

How to overcome shyness when it comes to sex

Boost your sexual confidence and learn how to ask for what you want between the sheets with these 6 expert tips.

By Jessica Padykula



It's not always easy to ask for what you want where sex is concerned. And if you're naturally shy, it can feel almost impossible. But a fulfilling sex life is easier than you might think. There are a few ways to **improve your sex life** without being aggressive or going too far outside your comfort zone.

To learn more, we turned to April Masini, the dating and relationship expert behind askapril.com and the author of four books on dating, including *Think & Date Like A Man* (iUniverse, 2005). She shares six simple sex-enhancing strategies that even the most timid among us can try.

1. Be generous in the bedroom

One of the easiest ways to move toward a more satisfying sex life -- without having to spell it out -- is to lead by example. "A sexually satisfied partner is a generous partner," Masini explains. "If you take care of him, he's going to want to take care of you -- and then some." The more giving you are in bed (doing the things you know your partner loves), the more your actions will be reciprocated. "Be generous. It will come back to you," she says.

2. Focus on flirting

Don't underestimate the **power of flirting** and being subtly suggestive when it comes to getting what you want in bed. "Sex doesn't start in the bedroom. It starts the moment you part ways for the day," says Masini. Why not start the foreplay when he leaves for work in the morning? "Flirt with him during the day by leaving him romantic notes and sending suggestive emails and texts," Suggests Masini. It can often be a lot easier to be forward when you're not face to face, so let loose a little by putting pen

to paper.

3. Dress to impress

If you're in the mood for sex but don't feel comfortable verbally saying something, you can get his attention by dressing the part, explains Masini. "Men get turned on by seeing you looking sexy," she says. This means trading your usual nondescript bras and underwear for something more revealing. "Don't even think about granny panties," she says. "You may have been together for years but that doesn't mean your **lingerie drawer** should have dust on it." To really get your point across -- without saying a word -- treat yourself to upgraded lingerie that not only looks sexy but also helps you feel sexy. Trust us, you'll get his attention without saying a peep.

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