

Before the Play

Rewriting foreplay in relationships

Foreplay does not start in the bedroom. It starts when you send your partner a thoughtful, or even cheeky text message during the day. When you call them, tell them how you feel about them, and maybe even what you are looking forward to doing with them when you reconnect. It starts with being thoughtful and intentional, remembering things that are important to your partner, rather than the standard “get milk on your way home” message.

It continues when you walk through the door and offer to help with dinner or bath the kids and through to how you wind down from the day together. It's the little things that you do for your partner that pay off in the long run rather than only switching on the romance when you feel 'up for it'. So many partners anticipate the reunion with their partner after work and are then disappointed when it turns into a wham bam thank you ma'am.

There is a lot of advice floating around out there...how to turn your partner on, techniques and tips for the lead up to sex. However, foreplay is so much more than that, it literally means “before the play”. In the lead up to seeing your partner, slow things down and start the foreplay before you even see them. A romanced and appreciated partner is far more likely to engage with you sexually than someone who feels taken for granted and rushed. It doesn't have to be large gestures and it doesn't have to cost any money, all you need is a little patience and appreciation.

For those who have partners waiting back at home, they are probably just as eager and desperate to dive between the sheets with you, but they also want to feel that that's not the only reason you are showing them attention and affection. They're looking for connection with the person they chose to make a life with. You!

Remember, a little goes a long way. If you feel you would like some help spicing up your long-distance relationship or want to discuss any problems or concerns you have, reach out to make an appointment at **1800 870 080** or

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