

36 Questions That Lead to Deeper Sexual Intimacy

Set aside at least an hour with each other (it'll almost definitely take longer), without any tight schedules or distractions. Get comfy, but be sure you're facing each other and can easily see into each other's eyes while you answer and listen.

Ask each question of one another back-and-forth and most importantly: be cognizant and consensual in asking these questions - no one should feel forced to answer anything that feels like it's crossing a line for them or brings up troubling feelings or memories*.

*Note that while many of these questions are informed by sex therapists, this is not a replacement for consulting with a professional - particularly, if you have experienced sexual trauma, you may want to [seek professional assistance](#) before delving into the questions with a partner.

OBSERVATIONS, OPINIONS, HABITS

1 Given the choice and freedom of anyone in the world, who would you want to have sex with (and why)?

2 Name something random and unique that you find sexy in people.

3 What's a part of your body that you really love? What part of mine do you like the most?

4 When and how does foreplay start for you?

5 What gets you in the mood the most?

6 What do you wear when you want to feel sexy?

7 What's your favorite position (and why)?

8 What makes the difference between "decent" sex and "amazing" sex, for you?

9 Name any kinds of sex toys or accessories you've been interested in trying out.

10 Is there anywhere you've thought about having sex besides the bed?

11 What's been your favorite moment from our sex life?

12 Name three things that we both seem to like to do during sex.

DREAMS, WISHES, RELATIONSHIPS

13 When do you feel sexiest?

14 When do you find me to be sexiest?

15 Do you remember your first orgasm?

16 How did you learn how to masturbate?

17 Any memorable sexual dreams?

18 What turns you on the most during sex?

19 If you could only give a partner one instruction during sex, what would it be?

20 Do you have any parts of your body that you don't love being touched during sex?

21 Share something you were once afraid of trying, but ended up loving.

22 Anything sex-related you'd regret not trying before you die?

23 What is your usual mood before, during, and after sex?

24 When it comes to sex in long-term partnerships, does quantity or quality matter more?

MEMORIES, DEEPER THOUGHTS, PERSPECTIVES

25 What's something you've fantasized about but never tried?

26 How much of sex for you is the body and how much is the mind?

27 Was sex discussed in your family growing up? What was the dialogue like?

28 What role do you want sex to play in your future?

29 What do you think about when you masturbate?

30 How and when did you know you were attracted to the sex/gender you're attracted to?

31 How do you think our sex life will change through the years?

32 What are our sexual strengths and weaknesses, as a pair?

33 Share an embarrassing sexual moment or thought (or one that you think is embarrassing).

34 Is there anything about sex that ever feels anxiety-inducing to you?

35 How does sex and intimacy differ, in your mind?

36 What does it look like when they overlap?