



## Is your sex life boring?

If it is, trust me you are not alone. I've heard from thousands of Canadians about what is happening, and what is not, in their bedrooms. People attend my Passion seminars; call in to speak with me on radio or television programs; and book sessions for couple /sex therapy. Over and over I discover that the typical married sex life is "sex, roll over, sleep". Did you know that the average sexual encounter lasts from three to ten minutes? I kid you not. And even those few moments of bliss are happening infrequently for many of us.

Now for the good news. You do not have to settle for a sensual life that is unimaginative, brief, and seldom. Great sex and passion are not born, they are created. In this column I will answer your questions and offer Passion Pointers that show you how to cultivate erotic expertise. But remember that Lover is a Verb, and that actions speak louder than words. So read on, but then take some time for the hobby of being a lover!

Dear Dr. Cheryl,

Is it normal to feel guilty about my sexual fantasies? I'm in my early 40s, mom of two boys, and happy in my marriage. However, I find I heat our sex life up by fantasizing wildly while we are making love. Problem is, I then feel like I'm betraying my hubby by pretending he is a certain stud-ly movie star. Shouldn't my own guy be enough for me? Help!

Signed

Does wishing make it so?

Dear Wishing,

Relax, you are indeed normal, both to fantasize, and to worry about it! Most men are surprised (and thrilled) to learn how hot female sexual fantasies can be, but most women already know, cuz they are the ones doing the fantasizing. The down side to sexual fantasy is that you may escape to the pleasure in your head, thus disconnecting from the physical and emotionally intimacy right in front of you. This leaves you feeling guilty that he is not getting "all of you", while Brad Pitt is! My prescription is for using fantasy to enhance, rather than take away from, your sex life.

Passion Pointers

Book a romantic interlude and take some time to tell each other one of your fantasies. Use that risk and excitement to see each other as a spicy, wild lover, and channel it into mutual arousal.

HINTS:

Don't share fantasies about anyone you actually know.

Keep it fun, hot, and non threatening.

Write your fantasy for him as an erotic story starring him if telling it face to face feels like too big a step. (What guy will pick hockey over reading that?) Fantasy is often used for solo sexual pleasure. If you want to really turn your guy on, invite him to watch as you describe your fantasy to him. This is an incredible way to deepen your intimacy and trust by sharing some of your private world. For some extra fun, pick a fantasy together and dress up, meet at a restaurant, and act it out.

Dear Dr. Cheryl,

My wife and I really need your help. We enjoy our sex life, and luckily she enjoys it when I go down on her, but I really would like to receive more oral sex. We used to try it occasionally, but she says it is disgusting. I love her and don't want to make her uncomfortable, but to me it is about love and play, not disgust. She has agreed to listen to your advice.

Signed

Orally Fixated

Dear Orally Fixated,

First, let me admit that I think oral sex is a wonderful way to give pleasure. That being said, some women are really uncomfortable with giving it. On a physical level, they may find the act unpleasant, and on an emotional level it may be perceived as less mutual and therefore less loving. In other words, there can be a left over "good girls don't" aspect. While no one should ever force themselves to engage in a sexual activity that they are averse to, I do find that often a little coaching and exploration can break down the barrier to heading south.

Passion Pointers:

Make it a pleasant place to visit! Yup, guys, I'm talking grooming: get clean, fresh, and sweetly scented. This will make it far more enjoyable for her to get up close and personal. For women who fear they may experience a choking or gagging feeling: Use some good lubricant on his penis, preferably a flavoured brand. Then use your hand in an up and down motion on the shaft. Hold on tight, as you would a tennis racket (men often comment that women touch them far too lightly), and use your mouth, tongue and lips to please and play around the tip and upper part of the penis at the same time. Only take as much into your mouth as feels comfortable. Over time, you will be able to go deeper without any difficulty. Remember that oral sex is a tremendously loving act. It is one of the few times in sexuality that one partner can fully relax and just receive pleasure.

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