



SEX

by DR. NIKKI GOLDSTEIN



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AS WITH TIGHTROPE WALKING, THE KEY TO A HEALTHY SEX LIFE IS BALANCE

It's time I changed some of the terminology when it comes to sex (yes, I can do that – I'm a doctor). Instead of attempting to always 'spice' things up in the bedroom (since when did chilli do anything good for your love life? And if it does, please don't share) it's time we had a different agenda: To have a healthy sex life. But what does that mean? It's not necessarily about being able to partake in a bedroom marathon but to strike a sexual balance that fits both the internal desires and external potential of you and your partner. The

aim here is to have fun and enjoy your relationship both in and out of the bedroom, instead of just trying to go longer, harder, and stronger.

Explore yourself. Oh my, did I just give you permission to masturbate? Not that you actually need it, right? Think of this as more than masturbation – it's an exploration of your inner self to discover what it is that really turns you on, how you get going, and how your body responds to sexual stimuli. You never know, you might just surprise yourself and find something new. I would tell women the same thing. You need to know what really gets you going, so you can tell your partner what to do (in a nice, gentle, and seductive way, of

course). Try to experiment with new sights, sounds, and maybe even smells.

Keeping some time for yourself. It's important in relationships that you keep a little slice of your own life. It's very intimate to share things with your partner but to keep the conversation interesting and not feel as though you have lost yourself might be the one move that can save you and your relationship. I'm not suggesting heading to the pub on a regular basis or anything. Why not try a



hobby like fishing or something outdoorsy and hot where you can take your shirt off (sexual fantasy alert!)? It's also important to encourage her to do likewise.

The talking never ends. I know this might not be your fav activity to do with your partner but most problems in relationships come from a lack of communication. Most problems in the bedroom also come from assumptions that follow on from that lack of communication. When we start a relationship we might discuss sexual fantasies but keep in mind these could change over the months and years. It's important to every so often check in with your partner and see where

they are at. Women's sexuality is fluid and changes over time. Something that was off the table when you first met might be back on these days – but how will you know if you don't talk about it?

Trying one small new thing. When it comes to

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spicing things up in the bedroom, people often want to go to extremes, grab a costume, and turn their bedroom into a dungeon. But all it might take is one small thing to break tiresome bedroom habits. A blindfold, a new toy, some sexy lingerie etc. Use the KISS [Keep It Simple, Stupid] principle and get it right without going over the top.

Touch! It's something we can forget to do but is often so powerful when it comes to intimacy. I know you are eager to jump into bed but just touching your partner can elicit similar biological responses and release various sex hormones that make us feel fulfilled and bonded to our partner. Don't

forget to touch her hand, tickle her inner thigh, and hug her whenever you can. But please do it without a sexual agenda, otherwise it'll feel forced.

Do not keep up with the Joneses. We can get caught up with comparing ourselves, our relationships, and our sex lives with everyone else's. Please note that your relationships and sex lives are unique to you and your partner. What is right and works for you does not necessarily work for other people and vice versa. So find out what makes you and your partner tick, no matter how crazy or bizarre that might be. Most of all, enjoy the journey but don't focus on the destination. Maintaining an exciting and healthy relationship is not about an end goal but about a process – and one you should enjoy. You might never be completely satisfied (where's the fun in that?) but you sure can have fun trying.