

## Seven Questions to Ask to Get What You Want in Bed

Dear Expanded Lovemakers Everywhere,

Why is it that people do not ask fully for what they want in the bedroom? From what I have observed, they simply don't know how, or haven't been given all the proper tools, or they just don't believe they deserve to have it *that good*. Can you believe this – some people actually don't experience that their deep desires are a gift to others – really!

Do you have excellent reasons, or issues, that explain what might be shutting you down? Well ... I have some excellent questions that can set you free!

**Questions reverse the process of shutting down communication**, and launch you in the direction of greater love and pleasure. Here are some issues and questions that can be used any time your communication feels "sidelined".

If you wish to start asking for what you want AND GETTING IT, you need to consider the issues involved and ask new questions. New questions will allow discovery of new strategies, ideas, paths, and solutions.

Below we list seven issues that keep you from getting what you truly desire in the bedroom, and the questions that set YOU free.

*Keep this list handy, and use it often*

**Issue 1: We know what we want but we don't know that we know:** (This is often more true for women than for men - women often say "I have no idea what I want" – but they really do). But it's also true for men. And they know (or at least suspect) it.

**Question 1: What do we, ourselves, really want?**

**Issue 2: We know what we want but don't know how to communicate it:** (as in words that cross a feeling/thought/body/imagination barrier); thus we might want a "springy" touch, but no one has created a language sufficient to empower sexual mastery (before now).

.....it's like an Eskimo going to Nigeria.... He or she sits down to order whale blubber skins. Now the Nigerian menu has forty kinds of sorghum, and the Eskimo is desperately going through the Berlitz manual, but unable to communicate. Every one of us is another country, a Nigeria, a Norway, a Nepal... and so, we are better off learning how to learn languages than we are learning any one language in particular. Hey, even your partner is not the same "country" all the time!

**Question 2: How much fun can we have communicating effectively?**

**Issue 3: We know what we want, and how to communicate, but don't feel confident that our partner can hear us:** Without destroying the mood, and possibly rejecting us, and so on, so we don't ask because we're scared, or hopeless, or just frustrated.

***Question 3: What would it be like if our partner actually liked it that we asked? Is it worth finding out?***

**Issue 4: Our partner doesn't know how to give us feedback (either), so we don't get much practice:** Without practice how can we develop these lover skills? Imagine practicing the piano and all you can do is watch the faces in the audience, but you can't hear the music you are playing. It helps to welcome feedback as a gift.

***Question 4: How much fun could you – and your partner – have if both of you actually got (and enjoyed!) feedback on what you were doing?***

**Issue 5: We haven't explored the languages that go beyond the spoken word:** Language is usually thought of as made of words; but there is an immensely rich *kinesthetic language* (a sign language of sorts) that is usually deeply neglected and under-developed – and one wonders, what other languages, such as “energetic” languages, aren't even being considered.

***Question 5: What creative 'energy' vocabulary could you make up every time you made love, and then add to your love language?***

**Issue 6: We don't (or can't) expand our “vocabulary”:** When we are only with one partner we have a sample of one, and so our “library” of felt-sense experiences, our database, if you will, stays very narrow and prone to making assumptions, filing them, and never revisiting them to update them.

***Question 6: What if everyone really (including ourselves) was someone new every time we were with them? How would we change our communication strategies?***

**Issue 7: We don't know how to find out what it is we don't know:** For all of us, in addition to what we know, are those gray areas of discovery into our own unknown, into the new, mysterious, ever-changing frontiers of our felt sensual being.

***Question 7: What is it we don't know, that we would love to know, that we might know, if we just started having some fun and communicating in all sorts of new and different ways?***

In all my years of teaching, I've seen that these problems are universal, so don't feel alone. Our system has failed to address our real underlying needs.

So: there are so many reasons people don't ask for what they want. The advice "Ask for what you want" without addressing the entire scope of the challenge can only add to the frustration. Meanwhile your playful and passionate desires are such a gift!

The Seven Questions are intended to empower you to break the logjam of communication of desire.

Extra Credit:

*What would it take for you to start discovering how much fun you and your partner could be having by discovering, communicating, and enjoying feedback by using all of these questions? And, to have—and be—all the pleasure you truly desired?*

*To achieve mastery in asking for what you want, could you create for yourself the processes, the emotional green light, an informed and willing partner, lots of fun, and valuable ongoing practice time?*

*Is today the day to begin this adventure?*

*Can you say **yes**, now, to your own pleasure, and make it so?*

In Ever-Expanded Love,

Dr. Patti Taylor

PS: Your pleasure really *is* the gift, you know!