



"The Ten **Biggest** Mistakes You Can Make When Trying to Improve Your Sex Life With Your Partner"

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www.LoveSexAndMarriage.com
"Where we believe great sex is your birthright!"

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Don't Make These Mistakes In Your Sexual Relationship!

Go to www.LoveSexandMarriage.com instead

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First Edition

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**Congratulate Yourself! You Are a Brave, Courageous Soul!
Thanks for Standing Up for Committed Intimate Relationships!**

Congratulations for being here!

This means to me that you are ready to start doing something new about your sex life together.

And now I'm going to have to do something I don't really like doing, which is point out your errors, and criticize you.

But how else are you going to know to stop doing things which are harmful to you?

All these things I'm going to mention are so common among couples - and we've all done or "had done to us" every one of them - that it's almost like the "Standard Catalog of What To Do When You Are Frustrated About Sex..."

But it should have the subtitle, "...And Which Never Work, Never Have Worked, Never Will Work, Ever Ever Ever."



I like that subtitle.

Because it's true.

You are going to recognize every single one of these "Mistakes" and you can tell a riveting and amazing story about every single one of them, and how they didn't work for you.

As a matter of fact, if you keep checking on www.LoveSexAndMarriage.com we are going to set up a member site and forum for couples just like you to tell your stories

I want you to have a wonderful, joyous and exciting sexual life together.

So we are going to have to do this step first: Stop doing the things that are creating a problem for you.

I've been doing this long enough - helping people have very fulfilling marriages and long term sexual and intimate lives - that I can tell you with certainty that if you are having sexual challenges in your life together, it's because you are doing 1, 2, or all ten of these things which are putting "you" in the way of "you" in a way that's creating misery and discomfort for you sexually...

So please put aside your pride and defensiveness. We all have to do that (me too!) in order to grow and become the people we truly wish to be.

Ready? Let's go!

You Already Did The First Step: Accepting That There is a Problem

OK, you have accepted that your sex life is critical to your marriage. You know it's true. You aren't just delegating sex to that "little closet over there" and acting like it's just some "accessory" in your marriage.

It's part of the skeleton, muscle and organs of this body we call marriage.

I'd say you've probably even underestimated the importance of a great sex life in your marriage.

That's because we tend to want things that "make us uncomfortable" to go away and leave us alone.

Sex is one of those things which, because it engages so much of who we are as a human being - body, soul, mind, intelligence, ethics, spirituality (at least in long term intimate relationships) - tends to become more challenging and deeper and more packed with meaning the longer we are together in a relationship!

Sex and intimacy are great fun!

But they can also present challenges over time!

And You've Also Accepted You Need to Do Something Different... Good for You!

And you've accepted that you two aren't doing that great in this sensitive area of your life together...

Now it gets "crunchy."

Everyone has some crazy notion that your sex life is supposed to be something that "just happens" and is "spontaneous" and "easy" - or should be if you are meant to be together.

After all, you didn't have to put any effort into that first wild crazy sex mambo that happened when you were first together, now did you? Shouldn't it be like that all the time?

That's dumb.

Just because you flew a model airplane as a kid doesn't mean that you can pilot a fighter plane, does it? (I hope you said no)

Just because you took care of a puppy as a kid doesn't mean you are ready to raise children or an expert at child-rearing does it? (I hope you said no again)

Well, deep, ongoing and truly great sexual and intimate relationships take skill, experience, understanding and communication!

And those things aren't blind luck. They are developed.

You understand that communication is a skill, right?

You wouldn't get up in front of an audience of 1,000 to give a two hour public speech if you didn't have at least an outline, some idea of what you were going to say and why it was important to you to say it... and if you are speaking to a large audience it helps a lot if you have some prior public speaking experience, no?

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**"Could You Just Say What is In My Heart...  
So I Don't Have To?"**

A young preacher was fresh out of divinity school and came home to give his first sermon at the church where he was first baptized, and where all his friends, family and neighbors attended.

The service proceeded smoothly until it was time for him to give his sermon. He had memorized it (so he thought) and although he felt a little nervous before, he felt confident, right up until the time he was supposed to give the sermon.

He had forgotten the whole thing! It was very silent in the church where he stood. He asked people to bow their heads to pray, mainly so he could get all those eyes off of him and maybe remember the sermon. He didn't!

Finally he said, "Friends, neighbors, family... you have all known me and loved me a long time. You know exactly what is in my heart and mind. So would one of you please come up here and tell the others?"

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Well, in your intimate relationship, this just won't cut it.

Sitting around waiting for someone else to deliver your thoughts, feelings, desires... even if they love you... won't help you have a great intimate or sexual life.

Nor will pouting, being hurt, trying to bully... but wait a minute, I'm getting ahead of myself.

Let's dig right in to these "Big Ten" Mistakes

These are some of the mistakes that I've seen couples make over the years when trying to improve their sex life with each other.

If you are honest, you'll probably see that you have done or "have done to you" every single stinking one of them.

I say "stinking" because they do stink... in the sense that they never get you what you really want, which is wonderful, satisfying, juicy, put a grin on your face SEX!

Not all of them will be the ones you make, however, some of them will be and those are the ones that are important for you to be honest about and then do something different.

You can find some alternatives, helpful ideas, new techniques, new skills and lots of encouragement and support for developing a deeper more intimate, passionate sex life at <http://www.LoveSexandMarriage.com>.

Looking forward to meeting you at the site

Pam Givens, MFT

The Top Ten

Big Mistake # 1. Pushing your partner to have sex in ways you like without getting their permission, interest or cooperation... bullying or manipulating (there are different ways of doing this intimidation both by men and by women).

Sue and Jim

Sue sighed; Jim was at it again insisting that she have anal sex. “You know, I’ve told you before, I don’t like the whole anal thing. It hurts and I don’t like the way you become so aggressive”. Jim pushes Sue away, becomes angry and accusing, “something is wrong with you, every other women I’ve been with is fine with anal sex. None of them complained.”

As always this turns into the same fight making Sue feeling guilty, angry, hurt and lonely.

Jim pouts and stomps out of the house, hoping his disappointment will make Sue give in the next time, but mostly just feeling frustrated. If she only understood how important it was to him, how it made him feel like a sexual man!

Bob and Jane

Jane is one of the most tantalizing, sensual women that Bob has ever met. It’s difficult for him to be in her presence without getting turned on.

Tonight she’s wearing a very low cut dress that shows her beautiful cleavage. When they return from their evening out Bob starts to

unbutton Jane's dress. "Hey, wait a minute Bob, I have a horrible headache. I want to wait until just the right time, it will be so much better then!"

"Seems like that headache has been around for a long time," Bob replies.

And he thinks "it will be better... for whom? This is the prime time for me... I have no idea who she is or who I am to her."

And they never talk about it...

Main Take Away Points!

These two couples need some help and fast.

There aren't any minor problems here!

Bullying won't work or make things better.

As these times happen and over again, more and more anger loneliness, depression and hurt will keep piling up until neither couple will expect or want the results coming their way.

They definitely will find the help they need at:

www.LoveSexandMarriage.com

Big Mistake # 2. Complaining to your partner about their sex drive and its difference from yours....trying to manipulate them into being more like you so that YOU will be more comfortable and it will be more of how YOU want it to be.

Heidi:

"Lou, I'm so frustrated with you and I think there is something wrong with you. I want to have intercourse more often. I love sex and I

love you. You used to love making love to me 3 or 4 times a week. What's happened to us? Don't you love me anymore?"

Lou:

Lou is always taken aback by Heidi's complaints about his sex drive, wondering if something is wrong with him. He's consulted several doctors and on occasion talked with his closest friend.

But no matter what he's attempted to do his sex drive doesn't satisfy Heidi.

He wonders if something is wrong with her and often accuses her of being addicted to sex (one of the latest and most insidious forms of blaming that has come out of the "self improvement" literature... much of which does nothing but keep people in the position of being victims!).

"I like sex as much as the next guy," he yells at Heidi. But you're over the top, "why can't you be satisfied with 1 time a week. I think most women would be grateful that their husbands aren't pawing them all the time. Are you a sex addict?"

Main Take Away Points!

These unresolved issues over time will erode even the strongest marriages

...Leaving people angry depressed and lonely.

You must take this seriously and do something concrete to help yourself. Don't think this kind of thing will "go away"

Let's hope they go to: www.LoveSexandMarriage.com for some help.

Big Mistake # 3. Viewing your partner as “typical” for their sex/gender and calling it to their attention so they will “mature” or “grow up” or be more like you want them to be, rather than loving them for who they are and being loving, accepting, and turned on by who they are (especially across genders).

Jill and Frank or

“It's About to Get Real Nasty Up In Here.”

“I can't believe you Frank, you men are so forgetful. It seems like you don't even have a brain...”

“How many times have I asked you to be more responsible for just the simple things? Taking out the trash, picking up your dirty underwear, wiping out the sink. All the things that make it easier for me”.

“You know how hard I work and then have to take care of the kids too. Grow up, won't you, please? Your mother was right; you're just a big kid. Well, I'm tired of taking care of a kid who should be an adult.”

“I'd like to see you like a responsible man... maybe then I could feel more turned on by you... As it is you are like some kind of child and I certainly don't want to have sex with a child and me the mother... you know what they call that...”

“You know Jill; you're not a saint yourself...”

“You're just like all the other women I've ever known... talking on the phone all the time, ignoring the kids and me, buying stuff you don't need, and gossiping with your friends.

Don't you think it's about time you thought of me and the kids for a change instead of yapping your mouth off with your sister?”

"You never act like a you care about having fun or being with me, let alone our sex life. Can't you just take a break once in a while and go have fun with me? I feel like you are just some kind of neutered roommate, not a lover at all. You are the stereotype of the bitch housewife."

Main Take Away Points!

Uh... what chance do you think that things are going to get intimate, sexy and fun between these two any time soon? Can you say, ZERO?

The battle ground is set and Jill and Frank will be willing fighters on this issue for the rest of their marriage, unless they can change the ways they view each other and start valuing the other.

A great sex life is getting farther and farther away from them, receding into the distance, about to go over the horizon.

Will they/can they bring it back and have a great sex life again?

Maybe...

How will they learn to do this? www.LoveSexandMarriage.com

Big Mistake #4. Trying to make sex “like it used to be” instead of living in the present toward the future (pretending or desiring to be the same people you used to be). Freezing the sexual relationship in time.

Albert and Susie

Susie had been having an affair for 6 months with an old boyfriend.

They had reunited at the recent college reunion and the sparks flew. At first Susie was thrilled. The excitement was beyond her wildest dreams. They met a few times a week those first couple of months and then it slowed down a bit, but not much.

She even got a charge out of planning things so that Albert wouldn't find out and found the feeling of being sneaky and deceptive quite a charge. It was exciting!

But, as the months wore on Susie began to be uncomfortable - "would Albert find out" "what would happen if he did" "could she lose everything thing?" Her thoughts wouldn't stop.

Albert began to suspect that something was going on. Their sex life wasn't as active as it had been. Susie seemed distracted and nervous. Finally Albert decided it was time to investigate. "Susie, what's going on? We haven't had sex for a couple of weeks, that's not like us. And you seem weird. Are you OK?"

Susie couldn't take it any longer and through tears told Albert the whole story. She told Albert that the reason she did it was not because she didn't love him... but because she missed the excitement of their love life, the tingle of the beginning, the spark of the "chase."

And she just didn't feel she could have it with Albert anymore.

But she never gave Albert a chance. She never suspected that their intimacy and sex could be even deeper, more exciting, more fulfilling than anything she could get "on the outside."

This kind of limited thinking, pre-judging the outcomes before you ever get to them (my husband Dr. Max Vogt calls this "writing the whole novel in your own head!") is not only a slap in the face to your partner, it is a complete lack of imagination about the present and the future.

And it certainly destroys lives.

Susie lacked imagination about what was possible with Albert, and with her own developing intimacy. She kind of gave up on growing and developing. She abandoned her relationship and gave up on her husband and on her own ability to deepen...

And she showed her cards in her closing remark "but I don't want this to change our lives and our sex life, I'm sure it will be as it always has been."

Main Take Away Points!

Albert and Susie are in for a big shock. Sex will never be "the same."

They may be able to move forward and have something much better, more intimate, more meaningful... or they may completely stagnate.

Susie made a big error. Not just having an illicit affair, but in assuming that she could take this action and still have "no change." That she could "have her cake and eat it too." And in assuming that she and Albert couldn't find something really great together.

Who knows where they will go next. It all depends on their willingness to face what has now become obvious, which is that they will not be able to "stay the same."

How can they move on and discover new possibilities if they are not choosing to just "stagnate?"

Find out at: www.LoveSexandMarriage.com

Big Mistake #5. Being unwilling to try new things or push yourself to grow as a sexual partner. Keeping yourself stagnated and thinking you partner should just accept you as you are and that's it - or they don't love you anymore (this SEEMS to be contradictory to #3 but it isn't because it's about YOU and your growing and developing).

Kim and Alex

Kim and Alex, college sweethearts, have been married for 15 years. Kim a lawyer and Alex a dentist.

They have chosen not to have children because of their careers and because they have a ton of similar interests that keep them busy and active. Recently, Alex has been getting bored with their love making. He'd like to try some new positions, maybe some toys (nothing too provocative or 'naughty') and perhaps some fantasy play.

Kim is appalled!

"I'm fine with our sex life I find it unnerving that you want to upset our lives. Who have you been talking to? What have you been up to"? Kim's anxiety exploded as she allowed self doubt and confusion flood her heart and mind.

"I'm not up to anything other than wanting to experiment a bit. I want us to grow sexually as we have in so many other areas. It's not wrong to want to try some new positions, you might like them too. If we keep things the same we'll both eventually get tired or bored."

Will Kim take the challenge...? Alex is not insulting her or bullying her... he is presenting a new opportunity.

How would you respond? Are you ready to consider trying new things?

Or are you convinced that the way your sex life together is... is "fine and dandy just the way it is?"

Main Take Away Points!

One person wanting to change and the other not being ready for change can create tremendous anxiety, fear and disconnection.

Change is growth producing and yet because of all the unknown things that can come along with change, we generally resist changing.

It's difficult to know what Kim will do with Alex's challenge.

But I know a great place for her to get some good help:

www.LoveSexandMarriage.com

Big Mistake # 6. Over-analyzing who your partner is, defining them and telling them they have a problem they need to fix rather than seeing problems as mutual and subject to conversation and working through.

Angie and Howard

“Angie you’ve always been too generous. I think you are that way because you’re compensating for not having a loving mom. You’re always getting in way over your head and it’s taking up to much of your time, all your obligations. You need to figure this out and get some help. This is why you are afraid of having a really good orgasm, because you feel the abandonment of missing your mother... You should talk with your therapist about this and get it worked out.”

“How awful of you to say that Howard, you’re so bossy and controlling, just like your father. I wish you would just leave me alone to do what I want. Speaking of controlling, I think it is your passive-aggressiveness which is the reason for your premature

ejaculation. You just want to withhold pleasure from me just like your father did with you... If you would take care of that problem, we'd probably have great sex.”

Geez, people, give it a rest.

It might not be possible for anyone to get anywhere near to a good sexual experience with this kind of "head talk" so thick in the room!

This is not helpful in creating any warmth or connection between people, let alone making them into lovers or really intimate friends.

Everyone has some personal foibles or quirky part of their character. But bringing it up in the context of sex and intimacy in such a way that ends up so blaming pretty much kills all the "lover" in anyone.

Main Take Away Points!

Angie and Howard are in the blame game and most of their conversations "go that route."

Doesn't it just about make your head explode?

Their ability to come together to resolve issues that come up between them is nil.

If they keep on this way it will lead to bitterness, rejection, anger and possibly divorce. Unless they are some kind of freaks who like to be psychologically punished and get off on that! (Well, I guess it could be... takes all kinds to make a world, no?)

There really isn't any other direction except downhill unless they can figure out how to resolve these things in a mutual way.

I suggest they visit: www.LoveSexandMarriage.com

Big Mistake #7. Failing to communicate your desires, wishes or needs and then feeling “ripped off” when those don’t get met...and then trying to “hint” at them with the hope that your partner will fulfill them without your asking. Also called “mind reading”.

William and Kathy

“You know what I like in bed, William. I’ve told you a thousand times. I don’t know why you can’t remember; stop accusing me of not telling you. The more you forget what I like the more convinced I am that you don’t really want to have good sex with me.”

“I honestly don’t remember you ever telling me exactly, precisely what you like or don’t like in bed. You don’t tell me, Kathy, and then I have to either disappoint you or try to read your mind, which I’m not very good at.”

“You should know, if you really love me. Maybe I haven’t spelled it out exactly but you should be able to pick up on the cues. It’s not that hard, is it? I expect you to know what I want and desire, that’s what true love is. People know exactly and automatically what the other person likes, and that’s how you know they are really in love. It’s not real love if you have to tell the other person in vivid detail exactly what you want...” Kathy responded.

“Well, I guess I don’t, responded William. I can’t read your mind and I think you’re trying to give me some hints about what you want but they are so hidden that I can’t seem to pick up on them. Would it be so difficult for you to be more specific?”

“I shouldn’t have to, if you really love me you should just know”, replied Kathy.

Main Take Away Points!

Both Kathy and William end up feeling frustrated and upset because both of them are being accused by the other.

Mind reading never will work in any relationship as William as found out. And maybe you have too.

Kathy feels she is being "specific enough" with William and that some how he's not paying attention, because he should "just know."

Again, this is fantasy land. Maybe when you are first together and in the intense rush of lust and newness it seems like you know each other perfectly, but you give allowances... Then later it's different.

This stalemate is the kind that just continues without any resolve simply because neither person is willing to try something different.

I'll be they could get some help from: www.LoveSexandMarriage.com

Big Mistake #8. Expecting your partner to be interested in you physically, sexually when you put very little attention into looking your best and having the best hygiene. How can they be interested in you if you aren't interested in yourself (enough to look good and be in good health)?

Barbara and Neil

Neil has been working in the yard all morning while Barbara has been at the gym working out. Barbara is conscientious about her looks and body, partly because she is on the T.V. quite a bit in small acting parts.

But, really she's always been "put together well". This was one of the main things that attracted Neil to her in the first place. He used to brag to his buddies that he was dating a beauty.

Barbara fell for Neil's rugged good looks, his strength, his confidence, and his love of the out doors. They didn't live together before they got married, which she now thinks might have been a mistake, and therefore she didn't know some of his habits that she now has become familiar with.

Neil complains that she's always bugging him, "go take a shower", "clip you toenails," "brush your teeth", "the way you take care of yourself is terrible, Barbara complains, I love your body but the fact that you don't clean up and take care of your self turns me off. How am I supposed to have passionate sex with you when you stink?"

Neil thinks this is not necessary and if she really loved him, she wouldn't make such a big deal of it.

Main Take Away Points!

Having pride in yourself is demonstrated by the way you take care of yourself.

Not taking your partner's suggestions seriously, ignoring them and thinking they are nagging you - only makes the situation worse.

This may seem like a small issue for couples - but it's not if it's driving your partner away from you and causing them to pull away emotionally and sexually. It's a bigger issue than you think...

There's a lot more to it than this, but ...

How can Barbara and Neil resolve this: www.LoveSexandMarriage.com

Big Mistake # 9. Expecting your sexual life to be like something you saw on TV or in the movies...Expecting a particular “external” picture of the ideal to happen in your relationship rather than co-creating your own ideal picture of what you want and working together to get it.

Rita and Shawn

Rita and Shawn married young; both of them were 18, just out of high school.

Rita wanted the perfect wedding the one she had dreamt about and she got it. Everything was wonderful. As a matter of fact she was going to have the perfect marriage, with passionate sex for ever. That had been her declaration to herself on her wedding night.

But here it is just 4 months into their marriage and they are fighting about sex. “I don’t understand why you have to light candles and spray that yucky perfume around” Shawn yelled. “What’s that all about”? I don’t mind you making noise when we have sex but when you act phony it’s too weird”.

“I just want it to be romantic - like in the movies. I like the candles and perfume, it sets a romantic mood. It makes everything special.”

They are nowhere near on the same page...

How will this turn out? We know how it will if it continues on this track.

Main Take Away Points!

Communication about such a sensitive subject as sex is very difficult and requires courage.

It also requires a new set of skills to not get defensive and to stay open.

Forcing your ideal on your partner is bound to create conflict. Unless you and your partner hold the same ideals, and then it's bliss. How often does that happen?

Helping Rita and Shawn means that they need to visit:
www.LoveSexandMarriage.com

Big Mistake # 10. Doing nothing, giving up or expecting that “some day things will be better. Postponing your sexual relationship until “the romantic get away,” “when the kids are grown,” “when we retire,” etc. For all you know, you will be dead before any of those things happen and how will you summarize the quality of your sexual relationship?

Sam and Julie

Sam and Julie have been married for 23 years; have 3 children all out of the home and beginning their own lives.

Sam retired last year and “we are getting ready to ‘start living’ Sam said on his retirement. Julie is just starting into menopause, hoping it won't be “too rough”.

However, she's noticing that her sex drive is very low, she doesn't lubricate, she has little to no desire, she's gaining weight and the last thing she wants is sex.

"Now that all the kids are gone and we have all the freedom in the world, why this". "Julie never felt free to have sex when the kids were in the house. She was afraid that it might cause them some kind of harm.

"So we put our sex life on hold" Sam complained. "I thought it would all be better once they left, once the excuses are gone. And now this."

"I want a good sexual relationship as much as Sam does, but he just doesn't get it that there have been too many things in the way. I hear that after menopause passes I'll have more interest. I tell Sam that so he won't get discouraged."

Main Take Away Points!

There are always a million distractions that can keep you from having a full and exciting sexual relationship.

Often times these distractions become life long excuses that keep you from confronting more serious issues.

Putting off developing a healthy, fun, enjoyable sexual relationship with you partner can lead to serious relationship and health problems
What should Sam and Julie do?

How about a visit to: www.LoveSexandMarriage.com

More Resources

1. If you visit www.LoveSexAndMarriage.com you'll find many of the answers to these quandaries and sexual problems. An e-book which directly answers these specific questions is forthcoming on the site... but in the meantime you'll find many of the answers to these questions.
2. On www.LoveSexMarriage.com you'll find the wonderful and powerful course I have created for you called "From Ho-Hum to Yum-Yum!" You have to get this course if you want to make rapid and very effective improvements in your sexual and intimate life!
3. You absolutely have to visit www.AskDoctorMax.com for general help in your relationships. There are many books, e-books, videos and audios (many free) which will help you enormously in your relationships.
4. If you've had a devastating and difficult affair or your spouse/significant other has, I highly recommend the book at www.ThriveAfterTheAffair.com
5. If you want a quick and very effective general improvement in your marriage, visit www.TenDaysToAGoodMarriage.com for help in this area.
6. If you are a man and feel you have lost your place as your wife's hero, go to www.MakeHerAppreciateYou.com
7. The real and most powerful, innovative and NEW course in the entire field of marriage counseling and marriage advice is Dr. Max Vogt's "You Don't Have to Change Who You Are to Have a Great Marriage." You can get it at Amazon, your neighborhood bookstore, or www.AskDoctorMax.com

8. To get your own Marriage Blueprint™ profile, you absolutely have to visit www.MarriageBlueprint.com

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