create greater openness and connection in the erotic dimension of their marriage.

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**DIRECTIONS:** To do this exercise, each person shares their answers to the following five prompts while the other person simply listens and mirrors back what the other has said. So, after the first spouse shares the first comment the other would say, “So, what I hear you say is that you appreciate....” This active listening is intended to minimize any reacting or negative responding. The hope is to communicate -- “I hear you;” “I see you;” “I get you.”

1. One thing I appreciate about you is...
2. One thing I appreciate about our sex life is...
3. One thing we do that I would like more of is...
4. One thing I would like to try is...
5. One thing I appreciate about this dialogue with you is...