

## **Mismatched libidos Q&A**

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### **How can couples sex up their sex lives?**

This is a question I am often asked. When I started to research sexual pleasure as an academic in 2005 I read every book I could find on the issue. From Masters and Johnson's seminal work on sexual response, to Kim Cattral's, pleasant little book on achieving satisfaction to nasty hard core 'how to' books. Good advice in all of these books for couples wanting to sex up their sex lives.

Improving sexual technique, making an effort to get better educated in this area is so important. It's one of those things we think we can just do but actually like anything it takes effort, energy and practice.

### **How do couples have more spontaneous sex?**

I am not sure that is the right question. Spontaneous sex happens when people feel sexy and when that isn't happening then scheduling sex, making sex dates or times to share some sensual intimacy can work way better.

### **Can role play ignite the spark?**

Oh yes! 50 shades of grey wouldn't be so popular if it didn't but it doesn't need to be BDSM. Walking around in sexy lingerie and high heels if you don't usually do it can be all you need. Being a bit toppy or submissive if it's not your usual thing can be exciting. Put on a costume, see if it changes how you feel, try a wig. If you are not sure just do it for yourself in front of the mirror no one needs to know but you may be changed by the experience and that might be enough to light (or at least lay the foundation for) a fire.

### ***How do couples combat mismatched libidos? Ie, when men are needy for more sex?***

Mismatched libidos is a problem in relationships but not just for men. Women can also want more sex than their partners and it's a problem for both partners not just the partner who wants more sex. Taking the pressure to have intercourse out of the equation and shifting the focus to sensuality is a tried and tested technique for increasing intimacy in a relationship. Sometimes this also leads to more sex.

Increasing intimacy and spending time on sensuality can help to increase sexual energy and sexual energy is the key to great sex.

If you want to get back to having more sexual pleasure, or make sure your partner is having it *with you*, then it's time for either or both of you to make a change. Often libido drops when we are tired, unfit, or unwell so improving overall energy levels by making changes to your physical wellbeing can make a massive difference. It's about lifting your energy.

You can also lift your sexual energy. After I finished reading all those sex books I started reading books about sexual energy, there are a lot of them. I also started going to workshops and practicing different techniques to increase my sexual energy. You can think of this as sexual physiotherapy or sexual Reiki. What I discovered was that you can lift your sexual energy and you can share that with a partner.

*If you want more sex than your partner* and this is an ongoing issue then you should be able to answer this question: 'what have you learned about sex since your last sexual encounter with your

partner? So here is my advice to both partners in a mismatched libido relationship, get fit, get educated, talk to a sexpert, spend some time looking after yourself, start making the change yourself. In the words of that famous philosopher/model Rachael Hunter 'it won't happen overnight but it will happen'.

