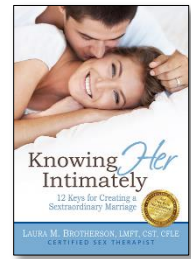


How to Be More Playful in Your Marriage—*Inside the Bedroom and Out*

From [Knowing HER Intimately: 12 Keys for Creating a Sextraordinary Marriage](#) - Chapter 10 "Teasing"

By Laura M. Brotherson, LMFT - StrengtheningMarriage.com



A missing ingredient in many couples' lovemaking repertoire is a dash of fun and flirty playfulness. It's a mindset you're wanting to develop in your marriage—to naturally think in fun and flirty ways. If teasing, playfulness and fun have not been a focus of your marriage, I encourage you to make it a priority and a personal area of expertise. The following are some specific ways to include more fun and flirty playfulness in your marriage—*inside the bedroom and out*:

- **Send fun and flirty texts to each other** throughout the day. Be sure to let your spouse know if you specifically want them to not read something sexual into it. Some spouses may need to overtly understand that flirty playfulness in their wife isn't necessarily a direct invitation to something more. The more a wife can experience giving and receiving teasing and playfulness without it leading to anything sexual, the easier it will be for her to continue to develop her playful side organically. Develop a repertoire of pet names or code words for sex or sexual things just between you to add that element of playfulness. It can also reduce discomfort and embarrassment about sexual things. Like the wife in the opening scenario, she referred to sex as "getting lucky." It could also be called "nooky" or "getting it on." Personal pet names like "baby doll," "honey bun," or "hot mama" give couples a chance to have a private language that includes sexual connotations that in time decrease the taboo nature of the subject itself.
- Share **funny video clips** or other humorous anecdotes to bring more lightheartedness and laughter into the relationship. Taking turns sharing the latest joke can be another fun way to laugh together.
- Even **consciously smiling more at each other** can help you both take life a little less seriously. My husband and I have often noticed a stressed or worried look on the other's face. We will gently touch the other's furrowed brow to remind each other to relax and help them immediately release the tension they are feeling. It's a fun little tool for lightening the load of life.
- **Winking** is another amusing habit to get into as husband and wife. It's kind of fun to steal a wink across the room or to give a big, obvious wink just to be silly! One husband froze when he caught the eye of a woman winking at him suggestively. He didn't know what to do, until he turned and noticed the woman's husband behind him. He breathed a sigh of relief, then thought what a lucky guy that man was.
- Any kind of **unexpected action** has the potential for creating a playful moment. Whether it's a wife who unexpectedly goes up and kisses her husband's neck, or a husband who unexpectedly tells her wife how cute she is—these moments can add a bit of spice and put a smile on everyone's face.
- A great way to decrease focus on a particular outcome is to **playfully plan on a completely different outcome** than orgasm. This could be a session of naked cuddling with no intercourse allowed. It could be to do the kissing homework suggested in Chapter 7 - "Touch" or on my "Bliss of a Kiss" Marital Intimacy Show podcast, episodes #026-#028. It could be to plan to go park and make out somewhere, where intercourse is not even an option, to re-ignite the fun and enjoyment of just plain old making out!
- It might be fun to just be a **little playful and silly about changing the whole sexual scenario**. You might **let your hair down** during a sexual escapade like **naked tickling matches**, **dancing naked**, or just some **intimate snuggling**...unless you simply can't contain yourself!
- After many years of marriage, it can be difficult to remember the fun and flirty times you had together in the beginning of your relationship. Why not **role play a first date together**? You could also role play as if you are in the beginning stages of courtship as you go about your daily lives. Perhaps there are some playful texts,

emails, phone calls, random flowers you could send and receive. If this wasn't your forte back in your earlier days, now is a great opportunity to develop that playful side of yourself.

- **Playing a little hard to get is another great way to increase teasing and playfulness in your marriage.** Talk about fun and flirty! One wife told me about her efforts to kiss or hug her husband when he got home from work. At first it was a bit of a drudgery to her, but then we suggested he play a little hard to get sometimes. When he started doing that, everything changed. It started to drive her crazy, in a good way. She went from it feeling like a duty to finding it a fun challenge to “get him” when he came home.
- In the bedroom, there are all kinds of fun and flirty ways to tease and be playful with each other. You could **undress each other playfully**, teasing all along the way. You could play some **peek-a-boo**. You could do a **striptease**. You could play some of the **fun bedroom games** available out there. It's all about brainstorming ideas and identifying those that both of you are willing to try.
- **Playfulness in the bedroom has the added benefit of helping women close down the many mental windows open in their minds.** Playing out a sexual scenario, for example, allows wives to more fully engage themselves in the lovemaking experience. Teasing them with tickling or non-sexual caressing helps them to be more present and more actively participate in the process of lovemaking.
- **Orchestrating surprises for each other increases spontaneity and playfulness.** Oftentimes, one spouse has a greater preference for surprises and may even be better at pulling them off. There's something about setting up and receiving surprises that provide some fun stretching for the soul. It's can help us break free of needing to be in control or of having to follow a plan in order to be okay. Setting up a surprise getaway or just surprising your spouse with a night off to go and do whatever she wants are a couple of suggestions. It may be more difficult to willingly go with the surprise or spontaneous opportunity presented. It's something some may need to keep practicing.
- One of my favorite fun ideas for couples is to **create a “kissing closet” out of the kitchen pantry**. It's a great way to be fun and flirty and to freak your kids out a bit as well. And who doesn't love doing that—especially if you have teenagers! If you search “kissing closet” on StrengtheningMarriage.com, you'll see some fun photos and more about how you, too, can create your own kissing closet. It might be fun to send pictures of you and your spouse utilizing your own kissing closet to share on our website.
- **You might consider stealing a kiss in public every now and then.** It will catch your sweetheart off guard at first and create some of that unexpected spice in your marriage. This is especially good homework for the spouse who tends to be more reserved. One wife decided she would kiss her husband in the movie theater at the end of every movie they saw. At first it was a little unnerving for her, but with a positive response from her husband, they've kept at. They've even gotten better at being playfully surreptitious about it. It is good for kids to see their parents loving each other, so a random appropriate kiss or hug in front of them is another fun and flirty idea to consider.
- When either husband or wife has to travel, it provides a perfect opportunity to tease and be playful with each other. Another favorite idea for travelling is to **take your “Flat Spouse” with you**. It's a full body cutout picture of your spouse, maybe even pasted onto cardboard that you take with you when you travel. You then take pictures of you and your Flat Spouse at various locations during your travels to send by phone or email back to your spouse at home. (Search “Flat Spouse” on my website, StrengtheningMarriage.com, and you'll see some fun photos and how to do this for yourself.)
- If you forget to take your Flat Spouse, you could even **just take some selfies** with your cell phone and send them back home with a flirty text message. My husband is not a big fan of selfies. It just makes it mean even more to me when he does, as a way to stay in touch when we are apart.