



**UPGRADE...  
YOUR SEX LIFE**

FINDING YOUR UNIQUE SEXUAL EXPRESSION

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# INTRODUCTION

There are so many opportunities in our lives to upgrade. In the normal process of life you upgrade cars, houses, education and even our bodies. However how often have you heard of actually upgrading your sex life and then it actually works?

This book is not about physical gymnastics for you to experiment. This book is about incredibly shifting the paradigm and practicality of sexual expression.

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 sexual expression. 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 sexual expression.

When two people keep giving love in their own sexual expression, 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 sexual expression. His or her sexual type 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 sexual expression.

Once you learn your partner's sexual expression and "speak it" fluently, you will be on the road to a lifetime of sexual pleasure.

Douglas Weiss, Ph. D.



**FUN**

There is no way I could start a book on upgrading your sex life 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 sexual expression to see if it fits you or your partner.

This book will do much more for you than help you identify your sexual expression, 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 sexual expressions 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 sexual type to yours. It is to teach you how to accept and work with it to help you bring your partner greater sexual pleasure.

Each chapter in this book that focuses on one of the five sexual expressions is broken down into three sections. The first section describes the healthy version of the sexual type. The second section of each chapter describes the immature or unhealthy version of the sexual expression. The final section in each chapter gives tips for application to your sex life.

## Healthy

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

## Spontaneity

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

Those who sexually express love through the sexual expression 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.



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Spontaneity itself is symbolic and has great meaning to the person with the fun sexual expression. 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.