

## 37 Questions for Spouses to Ask Each Other about Sex

Interested in injecting some excitement, into your marriage? Well, excitement sometimes means taking a risk, and there is nothing riskier about being transparent and vulnerable. So, here are some questions to help you ask some difficult questions, to encourage you to open up to your spouse emotionally, in the hopes that it will help you open up physically later on.

You can ask these, of your spouse, as is, or modify them to suit your marriage. They can be conversation starters, you can pick and choose questions, or you can take turns asking each one.

*Note: It's important to ask these questions with the attitude of wanting to learn more about your spouse. Do your best not to get upset at any of the answers, but instead be willing to explore the answers (if not the activity itself). Do your best to answer in sentences, not single word answers.*

1. Where is your favorite place to be touched that isn't sexual to you?
2. When I initiate sex, what is the first thing that comes to mind?
3. What is your favorite way for me to initiate sex?
4. How do you usually try to let me know you are in the mood for sex?
5. What does sex mean to you?
6. Describe your favorite memory of us having sex
7. Where and how do you like to be touched the most during sex? Why?
8. Where do you not like to be touched during sex and why not?
9. Describe something you'd like to try, regarding sex, which we haven't tried together
10. Describe something we have tried before, regarding sex, which you'd like more of?
11. Tell me about the first time we had sex, from your perspective. What was good, what could have been better?
12. How often would you like to have sex, ideally?
13. What do you think about during sex?
14. Do you prefer being dominant or submissive in bed? Why?
15. What's your favorite position? Why?



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16. Would you rather have sex with the lights on, or off? Are you afraid of having sex with the lights on?
17. Does being naked in front of me make you uncomfortable? What can I do to make you more comfortable?
18. Are you happy with how long we spend on foreplay in a session? Would you like more or less?
19. Are you happy with how long we spend on sex in a session? Would you like more or less?
20. What is your favorite foreplay activity?
21. If there was one thing you'd like to improve about our sex life, what would it be?
22. Have you ever looked in a mirror while we were having sex? If so, what did you think? If not, want to?
23. If you were going to write an erotic story for me, about us, what elements would the story include?
24. What is your favorite thing for me to say during sex?
25. What activity gives you the strongest, or longest, orgasms?
26. Describe what an orgasm feels like to you
27. Describe what it feels like to you when I have an orgasm (physically or emotionally)
28. What's the most important part of sex to you? Why?
29. Is there anywhere you'd like to have sex that we haven't already?
30. What is your favorite kind of lingerie (either to wear, or see your spouse in)?
31. Would you rather have sex in the morning, or in the evening?
32. Would you rather give oral sex, receive it, or neither? Why?
33. Do you prefer being on top, or prefer me being on top?
34. What do we do in bed that you never thought you'd participate in?
35. Which one of my body parts is your favorite?
36. Which one your body parts are your favorite?
37. Name one thing that really turns you on

