

● YOU ARE NOT BROKEN

Six TIPS
FOR BETTER
— *sex* —

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Welcome!

I'M DR. KELLY.

A female urologist, sex expert, and the friend you didn't know you needed..... until now.

My purpose is to empower people to live their best love lives. Because let's be honest, none of us were taught what we need to know.

This e-book is intended to give you easy-to-digest tips about intimacy to help you take charge of your sex life.



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Where To Go From Here

How did you get here?

Sex is supposed to be easy, right?

Well, actually, it isn't so easy.

Sex is one of the only things that we are expected to be experts at, but no one got any training in. Don't worry, you are not broken!

Most sex education is fear based. "Don't get an infection and don't get pregnant!"

The Problem Is...

we didn't get any training on the main goal of sex — pleasure for ourselves and pleasure and connectedness with our partner.

In addition, the very things that make for great sex — low stress, good communication and connection, time, and mindfulness, — are the very things that modern society, kids, jobs, and long term relationships take away from us.

First Things First

Our schools, families, religious faiths, and mainstream media have taught us some "rules" about sex, whether you realize it or not.

They may feel like hard facts, but actually they are thoughts... and completely optional.

These thoughts prevent us from experiencing the pleasure that our bodies provide and are called "limiting beliefs".

It's important to realize that these thoughts must be challenged or recognized before we can set them aside and say they are no longer serving us in our new quest towards sexual satisfaction.

**CAN YOU THINK OF SOME LIMITING BELIEFS THAT YOU
HAVE THAT MAY BE HOLDING YOU BACK?**

Common Limiting Beliefs

- My pleasure is not my own (my partner gives me my orgasm)
- I should orgasm with penetration (P.I.V. sex)
- My partner should know how to please me — and if they can't, then I am un-pleasurable
- I should only have sex when I spontaneously desire it
- Sex is dirty (and all other variations of this thought)
- I should get turned on like a light switch

Your Limiting Beliefs

Beliefs are just thoughts that you think over and over again — so much so that they feel like facts.

The good news is, realizing that beliefs are not facts allows us to question, have compassion and change them.

Challenging our beliefs, combined with the facts about female sexual function, can truly change our sex lives for the better.

Six Tips for a Better Sex Life

Okay everyone, this is just the tip of the iceberg.

Realizing **you are not broken** is a huge step in the right direction.

These six tips are the next step...

After this, it is just more practice, learning, and compassion towards yourself.

Remember, sex is adult play-time! **Don't forget to not take it so seriously all the time.**

And pleasure is key. Even taking the pressure off of orgasm helps a great deal.

1. LUBE IS YOUR FRIEND

Arousal desire mismatch is common! But what does it mean? It means that a woman may be interested in sex but her body doesn't provide the necessary lubricant. Enter the modern world... lube! Actually 80% of Americans use the stuff. Why wouldn't you?

I recommend silicone as it is longer lasting... but try out different types and see what you like.

Lube decreases friction so it helps with sensitive skin — also remember that it can take up to 30-50 minutes for a woman to reach orgasm, especially when paired with a partner. So be patient and decrease friction with lube!

2. RESPONSIVE DESIRE IS NORMAL

We lead busy lives with large to-do lists. And usually desire for sex is nowhere to be found on that list. So many women stop having sex because their spontaneous desire has waned.

Good news, though! There is no reason to stop having sex just because you aren't spontaneously seeking it.

The majority of women (especially those in long term relationships) have responsive desire — meaning they aren't into it... until they are in it. It's like seeking out a party when you're tired versus a friend taking you to a the party and still having a great time once you are there.

Allow the desire to arise during or even after the event. It is a myth that desire needs to happen first.

3. DESIRE MISMATCH IS NORMAL

There are two people in a relationship. Just like you like different foods, sports, books... of course you may like different amounts of sex. Especially if one is having more fun than the other. It is not the job of the low desire person to rise up to the higher desire person's level.

Side note — if you're having boring or uncomfortable sex, it's no wonder why you don't want to go to the party. Explore what makes you enjoy sex, often you will want to do more of what is fun.

Normalize mismatch as a couple's problem, and remove shame and "should's" from the conversation.

4. THE CLITORIS IS THE BOSS OF FEMALE ORGASMS

It is okay, it is not your fault. Most people (of any gender) are not taught that the clitoris is the organ of orgasms in the woman.

Putting an object in the vagina (sorry for the bluntness, but here we go) usually doesn't result in orgasm for the vagina owner — unless the clitoris is also stimulated.

Many women reach orgasm first, by means of clitoral stimulation, then have that "classic" sex that you used to think was supposed to do it for you. There is no "one right way" to be intimate, and often thinking outside the box is a great way to orgasm.

5. GET INSIDE YOUR BODY

Orgasms come from the body and the mind — when they're connected it works best. Modern women spend so much time in their heads and in the future and the past — all places where the orgasm doesn't live. Re-focusing on the present and putting your attention in your pelvis helps. Practicing mindfulness and resetting yourself in the present moment is often very effective in the goal of enjoying pleasure.

6. COMMUNICATION WITH YOUR PARTNER

Timing — prep your partner. Tell them the conversation is coming. "I want to talk about our sex life, would after lunch be a good time?"

Tone — open, honest, and about you (not them). "I am curious about ways that I can enjoy more orgasms" — way better than, "You don't give me orgasms."

Practice and revisit — one failed attempt is not a closed door. Remember your partner may have their own limiting beliefs and issues with sexuality. Honor where you are in your relationship and where you want to go together.

Think of this conversation as one of many...life is always changing, and your sex life needs more than one conversation.

REMEMBER,

Most partners truly want to grow together. A partner who is actually closed off to wanting to work on sexual intimacy may have some other underlying issues that may need to be addressed. Don't take it all personally. And keep trying. Your best love life awaits!

Need More?

Of course you do, you just got started! And I've only just begun sharing everything I have learned on my journey to **help you take back your power**.

- 1 LISTEN TO MY PODCAST '**YOU ARE NOT BROKEN**' ON ANY STREAMING PLATFORM
- 2 SIGN UP FOR ONE OF MY COURSES ON **WWW.KELLYCASPERSONMDCOM** WHERE WE GO IN DEPTH WITH LIVE SESSIONS AND ENDLESS CONTENT ON YOUR BELIEFS & EDUCATION ABOUT OUR BODIES
- 3 FOLLOW ME ON IG **@KELLYCASPERSONMD**
- 4 WATCH MY TEDX TALK **HERE**