CONTENTS

7  CHAPTER ONE: FUN
19  CHAPTER TWO: DESIRE
29  CHAPTER THREE: PLEASURE
39  CHAPTER FOUR: PATIENCE
49  CHAPTER FIVE: ACCEPTANCE/Celebration
59  CHAPTER SIX: ROADBLOCKS
85  CHAPTER SEVEN: ASH
95  CHAPTER EIGHT: RESPONSIBILITY
111  CHAPTER NINE: AGREE
125  CHAPTER TEN: AGREEMENTS
135  CHAPTER ELEVEN: PHASES
147  CHAPTER TWELVE: PHASES-APPLICATION
In your hands you are holding a roadmap to sexual pleasure for you and the one you love.

We often try to sexually express love to one another the way we want to be loved without understanding our partner usually has an entirely different sex language. This can leave at least one partner feeling less than satisfied. In response, the other partner will often try harder and harder to please the unsatisfied partner—still using his or her own sex language.

When two people keep giving love in their own sex language, it can lead to frustration and a lack of fulfillment that can continue for years. (Sadly, some couples persist in this for decades.) This frustration or lack of fulfillment can begin to poison one or both partner’s overall level of satisfaction in the marriage.

What if ...the misunderstanding, frustration, aggravation, and dissatisfaction all went away?
What if ...each partner was handed a roadmap for bringing incredible, predictable sexual pleasure to his or her loved one throughout the relationship? Wouldn’t such a manual be totally worth your time to read? Well, you’re in luck. This is what awaits you in this book.

The first step on this journey is to understand that your sexuality is as unique to you as your loved one’s sexuality is to him or her. With that foundational belief in place, you can continue your journey of discovery into your loved one’s sex language. His or her sexual language is almost certainly different from your own, which can allow you to stretch, sexually. And when you do, your partner can have more sexual pleasure. Even over decades, the new sexual compatibility you forge will strengthen your marriage bond in amazing, incomprehensible ways.

This book is not a manual of positions and erogenous zones. There are many books on that. And though we will discuss those, they are not the focus of this book. Instead, our goal is to teach you ways to make sexuality a strength and how your partner desires to be made love to, guided by the knowledge of his or her sex language.

Once you learn your partner’s sex language and “speak it” fluently, you will be on the road to a lifetime of sexual pleasure.

Douglas Weiss, Ph. D.
There is no way I could start a book on the five sex languages with a general introduction. If you are like me, you would quickly flip through all that information—as meaningful as it might be—and get right to the first sex language to see if it is the language of you or your partner.

This book will do much more for you than help you identify your sex language, as well as that of your partner. As you read through this book you will gain knowledge and insight that will help you stop arguing about sexual frequency, agree with what’s acceptable in your bedroom, and identify roadblocks that could be keeping you from an awesome sex life. My encouragement is to devour the first five chapters, and then assimilate the other principles. After you have done that, you will have quite possibly the best sex of your life.

It is important to understand that sex languages are innate with you and your partner. The object of the chapters ahead is not to teach you strategies to make your partner more like you, or change his or her sex language to yours. It is to teach you how to accept and work with his or her sex language to help you bring your partner greater sexual pleasure.
Each chapter in this book that focuses on one of the five sex languages is broken down into three sections. The first section describes the healthy version of the sex language. The second section of each chapter describes the immature or unhealthy version of the sex language. The final section in each chapter gives tips for application to your sex life.

Healthy

The fun sex language is just that: fun! For the person whose sex language is fun, pleasure during the sexual encounter includes fun. The partner whose loved one’s sex language is fun has a variety of ways to insure his or her partner a great sex life.

Spontaneity

It is my observation over twenty-five years of counseling couples, that those whose primary sexual language is fun will resist any attempt to structure or plan sexual intimacy if they sense it will not be fun. Those whose sex language is fun want to have sex in the creative moment of now, or soon.

Those who sexually express love through the sex language of fun believe the best sex is unplanned and in the moment. They typically believe spontaneity is equivalent to the passionate desire they feel toward their partner, or that their partner feels toward them.

Spontaneity itself is symbolic and has great meaning to the person with the fun sex language. The fact that their partner is thinking of them in a sexual way in the moment—whatever moment that might be—is by itself fun and pleasurable to them.
Location

Those with the fun sex language enjoy the many different variables of sexuality. One of these variables is locations for sex. To fun sex language people, sex in various locations is awesome. They may well relish the difference and creativity of having sex in a tent outside, in a hotel, on a beach, in a closet, at the office, or even in a car they are test-driving.

To those motivated by the sex language of fun, engaging in sex in different locations tells them their partner is thinking of them in a sexual manner “everywhere,” and that they want to create a new, fun sexual encounter. Even if the sexual activity itself is similar to what they do at home, it means a lot more to the fun sex language person that it took place in a different location.

Different

Those innately motivated by the fun sex language are also titillated by different. For them, engaging in different types of sexual activity is not about reaching a higher or different level of orgasm. It is about having fun with different sexual acts.

The variety in sex they engage in isn’t about seeking pleasure for themselves, but more in the spirit of, “We should try __________ just for fun.” The fun sex language person is more open to starting sex in one position, and then trying other positions or behaviors (sexual or other), to achieve orgasm.

The window frame graphics below can help you quite a bit, especially if fun is not your sex language. For the fun sex language person the window frame looks like Window Frame A. For others, sex can look like Window Frame B.
A roadmap to sexual pleasure.

You are holding one of the most practical and exciting books on sex you may ever read. The 5 Sex Languages teaches the language of sex that you and your partner are pre-wired to enjoy. Once you learn your language you can communicate and have sex on a more satisfying level.

You will learn how to agree on sexual behaviors, how often you have sex and so much more. So read, practice and enjoy the best sex of your life.

Douglas Weiss, Ph.D.

is the Clinical Director of Heart to Heart Counseling Center in Colorado Springs, CO and the President of the American Association for Sex Addiction Therapy. Dr. Weiss is a Licensed Psychologist and author of more than 30 books on addiction and relationships.