Look through this list and find one thing in each category you’d like to try out tonight. Feel free to add to the list. Ask if your spouse is okay with it, and then focus on the two you both decided on. Take it slow. Intimate sex takes planning. Have fun! Stay connected!

**Set the Mood**

|  |  |  |
| --- | --- | --- |
| Lights  | On | Low  |
| Covers | On | Off |
| Romantic music  | On | Off |
| Candles  | Yes | No |
| Lingerie  | Yes  | No |
| Set the temperature  | Hot | Cold |
| Pillows  | Yes | No |
|  |  |  |
|  |  |  |

**Warming Up**

|  |  |
| --- | --- |
|  | Take a hot, soapy shower together, washing each other. |
|  | Put on some music and dance |
|  | Massage (back, hands, feet, head, etc) |
|  | Body paint |
|  | Get dressed up, before you undress |
|  | Make out for \_\_\_ minutes without sexual touch. Try it standing up or sitting, something different than usual. |
|  | Cuddle (with or without clothes) |
|  | Go for a walk, swim, hot tub, or sauna |
|  | Spend some time talking about your day |
|  | Tell your partner where to kiss you |
|  | Go out for coffee, dessert, or a drink and flirt (footsie, talk it up…) |
|  | Play a fun game, or a really fun game (from Uno to strip poker…) |
|  | Stay quiet and write notes to each other about what you like, love, need and want from your spouse. |
|  | Talk about some of your best moments together |
|  | One partner leads, and the other partner mimics their movements together. (Where and how you touch them, they touch you in the same way and place).  |
|  | Use sensual touch (ice, feathers, yarn, silk, etc.) on different areas of your partners body |
|  | Destress (if you haven’t already). Yoga, mindfulness, journaling, etc. |
|  | Eye-gazing. Take about 5 minutes to look (silently) into each other’s eyes. It’s okay if you laugh, just keep trying. Breathe together, relax your face and body, and simply stare into each other’s eyes.  |
|  | Go to a movie, sit in the back, and make out  |
|  | Feed each other desserts or fruits |
|  | Undress one item at a time. Make out or caress each other in between. |
|  | Go parking. Make out in the backseat of your car |
|  |  |
|  |  |

**Staying Hot**

|  |  |
| --- | --- |
|  | Talk about what you love about each other and say I love you (a lot) |
|  | Look each other in the eyes throughout |
|  | Breathe in Sync |
|  | Take turns pleasing each other  |
|  | Spend time focusing on a certain part of your spouse’s body |
|  | Try out a new position |
|  | Set a timer, slow down, and don’t stop until the timer goes off (or keep going) |
|  | Have oral sex |
|  | Let your spouse take lead (especially if you typically lead/control) |
|  | Try a blindfold or restraints |
|  | Use lube or lotions |
|  | Leave some clothes on |
|  |  |
|  |  |
|  |  |

**Cooling Down**

|  |  |
| --- | --- |
|  | Sleep nude together |
|  | Cuddle |
|  | Watch a movie |
|  | Take a hot shower or bath |
|  | Talk about what you enjoyed about your spouse today/tonight |
|  | Plan for sex when you wake up |
|  | Give a massage (back, hands, feet, head, etc) |
|  | Share a dessert (clothed or unclothed) |
|  | Make out |
|  | Read a book out loud together |
|  | Breathe in Sync Spooning (the ‘big spoon’ follows the ‘little spoons’ lead) |
|  | Complement each other on what you just enjoyed about your spouse  |
|  | Rest up for round two |
|  | Tell each other what you want as you go along |
|  | Take a walk together and hold hands |
|  | Go out for a drink, coffee, or dessert |
|  | Continue caressing |
|  |  |
|  |  |
|  |  |