

# Best of The Innerwife : Sex



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## About the Author

Chad Hunter is a published author, copywriter and freelance writer. He has written numerous pieces of fiction, magazines articles, newsletters and on-line publications. His background in journalism has stretched its roots into applying strong writing principles into the new and unconventional writing of the new and hi-tech market. He has contributed to relationship-related outlets such as [www.askmen.com](http://www.askmen.com), [www.iseecolorlive.net](http://www.iseecolorlive.net) and been featured on [Alan Roger Curry's Blog Talk Radio network "Mode One" talk show](#) in 2008 and [again in 2009 discussing the Innerwife in the Bedroom](#).

Most importantly for this book, Hunter is a married man. Having had good dates, bad dates and some that are still undecided, he has experienced directly and indirectly the highs, the lows and the in-betweens that occur in every type of relationship.

The Inner Wife is more than imaginary, she is a blessing. On top of that, she is newly developed but anciently wise. The Inner Wife is, amongst other things, a marital muse and a relationship Sherpa.

Hunter, his wife (and his inner wife!) live and grow in their marriage with strength, blessing and resolve.

## Boring Sex and Newlyweds

Now that you've both said "I do," you both feel like "You don't want to." The media has fed us a completely opposite image: a first year of marriage filled with non-stop romance and breath-taking sex. But, this is not always the case and the possibility of dull sex can be a strain as you start your married life.

- Firstly, begin by talking. Communicating what you like, what you don't like and what you expect can build a bridge between you two. It can also aid in you both enjoying your sexual experiences. Talk, talk and talk because assumptions can lead to marital stress and neither of you can read minds!
- Explore and experiment together. Don't shy away from new things in the bedroom. This is your chance to find new excitements and new adventures. Experiment and discover new areas of want and fulfillment in both of you. Don't feel like it's a state of sorrow in your new marriage. The issue of struggling sexuality typically is a long-growing problem that seems to suddenly rear its head.
- Stay away from the unrealistic. The media, which includes magazines, romance novels and pornography, can introduce unreal expectations. Avoid them and the trouble they can bring into your already troubled sex life. Enjoy sex with your real live partner instead of imagined passion with the make-believe.

- Remember that sex is another form of communication. Keep it from becoming a chore! It's another level where only you two connect. Sex is not something "to do" or that "you have to do because it's been awhile." Enjoy it!

## When Your Spouse Doesn't Feel Sexy

To you, your wife or husband is God's gift! They're beautiful or handsome, photo-shoot-worthy and totally hot! However, to themselves, they're ugly. They're too-this or too-that. Your beloved sees themselves as anything but attractive. As this lack of self-esteem is hard enough on your spouse, this negativity will drain your relationship, both emotionally and physically. So being that this is their problem, what can YOU do?

- Begin with sincere compliments. False comments and exaggerated fawning and gushing will fail in helping your partner's sexiness and result in backfire and insult. Put strong focus on what made you love them and what still keeps you going. Avoid focusing on the past as that could make them feel compared.
- Watch what media fills your house. If your wife feels unattractive, your having magazines with fantasy women all over it will drive her deeper into her sorrow. Same goes for husbands if you constantly put romance novels, movies and other items that show the supermen of a woman's desires. Be exceptionally careful of pornography and the messages that could send your spouse.
- Use advance foreplay! Start the sexiness in advance by placing sexy notes in their lunch bag, kisses without leading to sex and even coupons for various

"activities." These and other little jumpstarts over a time period can start them to warming themselves up while you remain ready.

- Lead by example. Be sexy yourself. If both parties are struggling in a relationship, there is no one to help repair it. Keep your energy levels up, stay healthy and work on exerting sexy energy yourself. Your positivity can be an anchor for your partner and a good place to start.

## Sexual Healing - Coping With Your Wife's Low Sex Drive

Solutions to sexual issues begin with approach of the problem.

- Sympathize with her rather than attack her. As much as it's bothering you and frustrating you, it's bothering her too. Your wife loves you in heart, mind and body and she doesn't want to be this icy, sexless ghost. She wants to be the best woman for you in all ways and falling short romantically is not only causing her emotional pain. It's also worrying her. Begin by talking to her and listening. Give her reassurance that you're not resenting her or looking elsewhere. Let her know that you sympathize and are aware it's not easy for her. Assure her you're in it with her and that you're not leaving her, especially to get sex elsewhere.
- Now that you've established sympathy and approach, be prepared to help. Low sex drives can have multiple causes and multiple solutions. Step up and research, call therapists and buy items to aid in the mood. Send out the signal that you're an uncaring lump and you'll be working against the pursuit of physical intimacy and sex. As your wife sees you trying to help her because of love and not out of desperation, it can show her she's not alone. Communicate about sex and its role in your relationship. Converse with her about your sexual needs, her needs and what is going on in the marriage. Although we may wish they would, low sex drives rarely ever go away on their own and never by being ignored.



- Not talking openly and honestly about sex gives room for ignorance, fear and negativity to creep up in your relationship. Communicating with your wife will tell her that you're in this and you're truly her partner. Don't be afraid to ask questions about possible causes, both physical and emotional. Your wife may have past experiences or physical feelings that are damaging her sex drive. Exploring into who she is can aid in unlocking any issues. If there are health issues, libido can surely drop. Remember you are not there to fix her but you are there to talk with her and help her.
- Seek out a therapist. Your wife can be heavily influenced by emotions. Sexuality can be deeply rooted in how she feels. Find a counselor your wife feels comfortable with. You can help her talk out issues but you're not qualified to dig deep into who she is. Additionally, if she has no regular physician, have her find one. She may then begin to speak about possible physical causes.

## Struggling in Your Relationship? Grow Your Innerspouse

The Innerwife is a communication tool that not only brings a new view to relationships; it also helps us get to know our special someone even more. While the Innerwife works well for those with that special lady, how about those with Mr. Right in their lives? Developing or should we say "growing" your Innerhusband, your Innerwife and overall Innerspouse is not difficult but it does take effort.

- First, start growing your Innerspouse by thinking of your "real" partner's best moments. Record the moments when you've seen your spouse at their happiest. These times have given you a map to how your spouse thinks and feels. The information from these good times lets you know what they like, what turns them on and what made them feel good. Think about these moments down to the last detail. What made them happy? How did it happen? What was your part? What did you say? How did you say it? Mentally record this information.
- Second, think of their worst moments and REALLY record these moments! The negative reactions are your second (and may be even more so) most important sources of information about what makes your spouse tick...or ticked off. Go over the major fights and blow-ups in your relationship and you'll find patterns. Patterns of how your special someone has reacted time and time again. What happened? What made them angry? What was your part? Mentally put this information to stone.

- Growing your Innerspouse is quickened by information such as your spouse's good traits. The more blanks you can fill in about your spouse, the better your simulations will be. List their good traits. List the parts of their character that stand out, that shine and that make them the great person they are.
- Growing your Innerspouse is born even faster through listing your partner's bad traits. An Innerspouse shares the same makeup as your real spouse (also termed "Outer spouse"), they have both good and bad. So in knowing the positive aspects of your beloved, you need to know the negatives. By knowing the less-than-stellar traits of your other, you'll know where they feel weak, where they feel angered or upset. Where they're tempted and where they tempt.
- Start small to help put it all together. Just start through your day with moments like "I wonder what she would say right now about this?" or "I wonder how he would handle this situation?" Start with small scenarios for your Innerspouse. Take former situations and reactions they've had and use them to build simulations. Create a mental copy of your spouse and start using this in your relationship. If there's a decision that will impact both of you, run the simulation of your spouse. If there's a choice that needs to be made, test out a conversation with your Innerspouse.

- Finally, remember to practice, practice and then practice. It's a simple step but one that is very important. Practice your Innerspouse as much as you can. Soon, it will become second nature and will lead to a new level in your relationship.

## **For more from the Innerwife**

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