

Sex Talks

by Vanessa Marin, Xander Marin

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- ⁰¹ **Open Outside the Bedroom**

Choose a calm moment and say: 'I want us to be able to talk about sex without pressure. Could we try one small conversation tonight?' Keep the first talk short.

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- ⁰² **Trade One Appreciation First**

Before making any request, name one specific thing you genuinely enjoy about your partner's body, energy, touch, or attention. Safety rises when appreciation is concrete.

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- ⁰³ **Make a Yes, No, Maybe Page**

Each person writes three yeses, three noes, and three maybes. Discuss the maybes as curiosities, not promises. The page can be revised anytime.

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- ⁰⁴ **Ask for Conditions, Not Proof**

When desire is low, ask: 'What conditions would help closeness feel easier this week?' Talk sleep, stress, affection, timing, and pressure before talking frequency.

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- ⁰⁵ **Give Feedback in Two Sentences**

Use: 'I loved when you...' and 'I would like more...' Keep it about information, not evaluation. Then ask your partner for one note too.

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- ⁰⁶ **Create a Repair Line**

Agree on one phrase either person can use when a sex talk gets tense: 'I am on your side. Can we slow this down?' Practice it before you need it.