

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



4. Set the mood

When your partner is **stressed out** from a hard day at work, it can be even more difficult to ask for what you want where sex is concerned. But the right atmosphere can speak volumes. Masini suggests transforming your bedroom into a romantic retreat to highlight what you have in mind.

"Candles, music, flowers, fluffy towels and beverages can all transform your mundane bedroom into a love nest." The more suggestive the atmosphere is, the easier it will be for both of you to relax and enjoy yourselves.

5. Make him the hero

Whether there is **something you aren't getting enough of** or something you specifically want in bed, receiving it comes down to how you make your request. The reason many women shy away from asking for what they want is that they don't want to hurt their partner's feelings. Simply focus on the positive and build on that, says Masini.

"Tell him how incredible it is when he does X or Y, and that it would be even more amazing if he added Z to the mix. Take a positive approach rather than make him feel inadequate for not realizing what you want." Men like to be acknowledged when they do something that pleases you. "If you tell him how great something is and how incredible he is at it, you're going to see him doing it more often."

6. Find time for face time

In our digitally distracted world it's so easy to feel as if we're connected because we text, email and send instant messages. But the truth is that cyber time doesn't replace face time. Make sure you see your partner for lunch or dinner on a regular basis, and make time for **romantic dates** that get you out of your usual routine. "Get concert tickets or take him to a museum where you can kiss, touch and remind each other of your affection and your sexual attraction for each other," Masini says. "That attraction builds and makes the bedroom even more intimate and sexy."

You don't have to adopt a take-charge persona in the bedroom to get what you want. Putting in the effort to make your partner feel special and being willing to try new things goes a long way in helping you get what you want when it comes to sex.

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