

FROM THE STABLE OF BEDROOM MATTER'S

8 SEX LANGUAGES

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HOW TO UNDERSTAND AND SPEAK
YOUR HUSBAND'S
SEX LANGUAGE

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8 Sex languages

(How to understand & speak your husband's sex language)

Men just like woman, want to be desired too. As women we are taught to be the objects of desire not the owners of desire. We grow up thinking that sex is something that happens to us, not something we should make happen. Rarely, do wives feel as agents of their own sexual lives. We feel highly insecure of our own attractiveness and unique bodies due to loads of messages and pictures from the media. We may struggle to reveal our erotic imagination so we don't raise suspicion in our husband or have them think we are canal or have joined "bad gang". Childhood training and adult anxiety leave us weak in reaching out in this powerful way to reassure our husbands of our commitment to him.

We need to unlearn and relearn somethings to enable us live and enjoy sex in our marriages. And one of the things we need to learn is how to understand our husbands' sex language and begin to take control of our feeling.

Below are 8 sex languages that if learnt and taken seriously, is guaranteed to rock your world and your husband's:

1. He wants you to initiate sex;

Like I said earlier, men want to be desired too. Our husbands don't just want sex; they want us to want them. Wanting confirms our love and reveals our vulnerability to our primitive bond with each other. For many men, sex is

love, sex is connection and a woman's sexual initiation, compliments, and offers deep feelings of both excitement and security. You need to know also that, it may not translate to sex all of the time. He just needs to know that he is wanted by his own wife.

2. He wants you to communicate.

He should be doing the communication himself agreed, but a partner who can explain exactly how they want to be touched is endlessly sexy, and helps him deliver up some honesty too. Someone who is polite but not afraid can encourage a guy to tell you what's working or not working, too.

3. He wants different sex positions. For real! (With my straight face)

If the only style you both do is missionary on the bed, chances are that your husband is probably craving something different every now and then but may not necessarily tell you. He may have tried to turn you and change style couple of times but you haven't taken note of that. I am not suggesting that you go out of your comfort zone just to please your husband, who knows, you may even enjoy it. If it has ever crossed your mind that it might be hot to have him spin you around and try out doggy style on your kitchen counter.... well... then.... go for it.

4. He likes it when you take charge.

Imagine sex is like a group project and you are obviously very invested in getting an “A” (or having an orgasm.) And your team members aren’t taking it as serious as they should. But for you, a lot depends on that “A”, what will be your natural response or action plan? If you’re anything like me, and that “A” is a must, I will take initiative because failure is not an option.

I suggest you take charge!!! Show him the moves you’ve learnt from this course. He’ll love the idea of his wife going for what she really wants and satisfying him. And guess what? He’ll learnt to observe your own needs and what turns you on. And you’ll both will be better for it.

5. He likes it when you’re direct.

Surveys have shown that men sometimes if not most times, want a woman who is direct and can tell him what and how she wants to be pleased or how to please him. This is great especially when you have a good relationship with your husband. Should you be worried about offending or hurting his feelings, then just focus on the positives to tell him what you are and aren’t into. Don't hesitate to tell him, “hey sugar boy, that’s not doing anything for me, my breast isn’t ready yet,” but also balance it by complimenting what he did right eg “I really liked it when you were touching me here and or there (be specific) Positive reinforcement always works wonders. "Tell him how good it feels when he does something right, or remind him of a technique that always gets

you off," says Gloria Brame, Ph.D Georgia sex therapist . "If he's not giving you enough foreplay, ask him to use his hand or mouth to warm you up. Be ready to ask him too what you do that he likes the most and do it for him."

6. He loves what he sees.

For men, what they see is almost as good as what they get, so make sure to give him an eyeful. Dress to mess with his mind. If you have a big mirror in your bedroom, get him to look into the mirror with you, especially during a doggy or cowgirl position. When you decide to take time off and book a hotel, make sure your room has mirrors large enough that you can see yourselves almost on every angle.

Let me know how this goes for you. *wink*

7. He wants to talk about his fantasies with you.

Believe it or not, our husbands have fantasies that you may never know unless you ask. You might think this is strange but believe me he might feel vulnerable to discuss them with you because he needs to know that he won't be judged after spilling. If you open up the communication first, he feel safe sharing his fantasy with you, it'll only improve and help your relationship/friendship.

As with any sexual fantasy, it's best to discuss details beforehand. Open up the dialogue by discussing one of your fantasies first. This makes it more comfortable for him to talk about his own fantasies, and will establish a baseline trust and safe space. Doing this will definitely help you two discover which fantasies you

may have in common, and if so, which would be easiest to turn into reality as long as it is healthy.

8. He wants to be spontaneous and shake things up a bit.

Same old same old can dull things in the bedroom. If you study your husband, sometimes, he just wants to do things different, but his handicapped because he's not sure you'll understand.

They say that variety is the spice of life. Don't be giving him only "eba and egusi soup" year in, year out. Like mummy Adejumo will say, "be unpredictable". Just as you change your hair always, upgrade your wardrobe and buy new shoes, buy and use new nighties, try out new sex positions, try new locations etc. you need to stop being afraid to be naughty with your husband. Connect with your husband in ways that he never knew you could and watch even you glow!!!

Now that you know at least eight (8) out of the numerous sex languages your husband loves, are you willing to do what it takes to bring back hot sizzling romance into your marriage?

Remember, that god instituted marriage and sex. Don't deny yourself the pleasure here on earth.

1 Corinthians 7:2-6 The Message (MSG)

2-6 Certainly—but only within a certain context. It's good for a man to have a wife, and for a woman to have a husband. Sexual drives are strong, but marriage is strong enough to contain them

and provide for a balanced and fulfilling sexual life in a world of sexual disorder. The marriage bed must be a place of mutuality—the husband seeking to satisfy his wife, the wife seeking to satisfy her husband. Marriage is not a place to “stand up for your rights.” Marriage is a decision to serve the other, whether in bed or out. Abstaining from sex is permissible for a period of time if you both agree to it, and if it’s for the purposes of prayer and fasting—but only for such times. Then come back together again. Satan has an ingenious way of tempting us when we least expect it. I’m not, understand, commanding these periods of abstinence—only providing my best counsel if you should choose