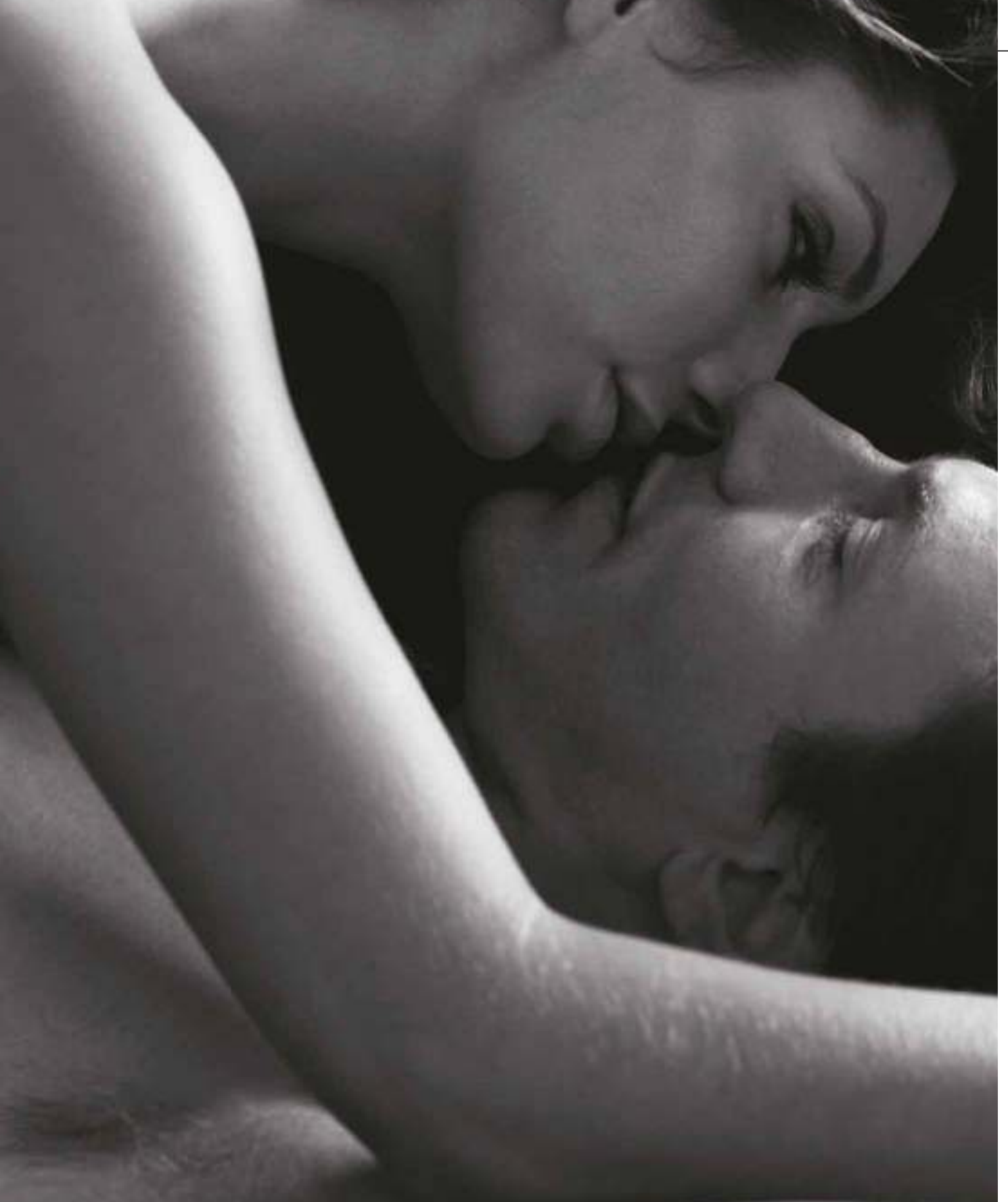




Tracey Cox  
supersex  
for life

the great sex guide  
for long-term lovers









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# Introduction

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Is it possible to stay in love and have good, regular, lusty sex long term?

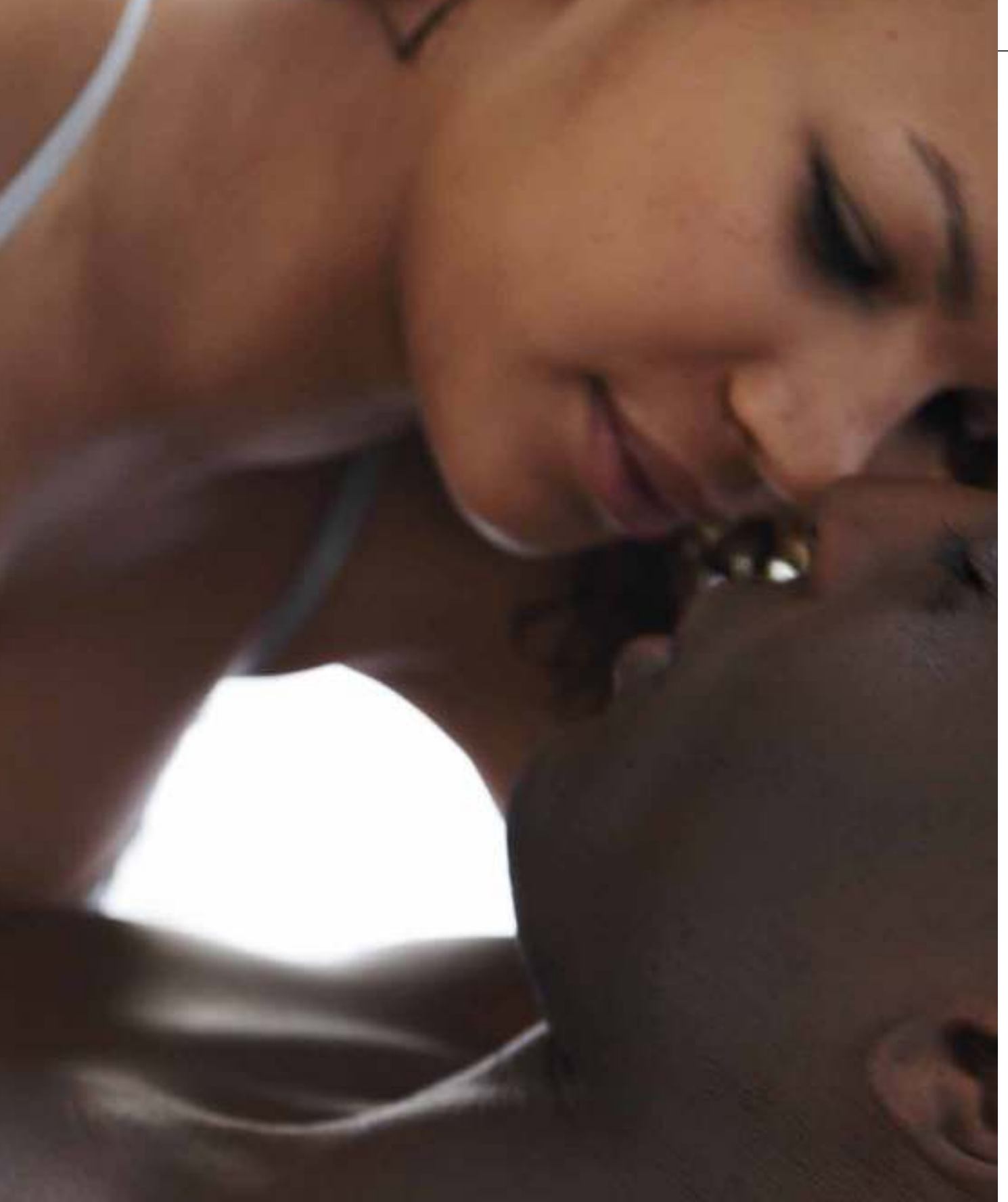
It's the question everyone ponders but no one appears to have the answer to. We've only really just started talking openly and honestly about sex—or more accurately the lack of it—in long-term relationships. And it's not a comfortable discussion. It's a rare couple that are happily shagging away 10 years down the line—but why? Most of us go into a relationship loved-up, clued-up, and determined to be the couple that are the exception to the rule. Ten years later, we're as bored, indifferent, or contemptuous as the parents we vowed we'd never turn into. Why are best intentions not good enough? Why does the person we desperately lust after at the start always seem to morph into a “best friend” we want to cuddle but no longer crave sexually? Is having great sex long term a myth as tenuous and nonsensical as the tooth fairy? And if it is possible and achievable, where and why are we all going so horribly wrong?

This book is my take on this age-old problem. It offers both fact and opinion on why sex seems to have an even lower survival rate than long-term love, along with workable solutions that, I believe, could make you the couple everyone else envies. Based on the latest scientific developments and theories from the world's best-regarded therapists, the result (I hope!) is a necessarily brutal, honest look at society's oldest and biggest relationship problem. But one that isn't too heavy or judgemental—and will make you giggle as well as groan. Unlike my other books, you need to read this one in order because each stage works on what you learned from the last. For the sake of simplicity, when I refer to “marriage” I mean any long-term monogamous relationship and although I use “him” and “her” the advice is equally as useful for gay couples as it is straight. While the book is obviously aimed at long-term couples, it's also wise reading for those (lucky, lucky bastards) who are still in the first, fabulous flushes of love to best prepare for what's ahead. I hope you all find it as helpful as I very much hope it will be.

Tracy X



1  
So  
How's  
Your  
Sex  
Life?



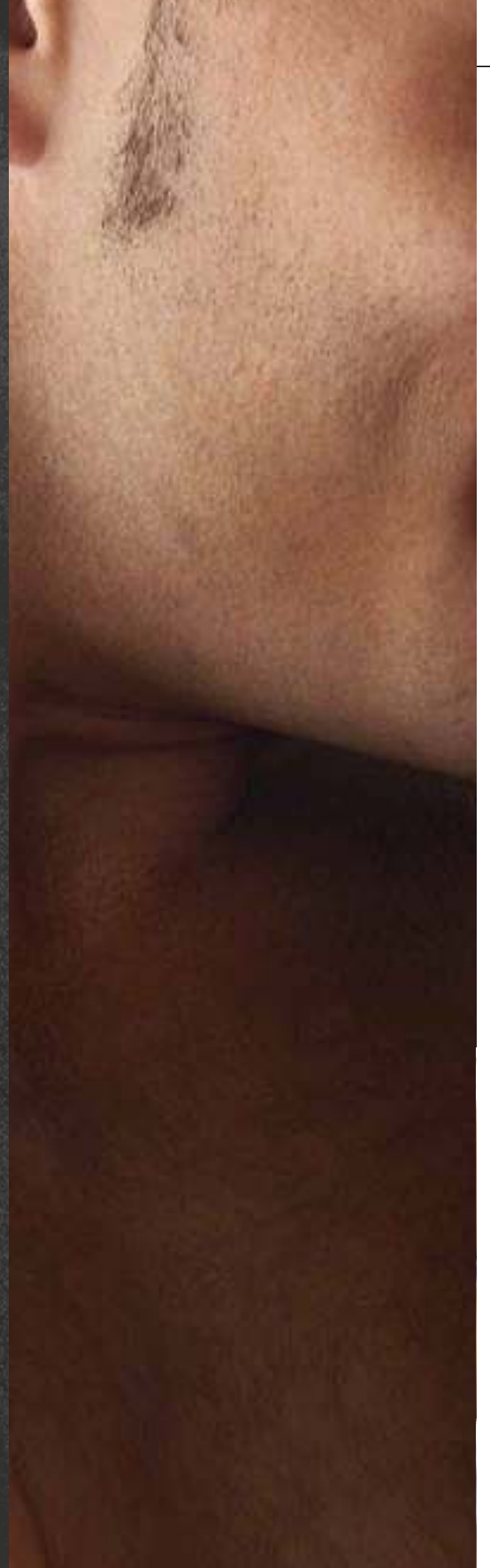
# How Is It for You?

How do you stack up against the average? Are you really a victim of boring bed syndrome—or suffering from unrealistic sex expectations? Find out what's normal, what's not—and the surprising truths the real statistics reveal.

This feature kicks off the book because it's all about challenging myths. You want to improve your sex life? Fantastic! But let's make sure that what you're aiming for is both realistic and possible. And let's arm you with some stats on what really happens with sex long term, rather than have you laboring under the misapprehension that every other couple but you two is out there having stupendously spectacular, effortless sex five times a day (and 10 times a day on weekends).

So you're about to get a reality check—one that I suspect and hope will make you feel a whole lot better about your own situation. It may not be as dire or hopeless as you think. There's a perverse pleasure in realizing the rest of the world is just as screwed up (or more) as we are and immense reassurance in knowing that what we're grappling with are problems *everyone* struggles with.

Now, before we get stuck in, a word about the sex statistics you'll read on page 16. Lots of studies about sex and relationships (indeed studies on anything) vary wildly because of the differences in assessment methods and the people studied. Some studies and sources are infinitely more reputable than others, and I've tried to base most of the statistics here on those. But, even then, use them as a point of interest and broad comparison rather than something to be measured up to. (Christ, the last thing I want to do is give you *more* standards to live up to!) First though, let's start by looking at some of the reasons people may have told you your sex life isn't up to par and sort out fact from fiction. There are some silly, *silly* sex myths out there and this will hopefully lay the most common to rest. Ahem.





*Sex offers us many things, not just erotic release. It's also about love, fun and—crucially—connection to your partner.*





# Nine signs you don't have problems

## 01 You're still having solo sex

Assuming you aren't replacing sex with each other with masturbation, this is a plus not a problem! It doesn't mean you're not getting enough sex or that it's unsatisfactory. It simply means you may feel like a bit when your partner's either not there or not interested. Solo sex is selfish, usually based on a filthy fantasy you don't particularly want to share, and accomplished in under five minutes. It's effortless and a little something to perk up an otherwise dull day. It's a side dish to the main course sex you have with your partner but also has spin-off benefits for them. Studies repeatedly show that people who masturbate regularly have higher libidos. It isn't clear what came first, the chicken or the egg: does putting our hands down our pants cause us to want more sex or do we want more sex generally and that's why we have our hands down our pants? Doesn't really matter though. As one greeting card put it: "Life is short: fiddle with your willy while you can."

## 02 You don't have sex often

First, check the stats (see page 16) to see if this is indeed true, then look at where you're at in your relationship. The averages of how often couples have sex are just that: averages. All couples have dips and peaks depending on the stage of their relationship. If you're having sex once a month and have only been together for six, it could be a problem. If you've got two kids under five, both work full time, and have financial problems, it would be bizarre if you *were* swinging from the chandeliers every night. It's normal for sex to take a back seat at certain stages: frequency is an indicator of sex problems but not an absolute. How is the quality? Lots of couple prefer to have a longish sex session once every couple of weeks than three quick sessions. How high is your sex drive? If you both have low libidos, having sex once a month might be perfect for both of you.

### 03 You fantasize during sex

Pretty much all of us are guilty of this and it means nothing. However desperately you love your partner, it won't stop you from being attracted to other people. There's also a basic human longing for novelty. Sleeping with someone new in your head while in bed is actually a very sensible way to indulge adulterous leanings. Far preferable, I think you'll agree, to doing it in reality. I do need to add a few disclaimers here, though: fantasizing about other people *every* time you have sex with your partner isn't a great sign, and there's evidence that fantasizing about the *same* person—particularly someone who's available in real life—could feed the desire to act on it. Otherwise, it's one of the best ways to keep sex hot long term.

### 04 You follow the same pattern

Most couples make love in the same way, for the same length of time, nearly every time they have sex. It's not ideal and I'll be suggesting lots of ways to break the habit. But if it means your sex life is bad, we'd all have to put our hands up. Predictability in lovemaking can be a huge plus. Knowing exactly what's about to happen enhances arousal for people who need to feel "safe" in bed or need set, specific stimulation to orgasm.

**Amy, 35, with partner six years**  
**“My partner says he never fantasizes about other women when having sex with me. Personally, I think it's rubbish. Everyone does it, don't they? I certainly do! But because he lied I then had to lie when he asked me. I guess he was protecting my feelings but I would have appreciated honesty more.”**



## 05 She needs to DIY

The fact that she's rubbing her clitoris means you're both educated enough to know that almost all women (around 80 percent in fact) need clitoral stimulation to orgasm. Penetration alone rarely does it. Some men, however, want to do the work, feeling it will make up for their penis not being enough. The problem is that thrusting, and some sexual positions, can make it incredibly difficult for him to maintain the constant rhythm required. That hand gets knocked around and it's a bit like trying to rub your head and pat your tummy at the same time—trying to thrust with his hips and rub with his fingers isn't easy. Her offering to DIY helps. It also makes sense if she needs a specific technique, done in a certain order and way. It's her body on the end of that hand and if it's her hand, she can then get what she needs. The penetrative orgasm rate for women who do it themselves is way higher than for women whose partners do it for them.

## 06 You don't always feel like it

We know from celebrity confessions that even those who top the "Sexiest man/woman of the year" lists have "ugly" or "fat" days. Some days our self-esteem is low, sometimes it's high. Of course this is going to filter through to your sex life—and it works both ways: our partners aren't going to look hot all the time either! If you *never* feel sexually attractive and it stops you having sex, it's a problem but if it's the odd two or three days here and there, don't worry.

## 07 You like different things

If you know this, it also means you've been honest with each other about what you want. It's more of a problem if you have different ideas of a great sex session but *haven't* told each other. There are lots of suggestions for how to get around this throughout the book including "take-turns" sex where you each get a turn to have sex the way you want. Another good compromise is to divide up the session to cater for both your needs. If he wants fast, hard sex based around intercourse and you

## But it's not like it is on TV!

Sex offers us many things, not just erotic release. It's also about love, fun, and—crucially—connection to your partner. *Very few couples consistently* have bed-shaking, knee-trembling sex sessions long term. To have that sort of sex, you usually need to *make* it happen. Like try something new and naughty to press fresh buttons. Intense, lusty sex is not the norm long term but the exception. Other times sex will be a bit of fun, an expression of love, a simple release for a physical need. It's OK for it not to fit the standard model of sex we see on television where it's all urgent and sweaty.

want lots of oral, followed by slow lovemaking with you on top, one compromise might be this: the session starts with "her sex," resulting in an orgasm for her through oral, then continues to "his" style for him to orgasm.

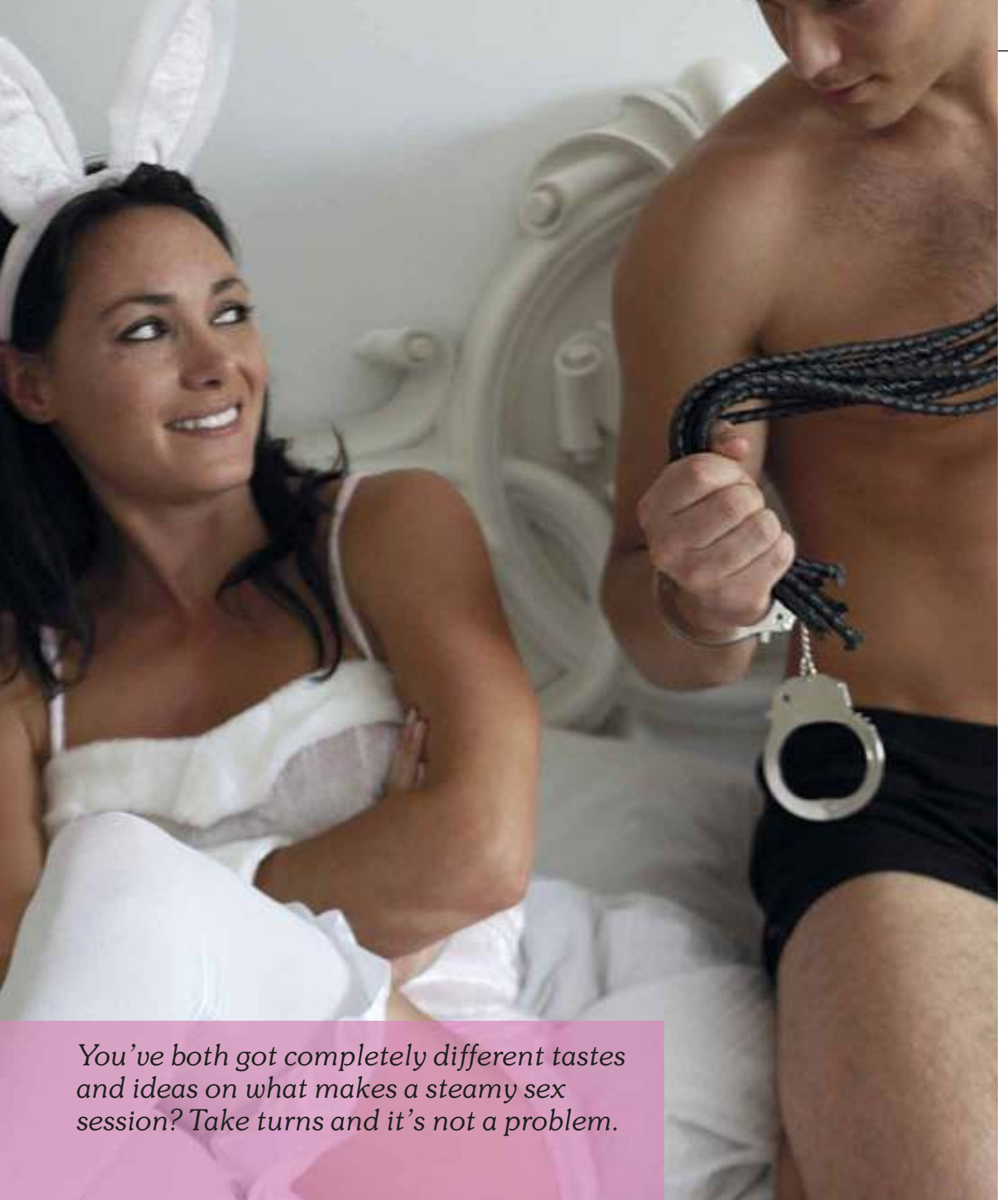
## 08 Sex doesn't last very long

One study showed that seven to 13 minutes is not just fine but "desirable." Other research tells us the average guy climaxes in around four minutes. Regardless of how you stack up against the stats, what's most important is that it's lasting long enough to *keep you both* happy. If one minute is enough, there's no problem. Intercourse that lasts too long is an issue for lots of women. As one of my friends so sweetly puts it: "I have sex much more often with my new guy because he comes quickly. If I'm tired, I know it's not going to take that much effort." Not terribly romantic. But true.

## 09 It takes time to climax

Apart from this taking up time and energy (*see above!*), it's only an issue if it bothers you. If you're both willing to allow the time, and happy to have orgasm-less sex occasionally (satisfying sex doesn't have to include an orgasm), it's fine. If it's her, invite a vibrator into the bed. If it's him, he can masturbate to finish himself off. No one does it better than you do yourself!





*You've both got completely different tastes and ideas on what makes a steamy sex session? Take turns and it's not a problem.*

# What's really going on long term

The top five reasons for skipping sex are (with respondents allowed to choose more than one reason): too tired (53%), not well (49%), not in the mood (40%), too busy with kids or pets (30%), and work (29%).

Fifty-six percent of men think about sex daily compared to 19% of women.

A “no-sex” marriage isn’t officially total abstinence. Sex therapists brand couples as “no-sex” if they’re only having sexual encounters less than 10 times per year. Twenty percent of American marriages are classified as “no-sex”. A “low-sex” marriage is classed as having sex less than every other week, so less than 25 times a year. Fifteen percent of American couples fall into this category.

The longer a couple avoids sexual contact, the harder it is to break the cycle. It’s also true that the longer you go without sex, the less you miss it.

How important is sex to your happiness? The generally agreed on adage in sex therapy is that when sex is going well, it adds 15–20% to your happiness with the relationship. If sex is bad or non-existent, relationship dissatisfaction soars to 50–70%.

The longer you are with your partner, the less sex you have because of what’s called “habituation”: removal of the novelty factor.

The amount of sex you have falls with age and the length of the relationship. Men and women in their mid-20s to mid-30s have sex an average of eight to nine times a month. Two years in, this drops to six times per month. People under 25 have sex around 11 times a month but even they have it less often the longer they’ve been with their partner.

How often you have sex in the first year you’re together dictates how often you will have sex from then on. Surveys show it sets the pattern—if you’re having

an above average amount of sex, it continues even after two years when there’s a natural drop-off point.

Taking turns to initiate sex and talking about sex are the two most important factors for a satisfying sex life in the long term.

One of the biggest predictors of male sexual satisfaction is receiving oral sex regularly.

Couples have sex with each other less often the longer they are married. Married adults under 30 years old say they have sex an average of 109 times a year. The average drops to 70 times per year for 40-somethings and 52 times a year for people in their 50s.

For 75% of people, lack of time is one of the greatest frustrations of their sex life.

It’s normal for 5–15% of sexual experiences to be mediocre or unsatisfying.

In Britain, 55% of the population have sex weekly, with 40% satisfied with that amount. In the US, 48% of the 53% that enjoy weekly sex are satisfied. Sixty percent of Australians do it weekly, with 42% happy. In Germany, 68% of people are having sex weekly but only 38% are happy with the frequency.

The “seven year itch” is a myth. It was the title of a movie starring Marilyn Monroe that had a fictional book in it, by a fictional author, who claimed men have affairs after seven years of marriage. There never has been any evidence to support it.

Fifteen million men in the US have significant erection problems and another 10 million have partial difficulty. One man in three has some difficulty with his erection by age 60. Out of 500 people visiting their GPs in the UK, one in five has a sexual problem. Difficulties with erections and desires are the most common.

One out of five women doesn’t enjoy sex and a quarter of all women say they have difficulty reaching orgasm.

Twenty-five percent of men say they orgasm too fast.



# What's Your Sex Style?

Are you an erotophile or erotophobe? A lusty, adventurous “energizer” or a “connector” who’s more interested in connecting hearts than parts? We each have a “sex personality” and understanding each of yours is the key to having great sex together!

The first thing I said to my (now ex) boyfriend was, “Can we please have dirty sex and save all the lovey-dovey, sappy stuff for outside the bedroom?” OK, I’m exaggerating a little but it seriously wasn’t that far in and we certainly hadn’t “done it” yet. He looked at me in astonishment, then smiled and said “*Hell* yes!” And I practically fell to my knees—no, not for that reason—but to thank God for delivering me a good old-fashioned, filthy-thinking, me-Tarzan-you-Jane, talk-dirty-all-you-want guy. My previous boyfriend was so deeply in touch with his feminine side, I surreptitiously checked his penis for telltale scars to see if he was, in fact, a woman who’d had gender reassignment surgery. Yes, that bad. He was more female than any female I know and incapable of having sex without saying “I love you” at least eight times every three minutes. A match made in sexual heaven we weren’t, while my new boyfriend and I—both naughty—were sexually seamless. (Clearly not so flawless outside the bedroom, but hey!)

If you’re lucky enough to have hooked up with someone who has the same “sex personality” as you, congratulations! Connecting on this base level means you’ll probably have a lot less problems than most. But what if that didn’t happen and the person you’re desperately, deeply in love with is at the other end of the spectrum when it comes to sexual styles? Are you doomed if your “sex personalities” are different?

The answer, of course, is no. In reality, perfect matches are rare because we tend to be attracted to our opposites in an unconscious attempt to balance ourselves. Besides, there really isn’t a perfect couple combination (despite my boasting!) because same-same and opposite-opposite styles can all work equally as well together. The trick is understanding each other’s natural preferences and predilections, learning from each other





rather than secretly thinking your own personality is the “right” one, and allowing your differences to complement each other. Like most things in sex, it’s all about attitude. You can think it’s a huge problem if your partner likes being tied up and the only thing you like tied is the bow on a bouquet. Or you can think, “Wow! They’re different from me so I can learn from them.” You need to applaud each other’s strengths and learn to live with the limitations.

So that’s what this is all about: defining your natural sex style in an attempt to understand what comes easily for each other and what doesn’t. There’s also a section on “erotic blueprints” (see page 26) to help you work out how your parents, childhood, and early sexual experiences have shaped you.

Almost all of the sex therapists I really rate have their own versions of sex personalities. I particularly like the “energizer” and “stabilizer” theory put forward by Sandra Scantling, an outstanding US-based therapist. I’ve used my own versions but they are inspired by her original model. In my experience, apart from “energizers” and “stabilizers,” the most common sex personalities are what I call connectors, controllers, and worriers. Figure out which style you most identify with (you can be a blend, but most of us have a predominant style), share with each other—then *viva la difference!*





Adam, 38, with third wife  
“This is the first time I’ve clicked sexually with someone I love. My other wives seemed scared of me. I like exploring and while I’m romantic out of bed, not so much in it. My new wife looks innocent but is *wicked* and that keeps me hooked. I guess there’s some truth in the ‘madonna-whore complex’.”

# Energizers

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Catch you on a good day and you're an exciting, seductive creature who mesmerizes and dazzles your lovers with bucketloads of confidence, extraordinary technique, and unbridled enthusiasm. The downside is you're a little self-absorbed and like to be top of the game in everything you do—and that includes sex. Your partner is lying there in a pool of sweat, announcing they just had the best goddamn orgasm of their life? You'll find it hard to control a self-satisfied smirk. After all, it was *you* who got them there. Competitiveness also makes for unrealistically high expectations, so if something does go wrong—your erection dares not to be rock hard or you're not lubricating enough to flood the Sahara—you over-react, and this can lead to long-term problems.

## Is this you?

- Are you pretty much up for anything? Do you like talking dirty, watching porn, trying out sex toys, and having sex outside?
- Do you dislike rules or compromise and feel sex is self-orientated? When you ask “How was it for you?” do you really mean “How was I?”
- Do you see sex as a source of pleasure and fun, and as a great way to connect to your partner?

**Good points:** You're highly motivated so you happily match with average or low sex drive people. You put the effort in to capture their interest and constantly come up with new things to keep them fascinated.

**Not so good:** God help an ungrateful lover who is not interested in making sex a priority or is unenthusiastic about it. You don't mind prompting them but enthusiasm and attitude are everything. They also need to be technically adept to satisfy you.

**Make sex better:** Yes, yes, we all know you're good at the whole sex thing but there's no need to be scathing of partners who aren't as experienced. And no, it's not acceptable to have a bit on the side just because your partner's not putting out as often as you'd like.

Another potential pitfall—“novelty” is your middle name so there's a tendency for you to rely too much on sexual props. Sometimes you need to put down the toys, whips, porn, and playthings and strip sex back to basics. Get naked, get in the missionary position, look deep into your partner's eyes and connect.

# Stabilizers

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Cautious and cooperative, you'll do anything for a peaceful life. Kind and generous, you initially present as heaven on a stick, especially to someone who's just emerged, bruised and battered, from a relationship with a demanding energizer. But like them, you have your downsides. You thrive on predictability in sex and would rather give than receive pleasure. You don't like talking about sex problems and tend to clam up.

## Is this you?

- Do you get more pleasure giving than receiving?
- Do you feel uncomfortable speaking up about what you need your partner to do to satisfy you?
- Do partners often ask if you enjoy having sex with them because they're not sure?

**Good points:** Your enthusiasm for giving pleasure is phenomenal—you'll happily settle in to perform oral sex for an hour without once complaining of neck pain so bad, you're about to pass out.

**Not so good:** Your partner's lucky to get a moan or groan when they reciprocate because you have trouble expressing your pleasure. And you actually *like* routine in your sex sessions—not everyone else does.

**Make sex better:** You're not keen on confrontation so you bury any sexual resentment—often resulting in problems climaxing or getting aroused. Instead of “paying your partner back” in sneaky, passive-aggressive ways, speak up more (see page 134–142). Shift the pleasure focus to you: think about what you need and tell your partner you need their help to learn to “take” in bed. Concentrate on how things feel and sensations.

# Connectors

For you, sex is more about expressing love and feelings than it is physical release. You're less interested in sexual performance and more focused on the emotional benefits of sex: intimacy rather than orgasm is your aim. You're first in line for the "rom-com" and a sucker for grand gestures of love.

## Is this you?

- Are you more inclined to cuddle up than initiate sex?
- Does the emotional temperature have to be just right before you can get in the mood for sex?
- Are you more interested in romantic sex than lusty or "dirty" sex?

**Good points:** You're a forgiving lover and so long as you feel your partner loves you, will tolerate most sex drives. You're realistic about sex so reasonably easy to please in a physical sense.

**Not so good:** A lusty but disconnected lover who gets too lost in the physical side leaves you cold. For you, the whole point of sex is to feel closer and connected to your partner. If that's missing, you won't enjoy it.

**Make sex better:** The relationship isn't always going to be perfect, so you could stand to lower your expectations a little. Be more open to spontaneous sex and try shifting your focus from your heart to other parts. Have "dirtier" sex and push your limits. Mix it up a little: romantic, loving sex is great but so is the throw-each-other-around variety. Read some naughty books for ideas and become more selfish about your needs. Most importantly, don't suffocate your partner sexually by insisting they gaze into your eyes when they'd actually rather be feasting them on other, more interesting parts. Most couples have lots of love, it's sex they're lacking. Forcing your partner to be loving during the few times they get to let out their "sexy" side is like telling a chronic dieter they're allowed one day to "go crazy"—then letting them loose in the farmers' market rather than the candy store.

# Worriers

Of all the types, you worry the most about sex. It's not to say you don't enjoy it, it's just something that's often fraught with anxiety for you, and in a society saturated by sex, it's embarrassing to admit you're not frothing at the mouth for it like everyone else. You often feel under pressure to perform and feel inadequate—both in how you look and what you're doing in bed. You may even avoid sex completely out of a fear of failure, preferring to satisfy yourself through masturbation.

## Is this you?

- Do you have a naturally low libido—or none at all?
- Have you had some distressing sexual encounters in your past and do you think of sex as something to be feared or disliked?
- Is your self-esteem low both in bed and out of it?

**Good points:** I don't mean to depress you even further but there really aren't any. This is why of all the types, you need to take the fix-its below most seriously.

**Not so good:** You may try to hide your "secret" by sleeping around to prove to others (including yourself) that you enjoy being sexually active, or to try to obliterate an unhappy sexual past. You may stay in bad relationships and have "victim" sex, from which you get little or no enjoyment. This isn't good—have sex for the wrong reasons with the wrong person, and you feel used, abused, and even more worthless.

**Make sex better:** Think about past sexual experiences and work out your erotic blueprint (see page 26). Challenge out-dated beliefs and find new, healthier sex role models that help you to replace the views of puritanical parents, for example. If you're single, stop having casual sex and build your sexual confidence. Talk through your experiences with friends or a counsellor, then look for a partner you think you can trust. If you're unsure, introduce them to close friends before getting sexually involved. A healthy, satisfying sex life is possible once you exorcise your demons.



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