



Make Love better, Add a Third Person – Using Innerspouses in the Bedroom

The Innerwife and its counterpart Innerhusband are tools that can truly enrich relationships across the board. Even more so, Innerspouses can bring some extra heat to the lagging and sagging moments where two truly become one – sex.

How to Use Your Innerspouse In the Bedroom

Put Yourself in Their Shoes – Innerspouses are excellent bridges into how our lover thinks, feels and desires. You know what does it for them, what steams them up and what cools them down. Put yourself in their shoes and think about what their spouse (you!) could do to keep sex passionate and desirable.

Play through the really hot moments – Run through the hot and steamy moments of your marriage’s sex life. When were the heated, clothes-ripping, all-you’ve-got bursts of romance? Let your Innerspouse remind you of what turned your partner on at these moments. Was it in a car and the thrill of almost getting caught? Did it start in a restaurant with some under-the-table touching? Look back at these moments and look back at what made them special.

Get serious about turning each other on – “*Okay, let’s do it*” is not a good way to jump into sex *unless* that turns your spouse on. Listen to your Innerspouse; they’re the recording of your real spouse’s reactions, ideas and suggestions. Make exciting your spouse, make exciting one another paramount! It’s important, stop taking it for granted.

Use the same hook – There’s an old saying: “The same thing that it took to get your baby hooked is the same thing it takes to keep them.” A true statement was never made. Whatever you did in the past to get your baby is the same thing you need to keep them. Whether it was fine cooking, late night dancing, movie watching or sexy talking, keep doing it. It’s a major component in the formula to keeping your baby yours.

Let your Innerspouse remind how important sex is – When it starts to become a chore, a task, a second thing to do that never moves to first, let your Innerspouse remind you that intimacy is a major part of a relationship healthy and major to keeping it healthy.

Put It Together – Start small. This is always a step in using your Innerspouse. Begin with letting your Innerspouse tell you how to turn your sweetheart on. Then try letting your Innerspouse suggest things to repeat to spice up the lovin’.

Practice – It makes perfect. The more your Innerspouse weighs in on your relationship and its sexual health, the easier you’ll be able to refer to it faster.

[For more on the Innerwife, click here](#)

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