



carole.kirby777@gmail.com | 734.369.2016 | therapy4couples.com | January 2020

Best Wishes in 2020 for a New Year of Harmony, Gratitude, & Connection

I haven't sent out a newsletter in a long time. I am making up for the lapse with an extended newsletter around a subject that I believe is near and dear to most couples – your sensual/sexual relationship. The newsletter includes several articles regarding your sensual/sexual relationship as well as a TED Talk.

I think the best way to use the information in this newsletter is to download the entire newsletter as well as the articles highlighted in this issue, even printing out the articles noted so that you will have the information for several different discussions. The TED Talk is a "keeper." It normalizes difficulties that couples have and makes practical suggestions.



The picture to the right is of me and Neesa, my dog who has accompanied me to the therapy sessions for almost 11 years. She greets couples as they come up the stairs, visits a short while before retiring to a dog bed that is half under a table in the therapy room or she sleeps out on the landing to steps.



We "refresh" our computers. This newsletter features ideas to help you "refresh" your intimate relationship. I list some articles, books, and a TED Talk to listen to that can be helpful in your "refreshing" efforts to become more sensually and sexually connected.

While I am at this time talking about your sensual/sexual relationship, the quality of your sensual/sexual relationship can't be better than your overall relationship. The two aren't separate. They are integrally related. You and your partner must consciously create and maintain a good, warm, loving, interesting, supportive relationship that has a good component of sensuality.

Therapists are sometimes hesitant to inquire about a couple's sensual/sexual relationship. And for the most part, couples are reticent to bring up their sexual concerns, unless it was the main reason they reached out for couples therapy in the first place. I am encouraging couples to talk about their sexual concerns – hurts, disappointments, desires, fears, etc. the same way they talk about any other issue. It is for this reason that I am using this newsletter, the first in 2020, to encourage you as a couple to openly discuss what's good and what needs "refreshing" in your sensual/sexual relationship. Do this without shaming or blaming.

For those of you who are currently my clients, I hope the ideas in this newsletter will help you be more proactive in the sessions regarding your concerns, fears, disappointments, and yearnings in the realm of your sensual/sexual relationship.

I strongly encourage you to read, listen, and discuss all the ideas in this newsletter with an openness and earnestness that your relationship deserves.

How Couples Can Sustain A Strong Sexual Connection for A Lifetime

TED Talk by Emily Nagoski She is an interesting, "down-home" presenter who's easily understood & inspiring.

[Click here](#)

Eight New Year's Resolutions for Your Relationship

by Deborah Fox, MSW, couples & sex therapist with over 30 years experience as a Sex Therapist and Certified Imago Therapist

Many therapists have their own favorite lists for the kinds of things that can help a couple stay lovingly connected. I have several lists as well. But for this newsletter, I am featuring Deborah Fox's suggestions entitled Eight New Year's Resolutions for Your Relationship. I suggest downloading the article making it easier to discuss.

[Click here](#)

*LOVE doesn't just sit there, like a stone.
It has to be made, like bread,
Remade all the time, made new.*

~ Ursula K. LaGuin

Awakening a Sluggish Sex Drive

by Michael Perelman Psychology Today. Nov/Dec 2019

Fatigue is the major (and frequently unrecognized) cause of sexual dysfunction in the US today according to Dr. Michael Perelman, Ph.D. He says there are simple ways to get a good sleep schedule AND get your sex life back on track.

Finding the Roots of Our Fatigue ✦ **How Sleep Affects Sex** ✦ **More Sleep, Better Sex**

Regardless of its source or duration, fatigue is incompatible with a good sexual experiences because it disrupts the way the body responds to stimulation. [Click here](#) to view his article.

Books for More Understanding & Support

LOVE 2.0, Creating More Happiness & Health in Moments of Connection by Barbara Fredrickson, Ph.D. The author drives home the value of being warmhearted ... "Love 2.0 is user-friendly manual for opening our hearts." Daniel Goleman author of Emotional Intelligence.

The Pleasure Zone, Why We Resist Good Feelings & How to Let Go & Be Happy by Stella Resnick

Love Worth Making, How to Have Ridiculously Great Sex in a Long-lasting Relationship by Stephen Snyder, MD

Soul Talk, Powerful, Positive Communication for A Loving Partnership by Nina Atwood

Hold Me Tight, Your Guide for the Most Successful Approach to Building Loving Relationships by Sue Johnson, Ph.D.

And of course... **Getting the Love You Want, A Guide for Couples**