

10 Drug-Free Ways to Improve Your Sex Life

1. Be flexible. There is no “correct” or “normal” level of sexual interest or response. Sex is important to some people and couples and not to others. Likewise, it may be more important at some times of life or in some relationships.
2. Emphasize pleasure over function. Everyone can feel pleasure but not if they are worrying about what “should” be happening.
3. Learn about your personal sexual turn-ons and turn-offs. Many people expect to feel “horny” sexual desire without any stimulation or feel they must like everything sexual under the sun, but those are sexual myths. We are all different and need to adapt and adjust.
4. Many couples give too little time to fondling and caressing and exchanging intimate words and gestures. It takes time to getting a sensual mood.
5. Make sure you have lover’s hands – soft, clean, with trimmed nails. Whether for making love or just making nice, hands are important.
6. Buy several lubricants in a sex shop that are erotic and not medicinal. It’s nice if both partners use it on each other.
7. Do not have a standard sexual script. Life, moods, and bodies change. Get in the habit of communicating what you feel like giving, receiving, and sharing. Check in with each other and stop when you’ve had enough.
8. Orgasm is an intense, brief neurological reflex. It occurs easily for some people, but takes lengthy stimulation and focused attention for others. It is usually easier in masturbation than partner sex, especially for women. Some people think orgasming is over-rated.
9. Don’t forget the afterplay AKA cuddling, whispering, or just holding hands.
10. If sex is important to you, think about how to make it better. If it is not important to you, don’t put yourself down.

This list of suggestions was created by Leonore Tiefer, PhD, a New York psychologist/sex therapist, based on her clinical experience and lots of discussion with colleagues over many years.

The New View Campaign, a scholar-activist project dedicated to challenging the medicalization of sexuality, has created numerous fact sheets. There are many research studies showing the beneficial effects of non-drug interventions for sexual problems such as sex education and sex therapy. To find more information, visit newviewcampaign.org.