

HOW TO SEDUCE YOUR SPOUSE

THE
Sex
HEALER

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HOW TO SEDUCE YOUR SPOUSE

OVERVIEW

This is a handout to support the ideas and skills in the How to Seduce Your Spouse. Please use this as a guide to practice these concepts at home.

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Amanda Pasciucco (pronounced Pa-shoe-ko) is a catalyst for igniting passion within romantic and sexual relationships! She is known as “The Sex Healer”, because she has helped thousands of individuals and couples transform their sex lives for the last 10 years! Her charismatic, no B.S. approach combined with tantra, sex therapy and somatic techniques motivates and propels people forward.

Amanda founded Life Coaching and Therapy, LLC in West Hartford, CT in 2013, where she and her team of six therapists see clients on-site as well as through video chat and text therapy. Through flexible, multi-technique, sex-positive approaches, clients improve their sexual lives and this carries into a whole life transformation.

From romantic relationships to self-love to sexuality, Amanda shares her energy and expertise to help clients achieve their goals, because she believes that pleasure is healing!

WEBSITE/SOCIAL MEDIA

WWW.LIFECOACHINGANDTHERAPY.COM

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MATERIAL

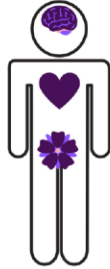
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HOW TO SEDUCE YOUR SPOUSE

We will define "seduction" in this video as the drive towards your spouse.

DEEP YES



Check in mind, heart, and genitals. See if there is a YES or a NO to partner sex.

If you want MORE than a YES or a NO, then please use **The Sexual Desire Spectrum** below. A scale of 0-10, to see how each part feels when it comes to yes.

SEXUAL DESIRE SPECTRUM



0 - No interest in partnered sex nor self-pleasure. Averse. No willingness to discuss sexuality.

1 - No interest and no aversion. Apathetic about sex.

2 - No interest in partnered sex. Open to masturbation.

3 - Somewhat interest in partnered sex but not enough to motivate behavior such as initiation.

4 - Somewhat interested in partnered sex.

5 - Interested in partnered sex.

6 - Under specific circumstances has a desire to be sexual with self and others.

7 - Desires sex with self and with partner.

8 - Desires sex with self, partner, and others.

9 - Someone who thinks about sex with self, partner often and has an openness to discuss fantasies.

10 - Someone who thinks about and desires, sometimes even acts on it, all of their waking hours.

Once you and your partner both have a number, compare results. No one is wrong for having higher or lower desire!

INTERNAL BELIEFS

Let's work on healing your inner barriers that may be in the way of you getting the sex you actually want.

1. Curious	Partner	Self	Both	Neither
2. Attractive	Partner	Self	Both	Neither
3. Adventurous	Partner	Self	Both	Neither
4. Vulnerable	Partner	Self	Both	Neither
5. Passionate	Partner	Self	Both	Neither
6. Intimate	Partner	Self	Both	Neither
7. Primal	Partner	Self	Both	Neither
8. Playful	Partner	Self	Both	Neither
9. Dominant	Partner	Self	Both	Neither
10. Submissive	Partner	Self	Both	Neither
11. Shamer	Partner	Self	Both	Neither
12. Blamer	Partner	Self	Both	Neither
13. Giver	Partner	Self	Both	Neither
14. Receiver	Partner	Self	Both	Neither

Notice if there are patterns you project that are causing barriers.

INNER ASPECTS

BY FRANCESCA GENTILE

1. The Romantic Lover
2. Teacher, Dominant, Leader Student,
3. Submissive, or Server
4. Seductress / Casanova / The Initiator
5. The Representative Part / The "Perfect" One
6. The Inner Critic
7. The Rebel or Rebellious Teenage Part
8. The Primal Part / The Animal
9. The Saboteur
10. The Nurturer for Others
11. The Monster
12. The Victim

If you engage from these inner parts of you, it can be sexually liberating. Make sure you masturbate from different parts of you to learn what type of pleasure you enjoy.

TALK TIME

Make sure you are taking time to build intimacy and wins during your day together.

- Prioritize intimate moments such as goodbye in the morning.
- Learn one thing that is happening in your partner's life.
- Share a hug and kiss that lasts at least six seconds on week days.
- Give each other five appreciations you haven't yet expressed.

TRY TO BE SPECIFIC AND INCLUDE EXAMPLES:

- I appreciate the open transparency.
- I appreciate you being clear about where you currently stand.
- I love that you appreciate my femininity.

DISCUSS ANY ISSUES THAT MAY HAVE ARISEN IN THE RELATIONSHIP

As the speaker, use **I STATEMENTS** that avoid triggering your partner.

- Say things like: I observe a barrier between us. Do you notice it too?

As the listener, try to truly understand your partner without judgement.

At the end of the conversation, each partner needs to ask and answer:

“What can I do to make you feel loved this coming week?”

CALIBRATION OF TOUCH

When **GIVING** pleasure to a partner, check in about 30 seconds into the experience.

If you are giving them a sensual massage, you can say something like: The intensity and speed is a 5 in my experience.

- "What is it for you?"

Sometimes, partners will say:

- “It feels like a 2 for intensity, and 5 for speed. Can you give me your version of an 8 instead?”

This is an easy way to have a conversation about pressure, speed, and intensity. If you don't want to start with a body massage, you can start with a hand massage.

SEXUAL MENU

Start with the sensual art of hand massage!

- Who is involved: You and your partner [Person A and Person C]
- Time: Set aside 20-30 minutes

THE ART OF GIVING

- Person A and Person C sit across from one another.
- They are COMFORTABLE.
- There are no distractions (or minimal) around them.
- Person C picks one hand and gives it to Person A.
- Person A should be able to comfortably reach Person C's hand.
- Incorporate lotion if desired (check for allergies!)
- Set a timer for 5 minutes.
- Person A uses smooth and gentle strokes to apply the lotion and relax the muscles of the hand.
- Person A spends time on the hand.
- Person A touches Person C's hand EXACTLY as Person A wants to touch their hand.
- Person C gives no feedback.
- SWITCH and CONTINUE the exercise.

THE ART OF RECEIVING

- Person A will ASK Person C to guide how they want to be touched.
- Person A asks Person C about pressure, speed, and technique of touch.
- Person A asks Person C on places of the hand that desire to be touched. Person C guides the massage entirely.
- SWITCH Person A to Person C.

QUESTIONS TO ANSWER:

What is it like to **GIVE** in the exact way you want to give (without feedback)?

What is it like to **RECEIVE** in the exact way you want (without the giver's feedback)?