

TAPAS STYLE SEX IS GOOD SEX

What we know about couples who have been together for along time and who rate their sex lives as more enjoyable than average, is that they prefer a tapas style menu for sex, not a three-course meal every time.

With a three-course meal approach to sex – the approach that most of us tend to adopt – couples will stick to a fixed set of dishes. You always begin with an appetiser (typically this is “foreplay”), followed by the main course (usually penetration!), and later, perhaps some desert (e.g., orgasm... and often it’s just one partner’s orgasm). Couples can really miss out if they are stuck with this same format every meal. What happens if one of the items is not on the menu that night? What is there is no “main course”? Plus, it can get boring when you know exactly what’s coming next. Imagine that you were only allowed to have steak and potatoes, every night, for the rest of your life?!

Instead, we encourage couples to shift to this tapas style approach to sex. Tapas is a Spanish style of eating where every plate is the same size (quite small) and you order many dishes, sharing them all. With this approach, you can pick and choose to sample a variety of dishes, and not all dishes need be sampled on any one occasion! Some nights you may be in the mood for a certain dish, and your partner in the mood for another dish, so you both order what you want! Some nights, you may be really craving one dish so you order seven servings of it! Some nights, you might not be in the mood for your partner’s favourite dish, but you nibble at it anyways because you know it makes your partner happy and that is rewarding to you. And some nights, your partner might not be that hungry, but you are starving, so your partner agrees to order a plate or two anyways (and next time, maybe it means they can order and extra dish of their favourite plate).