



A Tutorial on
Wedded Bliss

*Keeping things spicy
in the bedroom
after marriage*

“Sex doesn’t have to be so serious. The bedroom has to be a couple’s playground.”

- Dr. Laurie of CJAD’s “Passions”



By Jennifer Cox

Settling down doesn’t have to mean settling for a mediocre sex life. After marriage, many couples experience a relatively neutral sex drive – in the bedroom, things just don’t seem as exciting as they did during the cat-and-mouse game of dating. However, experts agree that with some re-evaluating and honest, open communication, your married sex life can be spicier than ever.

Dr. Laurie Betito, CJAD’s “Passions” host, has been helping married couples, both on-air and off, for more than a decade (she’s also been married for 15 years and has two children). She explains that a lot of people go into marriage with the wrong notion of what sex will be like post-wedding. “Before couples get married, they have expectations that sex is readily available, and it isn’t – you don’t have the same stresses and routines, and you get into real life after you get married,” she says. “There’s always tomorrow when you live together

because the person is right next to you.”

Talk about talking about it

Before you and your spouse can divulge what you think will spice things up in the bedroom, you have to address the topic first. “You have to talk about talking about it,” Dr. Laurie explains. “Ask your partner, ‘How do you feel talking about sexual fantasies?’”

This communication step may actually be more intimidating than the acts themselves. “What I find is that there are a lot of couples who have trouble talking about sex – they can do it but not talk about it, and that really is so important,” Dr. Laurie says. “Couples who want to be adventurous should go to a sex shop together. Maybe a sex shop would open the conversation. Explore. But all this requires communication.”

Find an open and trusting way you can discuss things with your partner.

Create a mood you’re comfortable with

Having honest conversations

about sexual fantasies is only one ingredient to a spicier sex life. Couples should also examine each other’s state of mind. “Sexual desires are very different for men and women,” says Dr. Laurie. “A man can have sex in a pig sty, but if a woman sees a sock on the floor she might get distracted. For women, things have to have an alignment and a context – men don’t need much of a context but women do. Women need to feel warm and fuzzy to have sex. Women may not have the spontaneous desires men have, but once they’re into it, they fully enjoy it.”

Switch things up

In today’s modern households where both men and women are career-oriented, quite often the role in the bedroom is reversed. Laila Ghattas works for Aziza Healing Adventures, a company that specializes in organizing couples’ retreats. She says that a lot of couples need to re-evaluate their sex initiation process in order to keep things balanced. “Many of the women who come to my women’s retreats have everything they want – a job, financial security, a husband, kids, a house, and yet [they] are essentially

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unhappy," she explains. "Their jobs require that they be in a masculine (in-charge, task-oriented) state of being, and they forget to take their pants off when they get home – they forget to give the feminine side expression. The result is alienation for their husbands whose masculine side is repelled by the woman expressing her masculine in-charge style. When I suggest to the women to experiment with a shift in the bedroom, [to] give their husbands a chance to initiate sex, to trust in his leadership in that moment, to allow themselves the option to be receptive rather than be in charge, this change of dynamic often leads to the re-ignition of the spark that was missing. Boy meets girl again. And for many, this works."

What sort of atmosphere makes your partner "tick"? You might be surprised to find out the answer.

"You have to get out of your daily, regular environment, especially when kids come along," explains Dr. Laurie. "Don't always have sex in the same place in the same way. Vary it a little. Take weekends away. Couples on vacation have sex more than they do at home because it's out of context, plus you're more relaxed."

Sex shouldn't seem like a "to-do" after your "I do's." It's something that can be just as wonderful, if not more so, after marriage. "The most important thing is to make it playful," Dr. Laurie says. "Sex doesn't have to be so serious. The bedroom has to be a couple's playground."

