

# HOW TO PROPOSE A NEW SEXUAL ADVENTURE TO YOUR LOVER

WITH LEAH CAREY

## "How do I suggest something new in the bedroom to my partner?"

**I get this question ALL. THE. TIME.**

"How do I tell my partner that there's something new I want to try?"

It's an understandably daunting idea – you have your regular sexual platter to choose from, and while it might no longer be exciting, at least it's familiar.

Going off script is terrifying!

What if your partner rejects the idea? What if your partner rejects YOU for wanting it?

That's some scary shit to be dealing with! No wonder it feels so nerve-inducing!!!!

**So I created these scripts for you!**

I can't promise how your partner will respond to your overture, but I CAN set you up for success by giving you scripts to practice with, so when you have the conversation you'll be ready with the words you want to say.

(By the way – this is something I do with my coaching clients all the time and they tell me it's super useful. We game out conversations so they can practice saying the words of scary conversations in advance. If you practice alone in your car or in the mirror - or if you get EXTREMELY BRAVE and practice with a good friend - it will develop a sense-memory of having said the words that you can fall back on later when your stress hormones are going a little whack-a-doo!)



# The Scripts

## Step 1

First, make sure your partner is able to devote their attention to your conversation and is in a good place to hear it. Your partner's response could be affected by lots of things – including whether they ate their bran muffin for breakfast or whether they got a nastygram from their boss today. Better to wait until they're in a good head space so you have the best possible chance of success!

And please - for the love of all that is holy - don't start by saying, "We need to talk..." or "Can we talk?" That sets off all the alarm bells and dooms your conversation from the start!

Instead say:

*"Hey honey, I've got this idea I'm kind of excited about and I'd really like to share it with you. But I'm also kind of nervous to talk about it, so I want to check in and see where you're at – is this a good time to talk?"*

If you get the greenlight, move on to step 2!

If your partner says this isn't a good time, consider asking if they can identify when a better time might be - a different time of day?

Under different logistical circumstances?

And if your partner isn't able to identify that, keep an eye out for a time that feels right.

## Step 2

*"I read a book / watched a movie / heard a friend talking about \_\_\_\_\_ and it's got me feeling kind of excited. I'm thinking that maybe I'd like to experience \_\_\_\_\_."*

At this point, there are several ways your partner might respond ... read on to find your way forward based on each of these responses...



## The Scripts, pg. 2

### **Your partner is definitely excited:**

*"From the look on your face, I think we have a winner! Is this something you've been wanting? What do we need to do to make it happen?"*

Woohooooo!!!!!! You've hit the jackpot!

Before you rush directly into the bedroom, I encourage you to have a detailed conversation about this new activity to make sure you're on the same page. If you're not sure how that conversation should go, download my free conversation guide, "Ready to start a new sexual adventure? Have this conversation first!" at [leahcarey.com/conversationguide](http://leahcarey.com/conversationguide).

### **Your partner is decidedly neutral:**

*Here's how I'm imagining this might go and what I'm hoping might happen if we do it:*

\_\_\_\_\_

*Is this something that you would consider helping me experience? <--This is a great way to help your partner buy into your fantasy – they're HELPING you to get something you want, rather than feeling under pressure to provide the experience for you*

*Why don't you take a couple days to think about this and we can talk about it again on*

\_\_\_\_\_.

A neutral response is scary because you have no information to go on, so you might start making up stories in your head about why your partner isn't as excited as you want them to be - it's a natural response. But you don't know what your partner is thinking until they tell you! Repeat to yourself as often as necessary: "Don't make shit up. Don't make shit up! DON'T MAKE SHIT UP!!!"

If your partner likes structure (or doesn't like surprises) be as specific as possible in proposing a day and time to bring it back up, This is helpful because they'll know what to expect and not be living in fear of the next time you spring this conversation on them unawares!

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### **Your partner is clearly nervous:**

*"I know this is a big leap from what we usually do, so I don't want you to feel pressured to give me an answer right now. Why don't you take a couple days to think about it and we can talk about it again \_\_\_\_\_."*

Remember: This is something YOU'VE been thinking about for days/months/years, but your partner just heard about it 10 seconds ago.

There are many of us who are resistant to the idea of change. We might initially balk when someone suggests anything new or different, even if we know it might ultimately be beneficial. That doesn't mean that we're unwilling to change, just that it might take a little time for us to wrap our heads around the idea.

So if your partner responds with initial nervousness or rejection, don't get down. They might need a little time to move through their initial fear of stepping outside their comfort zone.

### **Your partner gives a hard no:**

Sometimes a hard no will turn into a yes over time (see above.) But that's not always true. And no matter what, it's disheartening to hear that your partner isn't excited about what you're excited about.

But this doesn't mean that you can never find the sexual satisfaction you desire! You simply need to find an avenue that your partner is also excited about.

"But ... but ... but ..." You have no idea what that might be? I've got you!

This is where my **Yes / No / Maybe checklist** is really useful. It's a questionnaire that lays out all sorts of sexual, sensual, and playful activities that you get to say yes, no, or maybe to. You and your partner each fill it out separately, then you compare your answers. It can help you discover things that you never knew about each other, and come up with ideas for fun adventures that you're both excited to try!

Get your copy at [www.leahcarey.com/yesno](http://www.leahcarey.com/yesno).



# The Debrief

## Congratulations! You did it!

Asking for what you want in your sex life can be scary, but remember - you're not just doing this for yourself! You're doing your partner a favor too, because a happier YOU makes for a happier relationship. And a happier relationship makes for a happier home, happier kids, happier workplaces, and ... well, it's a little cheesy but ... a happier world!

Do you have a friend who would appreciate these scripts?

Send them to [www.LeahCarey.com/newadventure](http://www.LeahCarey.com/newadventure), or forward this guide to them right now!

Here's to your better sex life!



**Leah Carey** is a sex and intimacy coach and host of the podcast **Good Girls Talk About Sex**. She works with people who were brought up to be “good girls” in releasing old-fashioned beliefs about what is “normal”, so they can identify and advocate for their true sexual pleasure and satisfaction.

As a child, Leah learned the lessons of the “good girl” very well.

As an adult, she got involved in a series of emotionally abusive relationships, always convinced that SHE was the problem – not pretty enough, smart enough, or sexually skilled enough.

At age 42, having lost both parents and determined to make a new life for herself, she started challenging her old beliefs about worthiness, attractiveness, and desirability.

Today, Leah reflect people’s true sexual nature back to them, without the judgment, shame, or fear that can get in the way of seeing it for themselves.

She can guide you in embracing the sexuality that is innately yours, no matter what it looks like. You CAN sink so deeply into your true sexuality that the old version of yourself that was scared to speak up for your own needs feels like a mirage from another lifetime.

