

So, you're ready to leave your spouse, you have already cheated, or you feel like you may want to, because you are unsatisfied sexually and intimately in your committed long-term relationship?

THIS situation is the exact reason married people should NOT have friends of the opposite sex that they are attracted to, flirt with, or plan ANYTHING with. You crossed a line with a person who is not your spouse, even by not meeting this other person in person, BECAUSE your marriage is now in jeopardy and you are thinking of another person rather than your spouse. You made a vow of no matter what, not of well, until one of us doesn't get what we want, then maybe... and what if it were your partner having private conversations, flirting with another person of the opposite sex, having phone sex, fantasizing about, and making secret rendezvous with another person than you?!... Think about how that would make you FEEL... Bask in that fallen hollow painful feeling in the pit of your heart and stomach for at least ten minutes and then imagine feeling that way for the rest of your life, because I can absolutely positively GUARANTEE you that you will definitely feel that feeling most of the rest of the days of the rest of your life after you leave your marriage. If for no other reason than guilt! And certainly because people out in the worlds treat each other horribly, so you will spend most of the rest of your life looking for what you already once had!!! How do I know this so positively? Well, for lots of reasons. I have experienced it myself, I have had friends who have too, I watch people and talk to people and teach people about these situations for my entire adult life. That is all I have been focused on since I was 18 going through my own divorce and I learned all these things so that I can help people make it THROUGH the hard times of marriage TOGETHER to get to the other side of this bridge which is one of the biggest tests of your strength and character that you will ever face. This is a time for you to think long and hard about what you CAN do to SAVE your marriage. How you CAN rekindle passion and vitality and that intimacy you have artificially created with another person with your own partner...

Now, I have no delusions that this is welcome advice LOL but IF you think about it for a while more and give your marriage 45 days of REAL EFFORT on BOTH your parts, I can also guarantee you that the closeness, intimacy, and the strength of the connection within your marriage WILL make it last for the rest of your lives in a MUCH more rewarding way than it has ever been in the past. BOTH of you will have tasks to do and BOTH of you will have to stay on track focused to making this commitment to at least TRY to make it work on an action plan in order for it to work. It takes two people to change it from deflated to satisfying in order to make a marriage last...

The things on the action plan are these:

1) **COMPLETE HONESTY CONFESSIONS** - The FIRST thing you NEED to do in order to recover from this is the hardest step to take, for you both. You NEED to tell your partner the whole truth about how serious this is for you so that he/she can grasp how unsatisfied you are. It is VERY important that your spouse get to fully

comprehend ALL your thoughts and feelings have caused you to get to this point of seriously planning and almost cheating. Without that knowledge, the CHOICE is stolen from that other person to even be ABLE to make the changes you so desperately NEED. That person cannot know how serious this is for you if you do not tell him/her how bad it really is.

2) **VACATION ALONE TO REKINDLE DESIRE** - The two of you need to take a vacation totally ALONE, even if that vacation is only to a local hotel or swapping houses with a friend for at least a week. The two of you NEED to talk and more importantly the two of you NEED to re-learn HOW to have fun and RELAX WITH EACH OTHER. Sex cannot happen with stress, you guys not feeling good about being together, not remembering all the things you love and appreciate about each other, and being free to FEEL sexy, desired, desirable, and accepted AS YOU ARE, both of you. You want to act like high school kids in a new relationship again... Having FUN, goofing off, laughing and playing together carefree...

3) **BUILD INTIMACY** - During this time alone, you two have to do things for each other, and nothing for yourselves. Put yourself into each other's perspectives and you two will have to gain an understanding of why the other person is how they are. This helps to build TEAMWORK and rebuild closeness and mutual trust, which are ESSENTIAL in any relationship. With every opportunity from this point on, this time is to prove to your partner that you CHOOSE him/her over any other choices you COULD have made. Prove it through your words and actions and they will believe and trust you again, and you two can begin working as a team again.

4) **IT'S PLAY TIME** - You two will be spending your vacation inventing ways to be sexy toward each other. Watch the movie 9 1/2 weeks together. Watch pornos together and do what's in the scenes together. Look for sexy passionate movies to watch together.

(I do NOT condone drugs or alcoholic debauchery at all, however one time to play with your long-time LTR partner is different than going to a rave, being a druggie or an alcoholic!) This assignment is to be able to relax together to just enjoy the sexual adventure and play – So, if you two want to get some viagra, some ecstasy, get drunk together, freaking spanish fly, whatever it takes to kickstart the ol engines, and then PLAY together sexually non-stop for a couple weeks of having a passionate affair with your husband/wife. Make secret rendezvous with your each other. Meet him for an unexpected lunch set up in a hotel room wearing nothing but a trench coat and lingerie underneath then tease him all during lunch. Create spice and passion in your own marriage by doing things that are passionate and unexpected, make your own live fantasies come true with him. Leave her a note that says to meet you at her favorite place and when she gets there, have it already pre-set up with her favorite flowers, her favorite foods, her favorite drinks, and her favorite music. Give her a massage, a bubble bath, compliment her over and over again and make her believe you mean it by showing her that you honestly do. It will kickstart his passion for YOU all over again.

Buy each other trinket gifts, flowers, do things each other likes to do, buy books and spend your facebook time learning new sexual things to explore with your husband instead. Read up on techniques to help you have an orgasm and ALLOW him/her to just play with you without the pressure of having sex. Water reeeally helps turn me on to get me to orgasm.

5) **LET THE CRAP GO** - And the only other thing on this list right now is that both of you need to give each other a mulligan, a freebie for the mistakes you have both made up to this point. Talk it through but then you need to both let it go and put it in the past and NOT talk about it at all anymore, ever again. No rehashing, no ambushes, no attacks. Let it go or you will NEVER get through to the other side. Anything that is discussed and experienced during this time needs to be ok for both of you. If you guys have a hard time with having a lot of sex during your vacation and fantasies times, which can sometimes happen, especially at the beginning of this new phase in your marriage, it is CRUCIALLY IMPORTANT to allow that to be ok and to laugh and play through it for right now BECAUSE it cannot change if more negatives are put on top of the negatives you two go into this feeling already. It can sometimes feel like a lot of pressure to rekindle a relationship that feels like is has run its course. Let it be ok just to experience this time, with or without the pressure of having a lot of sex, or a lot of conversation, or a lot of anything. Learn to just ENJOY each others company and playing together during this time and the rest of the intimacy, passion, sex, orgasms, etc will flow naturally.

ORGASM ADVICE FOR WOMEN - I have a little toy called a doc johnson that you can get at any porno shop for like fifty bucks that makes me cum every time I use it. It is a vibrator that I only use on the outside down there to stimulate the feelings. Play with it alone and it sensitizes your area down there so that when you're having sex you have already taught yourself how to orgasm easily, so that it is easier to cum with a man. A woman needs to RELAX with a man in order to be able to have an orgasm with a man. A woman's orgasm is not about the man. The ONLY time it is a man's fault for a woman not having an orgasm is when that man is a quickie wham bam all about himself lover. I doubt your husband climbs on top of you then spends five minutes pounding you for himself to cum, then walks out of the room. I know how you feel about not being able to cum with him no matter what kind of a lover he is or isn't. It is soooooo frustrating and it is easy to blame each other rather than realizing that each of you plays a part in how detached you are from each other right now. Female orgasms with a man during sex are reeeally hard under any circumstances. Many women NEVER experience a true real orgasm. This is an actual fact. I can cum at the drop of a hat with or without a partner because I have made it into an art for me! LOL Masturbate by yourself and learn what makes you tick, what makes you hot, what makes you get to that almost there pinnacle point, and what it takes to make you cum. I have to hold my breathe to this day to cum. It was something someone told me when I was 18 to suffocate the girl to orgasm and back then it took a lot more to cum, but it worked by holding my breath, so it's how I learned how. DO NOT put anything over your freakin head or tie off your neck or any insanity like that!!!! Simply hold your breath and if it is hard during sex you can

hold your hand over your nose and mouth like I did what I was younger to teach myself to get to the point that now all I have to do is be touched in a way I enjoy by a man and I can very easily cum, even from kissing, without holding my breath. You just have to become comfortable with your own freedom to explore sex, orgasms, and feeling good in your own skin in order to get to the point of being able to orgasm easily with any man, and alone. And believe me, it is a lot of fun playing to get yourself to that point! LOL So, in your free time that you would normally be wasting in marriage destroying ways, instead play online looking up ways women orgasm, and reading about how to have orgasms, and things you can do alone, and things you two can do together to play to orgasms. Then, it's just a matter of time before you are both enjoying each other again...

ORGASM ADVICE FOR MEN – Do research to learn how to satisfy a woman. Go through my workshops and read about g-spots, hot spots, wet spots, whatever, learn about satisfying a woman through giving HER oral, and how to make her have an orgasm. You've probably spent most of your sex education trying to get yourself off, now it is time to learn all about getting her off... It's not about a,b,c's or finding the perfect ½" by ½" g-spot to put pressure on. Orgasms for women come from feeling COMFORTABLE and being allowed to relax and enjoy the ways different touches feel to her skin, to her body, to her inside and out. Her mind needs to be relaxed in order for her body to appreciate sex play. She NEEDS to want you, trust you, need you, and feel good ABOUT who you ARE. Sex for women is totally different than it is for men. Don't expect her to jump into sex and cum just because you read or heard that some technique works. It is NOT about that for women. We don't care what your doing as long as your doing something right and every woman is totally different. I can't stand and I will probably kick you in the face or certainly kick you out of bed if you play with my clitoris. I HATE it when guys play with that little red mini-penis part inside the hood and most guys learn from a young age that women love to have that played with!!! Learn what SHE likes, play with and explore HER boy, and HER sensitivities. THAT is the secret to making a woman orgasm. Those techniques are just ideas to get you doing SOMETHING!!!! From those efforts, pay attention to the ways she moves, the noises she makes, and talk to her very quietly whispering in her ear while you are touching her to ask her if she likes it and if she doesn't, and what she does like, and what she wants you to do. She most likely won't answer the first few encounters, but just your taking that level of interest and making her so hot by talking all about her, and making the sex all about her WILL help her to relax with you, so she WILL eventually cum easily with you, because you WILL learn how to push that one hot button that makes her Niagara falls gush! And one more thing, let anything she says be ok with you. Do NOT make her feel self-conscious or guilty about anything you two discuss during these times. She can ONLY cum if she feels totally relaxed with no inhibitions, and most women can never get to that point, because we are taught our entire lives to be self-conscious about how we look, that we aren't good enough in this way and that way, and that we are supposed to say no to sex, which was a protective barrier we had to build up from the scumbags out there. You have to get her over all that which women come into relationships with,

and show her that you are the exception to every rule she ever learned. And have fun playing with her instead!

ORGASM ADVICE FOR EVERYONE – Please, please, please send me your secrets to orgasms and I will post them anonymously of course to my website so that it can help other people...