

# Ideas for Being Sexually Flirty with Your Husband

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One of the ways to embrace and nurture your sexuality is to develop your flirtiness. This list will help you "up your game" in the playful flirtation department to a more physical/sexual level! Keep in mind that any time you are developing a new skill there's a degree of "faking it 'til you make it!" Have fun with it and let yourself feel a bit awkward, if necessary, while you get in the groove!



**NOTE:** These new behaviors will be easier to do if you "preface" your flirty moves by letting your husband know you are just "doing your homework" as you get in the habit of being more naturally flirty with him. You might also show him this list and maybe have him note some of his favorites or discuss a few that feel most doable for you. These conversations will also help him remember that you're doing these things to practice this part of your wholeness--and NOT that it's going to necessarily lead to something more! Working on your flirtiness with him will help him feel more wanted and desired while you work to embrace and develop your sexual wholeness! 😊

1. Give him a full-body hug while sliding your hands down to his butt.
2. Walk up behind him and give him a full-body hug running your hands up and down his chest letting him feel your "body" against his back.
3. Walk up behind him and kiss him on the neck then walk away.
4. Call him hot or sexy!
5. Lay down on your husband when he's lying on the couch.
6. Walk past him in the kitchen and smack his butt.
7. Text him or whisper in his ear that you aren't wearing any underwear . . . (even if you actually are!)
8. Sit on his lap instead of just sitting beside him.
9. Sit on his lap facing him "lap-dance" style just to ask him a question or to give him a quick kiss.
10. Linger after getting out of the shower before getting dressed or covering up to give him a chance to "see" you.
11. Unexpectedly get into the shower with him or invite him into your shower.
12. Slide your hand into his back (or front) pocket as you are walking somewhere together.
13. Lift your shirt to flash him then walk away!
14. Tease him when he's driving by sliding your hand to the inside of his thigh.
15. Read in bed . . . topless!
16. Find opportunities to go topless for even a bit.
17. Any kind of playful touch or affection can be flirty! Get creative!