



Three Tips for Better Communication

Why is communication so important?

Conflict is inevitable in relationships but most of us are never taught how to communicate effectively. It all starts with understanding the right time, place and mindset to have more challenging conversations. When we express our needs and expectations in a way our partner can understand, we can stop having the same arguments, misunderstandings and conflicts.

How does communication help our sex lives?

Our sexual desires are diverse and constantly evolving throughout our lifetimes. We might develop new desires, fantasies or kinks. We might require a toy, dirty talk or a certain setting to reach orgasm. If we had a negative sexual experience, we need to learn how to share our boundaries. Since our partners are not mind readers, having the skills to communicate our unique and ever changing desires will allow us to have a more fulfilling and satisfying sex life.

Tough conversations are necessary.

Challenging conversations, especially ones about sex, may feel uncomfortable at first, but once you have them it can be so rewarding and you'll find you feel even closer to your partner. Remember, these aren't one time conversations. It's an ongoing dialogue but it's always worth it.

1. Timing

Pick the right time to discuss your sex life with you partner, and make sure it's not when either of you is feeling cranky, hungry, tired, or stressed. Instead, you want to strive for a time when you're feeling relaxed, energized, and at ease.

2. Turf

While it may seem counter-intuitive, the bedroom is not the best place to talk about love and sex. Instead, opt for a more neutral space, like the living room couch, at the kitchen table over Saturday morning coffee, or while on a walk.

3. Tone

Lead with curiosity and compassion rather than blame or criticism. For example, if you're bringing up a new fantasy you'd like to try, ask your partner what turns them on. Tell them what you're enjoying about your sex life, and how'd you like to expand.

Other Essentials

Ask questions

This is a dialogue, not a monologue. Be sure to leave space for your partner to ask questions or voice their thoughts.

"I feel" vs. "You never"

"I feel" statements are a great place to start when you're sharing something that bothers you. Start with "I feel _____ when you do _____." "You never" statements automatically put your partner on the defensive.

Compliment

Change or conflict can be really hard to hear, so be sure to include things that are going well! Remember: you love your partner and you both deserve to feel supported and satisfied.