

A photograph of a couple walking on a sandy beach at sunset. The person on the left is wearing dark jeans and is barefoot. The person on the right is wearing a patterned skirt and is also barefoot. The background is a soft, warm glow from the setting sun over the ocean.

1 Simple Question for *More Pleasure* With Your Partner

By: Kim & Amy Sedgwick



This is how you get what you want in bed.

As a sex coach, the two issues I encounter most often with my clients are difficulty experiencing optimal pleasure and lack of confidence around pleasuring one's partners. Both issues tend to stem from a difficulty in knowing **the best way to ask a question** – that is, asking for more information in a way that:



1. Doesn't **hurt anyone's feelings**
2. Provides **useful information**
3. **Doesn't generate an automatic answer** (such as when someone asks "How are you?" and we reply "I'm fine thanks, you?" even when we're not fine at all)

I've been told again and again that implementing this one technique has dramatically changed my clients' ability to communicate with their partner, and ultimately their sex lives!

Rather than asking your partner “closed questions” that only have a yes or no answer, **give your partner options**.

The problem is that most yes-or-no questions elicit either a **false positive answer** - one of you trying to appease the other’s ego - or an answer that **hurts the other’s feelings**.

Consider the following examples:

- “Does that feel good?”
- “Was I good?”
- “Did you come?”

Can you see how these kinds of questions - and answers! - end up causing some problems in communication for couples?

Instead, use this type of question as a way to get and give more pleasure:

“Would you prefer _____ or _____?”

There’s no wrong answer to this type of question! That is, you won’t hurt your partner’s feelings by answering, and they won’t hurt yours when you ask them. In fact, you’re both more likely to feel comfortable saying, “Actually what I would really love is if you did _____!”

Adopting a framework that focuses on **options** can go a long way to helping couples get the sexual pleasure they desire and deserve. I invite you to give it a try and let me know how it goes!

Interested in learning more?

Despite living in a sex-saturated society, we rarely have candid conversations about pleasure. So if you don't feel comfortable expressing your sexual desires, *know that you are not alone*. It's not a skill we're taught so it can take time. Please be patient with yourself. If you would like more support, we encourage you to check out [Confidence Building Secrets for Pleasuring Your Partner](#) and [our sexuality coaching programs](#). We also have a number of [blog posts](#) about the topics of sex and sexuality, and as always you can ask us anything by email at thesisters@redtentsisters.com!

Love,

Kim & Amy