

SEX QUOTES

"It's easier to do sex, like lunch, than to talk about it!"

-Unknown

"More than any other factor, your ability to talk freely and honestly about sex is the key to a passionate sex life. Contrary to popular belief, talking about sex does not destroy the magic, it makes it come alive."

-Patricia Love

"The one thing that you think you can't discuss with your partner is the one thing that you *must* discuss.

-Carl Rogers

"Most couples don't talk ABOUT sex, they talk AROUND sex. They communicate through gestures, veiled comments, euphemisms, winks, sighs, gibes, jokes, put-downs, lies, and code words. At times the way they communicate is more harmful to the relationship than not talking at all!"

-Patricia Love

"Ask for what you want and learn to give feedback: "Instead of that, try this.....I like it when...I'd like us to...I'd like to try.." Oral sex is really when you open up your mouth and TALK about sex! This is needed to resolve problems, eliminate guesswork, and change patterns that aren't working for either of you."

-Susan Hennings

"The vast majority of us, no matter what our age or history, are inhibited when it comes to talking about sex. We may think we're being candid about our sexual wishes and needs, but we sabotage ourselves with self-defeating habits or share only a fraction of what's on our minds."

-Anonymous

"It's an amazing paradox that the most fascinating subject known to humankind is often the most difficult topic for a couple to discuss. In spite of the importance of sexual relationships, many couples spend more time talking about what color they are going to paint the kitchen!"

-Jerry Talley

"Failing to state your sexual needs greatly increases the chances of sexual unhappiness. Whether you choose to be silent or to confide your preferences, some risk is inevitable."

-Matthew McKay

"Communicating about sex takes courage. Safety is the foundation of open communication."

-Victoria Lee

"Good sex is when *people* interact and relate, not just *genitals*; in which deceit and coercion play no part; in which what's between your ears is as important as what's between your legs; in which you can plan for sex and talk about it before, during, or after the actual events; in which you can change directions or stop at any point. The goals of this intimate model of sex are pleasure, closeness, and self and partner enhancement. not performance or conquest."

-Bernie Zilbergeld

"Our ability to love often lies dormant until we learn how to connect on a heart-to-heart level. Skillful, full and courageous communication is our best tool for bonding deeply with our beloved."

-Victoria Lee