

Handout: Starting a Sexual Dialogue

Every relationship is shaped by unique communication styles, cultural backgrounds, and dynamics, and this is no different when couples are tasked with having a discussion about sex. By incorporating initiative, curiosity, and playfulness, you and your partner can deepen emotional and physical connections while creating a safe, inclusive environment. Use the following tips when beginning a sexual dialogue with your partner:

Step 1. Show initiative

Taking the lead in intimacy discussions signals openness, enhances trust, and maintains passion in a relationship.

Timing: Choose a relaxed moment, such as after a shared activity or during a quiet evening.

Relationship benefits:

- **Trust:** Demonstrates a willingness to explore sensitive topics without judgment
- **Emotional intimacy:** Shows interest in connecting on a deeper level
- **Desire and passion:** Keeps the relationship dynamic and engaging

Instead of: “We need to talk about our sex life.”

Try: “I was thinking about how much fun we had the other night. Would you be open to trying something different next time?”

Step 2. Be curious

Encouraging curiosity invites partners to explore evolving desires, needs, and boundaries together, creating trust and understanding.

Timing: These conversations can happen in intimate or casual moments, as long as both partners are emotionally present and free from distractions.

Relationship benefits:

- **Communication:** Ensures evolving understanding of each other’s needs
- **Emotional intimacy:** Builds trust and closeness through vulnerable exploration
- **Pleasure and discovery:** Creates opportunities for mutual exploration and growth

Example: “I’ve noticed we’ve been enjoying our time together lately. Is there something you’ve been curious about that we haven’t tried yet?”

Note: Curiosity should be expressed naturally, without pressure or expectations, allowing the conversation to flow organically.

Step 3. Use a playful and teasing approach

Playfulness adds excitement and lightness, making intimacy feel spontaneous and fun. Teasing builds anticipation and sustains passion in the relationship.

Timing: This approach works best when both partners are in a positive mood and the context is lighthearted. Avoid forcing playful behavior in moments requiring serious discussion or emotional depth.

Relationship benefits:

- Sexuality and passion: Keeps desire alive through spontaneity
- Emotional connection: Creates a safe, lighthearted space for intimacy
- Mutual pleasure: Strengthens the bond by ensuring both partners feel engaged

Example: “I’ve been thinking about how much fun we could have tonight . . . are you ready for a little surprise?”