

ABCs Of Great Sex

By Jansen & Gloria Trotman

- A. Accept sex as a gift from God.
- B. Build anticipation throughout the day.
- C. Cuddle regularly even when sex is not on the agenda.
- D. Delight in each other's bodies. See Songs of Solomon
- E. Enrich each experience with creativity.
- F. Find out what pleases your mate.
- G. Give generous love play and affection.
- H. Have unselfish consideration for each other's needs.
- I. Invest in sex sleep wear.
- J. Jettison (throw away) unfounded inhibitions.
- K. Kiss a lot and engage in other affectionate behavior
- L. Let loving actions and words start outside the bedroom.
- M. Make time for lovemaking. Put it on the front burner.
- N. Nurture intimacy through fidelity.
- O. Observe the rules of bedroom etiquette.
- P. Prepare the right bedroom atmosphere.
- Q. Quiet your spouse's anxiety by loving affirmations.
- R. Respect each other's wishes.
- S. Share your desires with your spouses.
- T. Take time to enjoy the climb.
- U. Utilize all the senses.
- V. Vary the way you engage in sex.
- W. Work on the overall relationship not just sex.
- X. Exercise your imagination
- Y. Yield your rights in preference for harmony.
- Z. Zero in on your partner's desires.

"Sex starts with clothes and lights on."

Barrington Brennen