

# Sexuality Questions

To Ask A Woman

By Erin M Holt Coaching  
+ The Powerful Man



**Start With This Question:** *What do you need to be happy to have had sex? To feel happy after instead of diminished?*

# 1

## Masturbation

- In research many women say that they like masturbation if they have not come during intercourse. They like being held while they masturbate. Do you agree with that?
- When some women masturbate, they fantasize about situations that they find erotic. Does that describe you? If so, do you feel comfortable talking to me about what fantasies you find erotic when you masturbate?
- Some women prefer being manually or orally stimulated instead of masturbating, but some women feel differently. How do you feel?
- Many women say that they can come with masturbation in about 10 minutes. Is that true for you?
- Many women say that they masturbate entirely by clitoral stimulation, but other women say that to come they need to stimulate other erotic zones as well. What is true for you?
- Some women masturbate to control their own horniness. They feel that they can't talk to their partner about it. What do you feel?
- Some women feel that masturbation is a kind of learning experience. What do you feel?
- Many women feel okay about their partner masturbating, either alone, or with them. How do you feel about my masturbating?
- In your view, what is the role of masturbation in our sex life? Mine and yours?
- Do you think that masturbating help you have better sex with me?
- Do you think that masturbating helps me have better sex with you?
- How do you prefer to masturbate? Clitoral stimulation while lying on your back? Clitoral stimulation while lying on your stomach? Pressing against a soft object? Pressing your thighs together? Water massage? Vaginal entry? A combination? Do you use lubricant? Do you move your hand in circles?



## Orgasm

- Is it important to you to have an orgasm when we have sex?
- Do you feel entitled to have an orgasm? If so, or if not, please tell me about that.
- What is it like for you when you have an orgasm? What are the physical sensations? What do you feel?
- Are there times when you feel that you do not need to have an orgasm? Can you tell me when that might be? Can you talk to me about that?
- When you feel that you have not had an orgasm, do you feel you can tell me and talk to me about what you need?
- Do you feel pressure from me or pressured socially that you have to have an orgasm?
- Some women say that they don't have orgasms. Is that true of you? If so, how do you feel about that? What do you need from me?
- Is there any relationship between how feminine you feel and whether or not you have an orgasm?
- Are there times when you feel cheated that I have an orgasm and you don't?
- Are you worried that you take a long time (or a short time) to have an orgasm, or worried about just being different from me?
- What about faking an orgasm? Do you ever do that? Maybe to spare my feelings?
- Many women talk about "stages" of orgasm. What is the arousal stage like for you? What do you find erotic and arousing?
- What is the feeling of getting wet or damp like for you? Do you feel wanted? Do you feel alive? Is there urgency? Is there a sense of calm? Do you feel desired? Loved? Tell me what this phase is like for you.
- Is a long arousal stage a good thing for you, or not?
- How does arousal shift for you to be on the verge of coming?
- What can I do to improve the arousal and the experience of orgasm for you?
- After your first orgasm, what do you need from me?
- Do you usually need to come again, after your first orgasm? What can I do that would feel good?
- What, for you, is the difference between making love and having sex?
- Are there times when you would just like a quick sexual experience that is just erotic and nothing else, or not? Either way, please tell me about that.
- After orgasm do you feel satisfied or fulfilled? What do you need from me? Do you need to feel tender and close? Are you sleepy? Do you feel energized and wide awake?
- Do you usually have multiple orgasms?
- Are you very sensitive after orgasm and want to avoid stimulation?



## Sex

- Many women say that they like the closeness of penetration, but some women say that they don't have orgasms through penetration, so they have mixed feelings about it? What do you feel about penetration?
- Some women dislike the expectation that sex will always lead to some kind of penetration. Do you ever feel that way?
- Some women say that they can't really tell their partner what they would like sexually when sexual contact of any kind begins. Do you feel that way?
- Many women say that they cannot be truthful with their partner about what they would like sexually because they are afraid it would hurt his ego. Do you feel that way?
- Many women say that they cannot ask for what they want about non-sexual affection from their partner, about wanting to cuddle and be held, or touched affectionately. Do you feel that way? Do you feel pressure to have an orgasm during intercourse with me? What can I do to make that better?
- Do you feel pressure to have an orgasm at the same time as me? What can I do to make that better?

# 4

## Libido

- Do you think I can tell when you're in the mood for sex? Am I not reading some of your signals?
- Many women say that they have a higher sex drive than their partner. Is that true for you? If so, is that a problem?
- How do you handle differences in desire between us?
- What would be a good way for us to handle my wanting sex and you not wanting it at the moment?
- Do you ever feel pressured by me to have sex when you don't want to? If so, how should we handle that?
- Do you ever want to have sex with me of any kind and feel I turn you down or reject you?



## Initiating

- What would be a good way for us to initiate sex? Can we create a ritual?
- When I initiate sex, what do you usually feel?
- When you initiate sex, what do you usually feel?
- What should we do if I am more amorous than you?
- What should we do if you are more amorous than me?



## How I Feel About My Body

- What do you like about your body, what about your body do you feel good about?
- What do you least like about your body, what about your body do you not feel so good about?
- Tell me honestly, are there things I do that help you like your body? What could I do to make you feel better about your body?
- Tell me honestly, are there things I do that make you not like your body? What could I do differently?
- Tell me about how you feel about my body? What about my body do you feel good about?



## Slow Hands & Mouth

- Does that make sense to you? How do you feel about it? Am I ever too fast?
- I want to talk to you about kissing, touching, caressing, and love talk. What about l foreplay do you like the best?
- What parts of foreplay, kissing, touching, caressing, love talk, and so on, don't work for you? How can I make that better for you?
- Some women say that there are erotic parts of their body that are almost entirely neglected by their partner. Is that true for you?
- Many women say that they wish that there would not be the constant expectation that all warm touch will lead to sexual encounters. They want more variety and openness. Is that true of us?





## Feelings & Intimacy

- Many women say that their sexual experience is dependent on feelings. Is that true for you? What do you need from me in the area of feelings?
- There is an old saying that some partners want sex to feel close, but others only want sex when they already feel close. Does that fit us in any way? Do you think that's true? Is it true of us? Is that a problem? If so, how can we make that better?
- Some women do not want sex during their period, is that true for you?
- Many women say that they have told their partner what they find exciting and erotic, but he seems not to remember. Is that true of us? If so, can you give me a refresher course?
- What makes sex more romantic and passionate for you?
- How can our sex life be more like making love?
- What were some of the best, most romantic times for you between us? What can we do to have more romance?
- Do you feel that I court you? Or did that stop between us? What can I do to make that better for you?



## Clitoral Stimulation by Hand

- What are your feelings about stimulating your clitoris by hand? Does that work for you? How could it be better?
- Are there some ways of caressing you that work better for you?
- How do you feel about me satisfying you by caressing your clitoris?
- Is manual vaginal penetration also important to you as well as clitoral stimulation?
- Do you feel embarrassed to ask for clitoral stimulation from me? If so, what can I do to make that better?
- Would it help if I asked you, "What do you want and need?"



## Oral Sex

- Many women have said that they enjoy cunnilingus, but that it is rarely long enough. Is that true for you?
- Some women say that some partners use cunnilingus as a quick step to their own orgasm, after a short bout of licking. Is that true of us?
- Many women have said that they enjoy cunnilingus, but that they don't enjoy 69 because they cannot just enjoy their own pleasure. Is that true for you?
- Some women do not like cunnilingus. They have negative feelings about it. Is that true for you?
- Some women do not like cunnilingus during their period. Is that true for you?
- Many women have said that they enjoy performing oral sex, but that there are a few things that are negative about it. Is that true for you?
- Do you like oral sex with me but have some negative feelings about it?
- Some women do not like oral sex at all. They have negative feelings about it. Is that true for you?



## Fantasies

- What sexual fantasies do you enjoy? Can you share them with me?
- Can we do more in the area of fantasies to make sex more erotic?



## Anal Sex

- Tell me your feelings about stimulation of your anus.
- Tell me how you feel about anal penetration.
- What are your feelings about anal sex in general?



## Pornography

- Tell me how you feel about using pornography for yourself.
- What issues or emotions come up for you about using pornography for yourself?
- Tell me how you feel about using pornography together with your partner.
- What issues or emotions come up for you about using pornography together?
- Tell me how you feel about your partner using pornography without you?
- What issues or emotions come up for you about your partner using pornography without you?
- Do you have an ethical, or emotional responses to pornography in general?
- Does your partner's use of pornography without you result in feelings you might have about your own body?
- Does your partner's use of pornography without you result in feelings you might have about your partner's body?
- Does pornography use have any effects on what happens for you in the bedroom?

# Sexuality Questions

To Ask A Man

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**Start With This Question:** *What do you need to be happy to have had sex? To feel happy after instead of diminished?*



## Masturbation

- When some men masturbate, they fantasize about situations that they find erotic. Does that describe you? If so, do you feel comfortable talking to me about what fantasies you find erotic when you masturbate?
- Some men prefer being manually or orally stimulated by their partner to masturbating alone, but some men feel differently. How do you feel?
- Many men say that they masturbate entirely by penile stimulation, but other men say that to come they need to stimulate other erotic zones as well. What is true for you?
- Some men masturbate to control their own horniness. They feel that they can't talk to their partner about it. What do you feel?
- Some men feel that masturbation is a kind of learning experience. What do you feel?
- Many men feel okay about their partner masturbating, either alone, or with them. How do you feel about my masturbating?
- In your view, what is the role of masturbation in our sex life? Mine and yours?
- Do you think that masturbating helps you have better sex with me?
- Do you think that masturbating helps me have better sex with you?
- How do you prefer to masturbate? Can you show me?





## Orgasm

- Is it important to you to have an orgasm whenever we become erotic with one another?
- Do you feel entitled to have an orgasm? If so, or if not, please tell me about that.
- What is it like for you when you have an orgasm? What are the physical sensations? What do you feel?
- Are there times when you feel that you do not need to have an orgasm? Can you tell me when that might be? Can you talk to me about that?
- When you feel that you have not had an orgasm, do you feel you can tell me and talk to me about what you need?
- Do you feel pressure from me or pressured socially that you have to have an orgasm?
- Is there a sense of "performance" about having an orgasm?
- Do you need me to have an orgasm when we have intercourse? If so, please talk to me about it.
- Are there times when you feel cheated that I have an orgasm and you don't?
- Do you think that men take less time to have an orgasm than women? Is that true for you?
- What do you find most erotic and arousing?
- What is the feeling of being erect like for you? Do you feel wanted? Do you feel alive? Is there urgency? Is there a sense of calm? Do you feel desired? Loved? Tell me what this is like for you.
- Is a long arousal stage a good thing for you, or not?
- How does arousal shift for you to be on the verge of coming?
- What can I do to improve the arousal and the experience of orgasm for you?
- After your orgasm what can I do that would feel good?
- What, for you, is the difference between making love and having sex?
- Are there times when you would just like a quick sexual experience that is just erotic and nothing else, or not? Either way, please tell me about that.
- After orgasm do you feel satisfied or fulfilled? What do you need from me? Do you need to feel tender and close? Are you sleepy? Do you feel energized and wide awake?
- Are you very sensitive after orgasm and want to avoid stimulation?



## Sex

- Many men say that they want and expect that ALL sexual contact will lead to intercourse and their orgasm. Do you feel that way?
- Some men dislike the expectation that sex will always lead to penetration. Do you ever feel that way?
- Many men say that they aren't asked by their partner what they would like sexually when sexual contact of any kind begins. Do you feel that way?
- Some men say that they can't really tell their partner what they would like sexually when sexual contact of any kind begins. Do you feel that way?
- Many men say that they cannot be truthful with their partner about what they would like sexually because they are afraid it would hurt her ego, or repulse her. Do you feel that way?
- Many men say that they cannot ask for what they want about non-sexual affection with their partner, about wanting to cuddle and be held, or touched affectionately. Do you feel that way?
- Do you feel pressure to have sex with me? What can I do to make that better?
- Do you feel pressure to have an orgasm at the same time as me during sex? What can I do to make that better?

# 4

## Libido

- Do you think I can tell when you're in the mood for sex? Am I not reading some of your signals?
- Some men say that they have a lower sex drive than their partner. Is that true for you? If so, is that a problem?
- How do you handle differences in desire between us?
- What would be a good way for us to handle your wanting sex and my not wanting it at the moment?
- Do you ever feel pressured by me to have sex when you don't want to? If so, how should we handle that?
- Do you need me to initiate sex more often? If so, how should I do that?
- Do you need me to ask you whether you're in the mood for sex?
- Do you ever want to have sex with me of any kind and feel I turn you down or reject you?



## Initiating

- What would be a good way for us to initiate sex? Can we create a ritual?
- When I initiate sex, what do you usually feel?
- When you initiate sex, what do you usually feel?
- What should we do if I am more amorous than you?
- What should we do if you are more amorous than me?



## How I Feel About My Body

- What do you like about your body, what about your body do you feel good about?
- What do you least like about your body, what about your body do you not feel so good about?
- Tell me honestly, are there things I do that help you like your body? What could I do to make you feel better about your body?
- Tell me honestly, are there things I do that make you not like your body? What could I do differently?
- Tell me about how you feel about my body. What about my body do you feel good about?



## Slow Hands & Mouth

- I want to talk to you about kissing, touching, caressing, and love talk. What about foreplay do you like the best?
- What parts of foreplay, kissing, touching, caressing, love talk, and so on, don't work for you? How can I make that better for you?
- Some men say that there are erotic parts of their body that are almost entirely neglected by their partner. Is that true for you? Tell me about it.
- Many men say that they wish that their partner would pay more attention to their penis. Is that true for you?
- Some men do not like there to be an expectation that all sexual encounters will end in intercourse. They want more variety and openness. Is that true of you?



## Feelings & Intimacy

- Many men say that their sexual experience is not dependent on their feelings. Is that true for you?
- What do you need from me in the area of feelings?
- There is an old saying that some men want sex to feel close and some men only want sex when they already feel close. Which one do you think is true of you? What is true of us? Is that a problem? If so, how can we make that better?
- Many men say that they have told their partner what they find exciting and erotic, but their partner seems not to remember. Is that true of us? If so, can you give me a refresher course?
- What makes sex more romantic and passionate for you?
- How can our sex life be more like making love?
- How can our sex life be more like lust?
- What were some of the best, most romantic times for you between us? What can we do to have more romance?
- Do you feel that I court you? Or did that stop between us? What can I do to make that better for you?



## Stimulation by Hand

- What are your feelings about me stimulating you by hand? Does that work for you? How could it be better?
- Are there some ways of caressing you that work better for you?
- How do you feel about me satisfying you by caressing your penis?
- Do you feel embarrassed to ask for penile stimulation from me? If so, what can I do to make that better?
- Would it help if I asked you, "What do you want and need?"





## Oral Sex

- Many men have said that they enjoy oral sex. Is that true for you?
- Some men say that some men use oral sex as a quick step to sex, expecting penetration after a short bout of licking. Is that true of you?
- Many men have said that they enjoy oral sex, but that they prefer 69 because they then also enjoy their own pleasure. Is that true for you?
- Some men do not like oral sex. They have negative feelings about it. Is that true for you?
- Many men have said that they enjoy fellatio, but that there are a few things that are negative about it. Is that true for you?
- Some men do not like fellatio at all, but some men want more fellatio. What is true for you?



## Fantasies

- What sexual fantasies do you enjoy? Can you share them with me?
- Can we do more in the area of fantasies to make sex more erotic?



## Anal Sex

- Tell me your feelings about stimulation of your anus. Have you ever tried anal sex?
- Tell me how you feel about anal penetration.
- What are your feelings about anal sex in general.



## Pornography

- Tell me how you feel about using pornography for yourself.
- What issues or emotions come up for you about using pornography for yourself?
- Tell me how you feel about using pornography together with your partner.
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- Does your partner's use of pornography without you result in feelings you might have about your partner's body?
- Does pornography use have any effects on what happens for you in the bedroom?



## Ideas For Initiating Sex With Your Partner

- Simply tell me you want to make love/you want me.
- Kiss my neck and say "I really want to X you."
- Men, know your woman's cycle (if she is cycling).
- Leave me a note telling me you want me and when.
- Send me an email or text saying you want me, when and....
- Your ideas: