

Five Steps to Optimal Senior Sex

*5 Do-It-For-Yourself Steps to
Turn Around Your Love Life
While Turning Each Other On*

Special Report #SSSx-201

by

Patricia Wiklund, Ph.D.

The Senior Sexpert at

SatisfyingSeniorSex.com

© 2010 Patricia A. Wiklund Ph.D. All rights reserved

Reproduction or translation of any part of this work by any means,
electronic or mechanical, including photocopying,
beyond that permitted by the Copyright Law,
without the permission of the Publisher, is unlawful.

This is not a free report

This book is designed for your use. It is *not* a free book. You paid good money for it!
If you want to recommend it to others, please do so at <http://www.SatisfyingSeniorSex.com>

Table of Contents

1. The Magic Formula	3
2. The Predictable Changes of Aging	5
3.The Biggest Mistakes Couples Make	7
When It Comes to Maintaining Intimacy	7
Making Life Style Changes that Make a Difference	10
5. Develop Some Better Love'n Skills	13
Begin Continuing Your Learning Program:	16
About Dr. Pat Wiklund	18

1. The Magic Formula

Great sex starts outside the bedroom, and it doesn't start at night. Especially if you are in the process of reviving romance and enhancing the intimacy in your relationship.

Great sex is the sum of and grows out of all the interactions you have with one another because the magic formula for better love'n all life long is:

Love is an Action Verb

Too often we want to feel our way into acting, but with love, romance, sex, it isn't very efficient. Feelings are too transitory and dependent on what's happening now in our internal world.

Stop waiting for your feelings to change before you are willing to take action. Start acting your way into feeling rather than feeling your way into acting.

Both verbally and non-verbally tell your mate how much you care. Show your spouse how much you love them.

Try one of these quick and simple action steps to get started:

- A little loving squeeze
- A pat on the behind while he's leaning over building a fire in the fireplace
- A little touch on the face or hair while she's watching TV
- Bringing home a little something, not necessarily jewelry or candy, maybe a single flower or a special book
- Fixing her a cup of tea when she's been busy
- Getting his favorite cold drink when he comes in from moving the lawn.
- Holding hands when you take a walk

Remember back to all those things you used to do, when you were courting, when you were younger? They were actions that affirmed your feelings for one another.

You might have noticed none of the activities on the list were overtly sexual, but all were opportunities to act on the love you feel for one another.

The bottom line: *enhancing intimacy is not something you can leave to chance or ignore.*

The times have changed.

Your bodies have changed.

You can yell and scream, lie on the floor and kick your heels like a two year old having a tantrum, sure your intimate life is over, or at least thoroughly compromised.

Or you can pick yourself up, dust yourself off and work together to restore the romance and enhance your intimate activities so they fit for you now.

And enjoy the same closeness, connection, and pleasure than many other older couples have come to find for themselves.

The key is in implementing the magic of formula, *Love is an action verb*, for both of you and start showing your love, acting on it, as well as saying it.

2. The Predictable Changes of Aging

Let's face it, everyone gets something to challenge them. You do, and so do I.

And, I am sure you've heard the popular self-help phrase, *it's not what happens to you but what you do about what happens to you that makes the difference.*

While you might want to discount or ignore the message, it sure applies to the predictable changes that occur as we get older. Whether you want them or not, like them or not, you will experience the changes of aging. They will be coming.

Predictable Changes Women Experience

For women it seems obvious. We go through menopause, whether hastened along by a hysterectomy or the “natural path” of waiting for our hormones to slow down and eventually stop.

While the primary effect is cessation of our childbearing ability, there are lots more subtle, and not so subtle, side effects of no more hormones. Many men would say after their honey finished with menopause, “Finally I got my sweet wife back.” The wide swings of hormonal levels during menopause often set the most even of women off into wild mood swings. For most women these mood swings become a thing of the past. It's a relief to have them settle down.

In terms of the effects of significantly less hormones on your sexual feelings and activities, the process and patterns are similar for most women. However how individual women experience these effects may be dramatically different from woman to woman.

The one thing that most women find is that it takes longer and we need more direct clitoral stimulation to reach orgasm than it takes the men in our lives. Lots more.

At the same time, many, if not most, women find they just don't lubricate as easily or as sufficiently as they did before they went through menopause. They can find intercourse, or even direct stimulation to any part of their vulva, irritating and uncomfortable.

Luckily there are enough women facing insufficient lubrication today, thank you boomers for finally getting old enough to help the rest of us, to support a wide variety of lubricants on the market. There are plenty of brands and types of “personal lubricants”

available on line, in specialty adult stores. And more than likely in your own neighborhood drugstore, or big box stores like Wal*Mart and Target. Just take your time, sample a few. Find the ones that will work for you.

Predictable Changes Men Experience

Not that men don't have their challenges, especially with the number one most discussed sexual issue of the day, ED or erectile dysfunction.

There is so much misinformation and inaccurate information about ED these days, I was finally encouraged to write a [book](#)¹ about it to help clear up the issues.

So lets get real about ED.

There isn't a man alive over thirty-five who hasn't had trouble having an erection.

Does this mean he has ED? Probably not.

He may be tired, angry at his mate, had too much to drink, sick, stressed out, or one of many, many other reasons.

So, not only is ED very common, but it is more often than not caused by other reasons than medical conditions or damage. Yes, ED is pretty common with spinal cord injuries and late stage Type 2 Diabetes. And often accompanies, or is a warning sign for, heart troubles or high blood pressure.

But, for most men, it isn't medical. And, there's a lot you can do about it before evn thinking about little blue pills.

The other big change as men get older and their hormones start to decrease is taking longer to have a second ejaculation. Or, in professional jargon, you have a longer refractory period.

Notice I said ejaculation not erection. Many men are confused about this process. They think if they lose their erection during a lovemaking session they need to wait hours and hours before they can get one again, not true.

Yes, it can be hours before you can have a second ejaculation but erections commonly wax and wane during any lovemaking session.

Getting older isn't for sissies, but as one of my friends said it is so much better than the alternative.

We will all experience changes that may not be welcome, but that doesn't mean we can't enjoy ourselves, our partners and continue to have great love'n.

¹ <http://keeponloven.com>

3. The Biggest Mistakes Couples Make When It Comes to Maintaining Intimacy

Finding Yourself in a Rut

The first of these common troubles is what I call “If this is Saturday night, it must be time for sex.” Not that having some love’n time with your honey isn’t a good idea on Saturday night. It’s just that many couples get in a rut, and *only* have sex if it happens to be Saturday night.

It doesn’t have to be scheduled, or does it?

The hazard of not planning on love’n time is you can easily “spontaneously” fill up your time with other commitments, volunteering at the local hospital, taking your mother to buy groceries, tutoring at the after school literacy program, or even getting so involved with hobbies or fun activities that once again sex takes a back seat and your love’n time gets displaced.

For great senior sex, keep in practice and keep in touch. Consider making love making a priority for yourself, your honey and your relationship. Keep your relationship and your body in practice.

Sex tops the list when it comes to use it or lose it.

It just may be physical

What to do if this is you already? If you are a couple for whom sex has lost a priority position?

The standard catch phrase for many couples is some version of “we’ve grown apart.”

Easy to do, and it will take some effort on both your part and some frank conversations about what you now want your life to be.

In some cases, the disconnect couples experience may have been nudged along by hormones. Many women find they have less interest in or desire for home and hearth when they are finished with menopause.

These are normal feelings, and not unexpected, and yet it may derail your love life. All of a sudden you're finding a wider scope to your life than you've had for quite a while, and it can be a bit off putting for even the most accommodating and understanding spouse.

Or, Waiting for Spontaneous Feelings

For other couples, the disconnect now may be reflecting a relationship pattern that's been a part of their lives, that pattern of being spontaneous. Not planning what they want to have happen but letting life happen.

This might have been okay when we were younger. We had all that time to catch up, to get down to brass tacks, to make sure we had the lives we wanted rather than the one that seemed to happen to us.

If this is you and things haven't been having sex as often as you'd like, you might consider challenging yourself with what I call "*The DP?*"

You know, Dr Phil's famous, frequent question: "*How's that working for you?*"

If it isn't working, you might consider making some changes in what you are doing or how you are doing what you're doing.

Your objective could be, how to have happy love life and a happy life at the same time. Which means taking deliberate steps to ensure it will happen.

When Things Aren't So Good

But what to do when things aren't good, things have been said or done that were hurtful, or disappointing? I've often seen couples who were at a standstill, and when we looked at what was going on the problems seemed to go back to some old hurt or anger that's never been resolved.

Much as we'd often like, none of us can change the past. You can only go on with what has happened, and must decide if that is something you can let go of.

Notice I didn't say forgive, but *let go of*.

Letting go doesn't mean it was alright to do what was done, but it lets you make a recommitment to what you will hold each other to now and be able to go on from there.

While getting in a rut with same old same old sex every time, and getting in an impasse in your relationship seem like two very different negative patterns, the impact is the same.

Your love life withers. It starts to become banal or a battle and you both lose.

If this is you, time for some hard thinking, and facing up to what has been going on. Many couples find it is time for getting some help when they can't get a hold on the problems and find a solution on their own.

You may well find the problems aren't sexual, but they're relationship issues. But when there are sexual issues in a marriage there are always relationship issues.

4. Making Life Style Changes that Make a Difference

So, lets start looking at some solutions, what you can do that will make a huge difference, starting with your everyday habits of living.

This is the area where you get the biggest bang for your buck in terms of efforts expended and good results received. The studies are in, *making lifestyle changes has more of an effect on your sex life than taking the pill.*

And, it's cheaper!

First and Foremost: Start Moving

Start with aerobic activity

Even something as simple as walking can make a huge difference.

Start slow, no big demands. Parking further from the entrance to the mall, or walking a few blocks around the neighborhood after dinner with your honey.

Gradually increase your time, your speed and the intensity.

You don't have to do it everyday but aim for 3-4 times a week.

Or try dancing, bike riding, swimming or hiking.

Don't make it hard on yourself. But do get the right equipment, especially shoes that support your feet and keep it enjoyable.

Then add Strength Training

Most folks immediately think of high school gym class or professional body builders when I mention strength training.

But don't fear, you don't have to go out and buy a bunch of weights to begin.

Start small, with something as simple as carrying your own groceries rather than letting the check out kids do it all for you.

Or you might want to get started with a few lower weight bar bells and a good weight lifting guide at your local sports store. Or you could use a full soup can or heft full containers of milk while you're prepping breakfast or dinner.

It is all about moving beyond what you have been doing. And gradually making it more demanding.

Don't Forget Flexibility Exercises

The third type of exercise to include in your more satisfying senior sex program is flexibility training, keeping your body able to move through an increasingly wider range of motion. It's not unusual for people who haven't been real active to lose enough muscle strength and flexibility that it's impossible to touch our toes or reach around to touch our fingers behind our backs.

Flexibility training can be as easy as squeezing a flexible balls with your hands, really knobby foot balls to exercise the muscles in your feet, to stretching all the muscles in your body.

For better love'n make sure you include working the muscles in your arms and legs so you can get around easier. Don't forget those important muscles in your groin area. Work your inner thighs and buttocks, to increase both strength and flexibility.

Lose weight for better sex

What happens in the kitchen effects what can happen in the bedroom.

So watch *what* you eat and *how much* you eat, if you want to improve your love life.

Obesity Sabotages Your Sex Life

You know the biggest culprits, the ones that are the cause of the obesity epidemic.

- Salt
- Sugar
- Fat

The only thing that will get your weight to where it will work with you in improving your love life is changing what you eat on a regular basis. Fad diets or any drastic changes are jut a short program of deprivation followed by a 5 pound weight gain.

By eating more simple foods, as close to the ground as you can get, you'll automatically be eating less sugar, salt and caffeine, and for the most part fat than what you'll find in the prepared convenience foods in the aisles.

You'll also get more chewing, or as my grammy would say, "More bulk, more bulk, keeps you regular."

The Love Life Killer Habits

The first is smoking, a real artery killer.

It's easy to think of cancer first when you think of the bad effects of smoking.

But long before cancer sets in, arteriosclerosis raises its nasty head damaging your arteries and preventing effective erections.

Smoking damages arteries, often irreversibly.

Even the little blue pills aren't that effective with the damaged arteries of a smoker.

So go ahead and smoke, especially if you don't want to have sex anymore.

The second love life killer is alcohol.

Too much alcohol not only interferes with your ability to make love, but pretty soon it kills your desire. You *don't want* to make love any longer.

It can also lead to many other side effects, including damaging your heart and arteries and ruining your liver.

Moderation in all things is key with alcohol. If you can't moderate, stop.

Before you ruin your life, not just your love life.

The Great News About Changing Your Lifestyle Habits?

Not only will you see great changes in your love life, many of which come really quickly, but it also takes care of two of the biggest health challenges that come with senior living: *stress and sleeping difficulties*. Both of which can seriously erode satisfying sex for seniors.

The good news is even a slight increase in activity will start to have an effect on your sleeping patterns. Any kind of exercise can have you primed for better sleep.

Not only is activity lighter and easier to carry, but it's less expensive and produces a euphoric high rather than a depressive low that's far too common with getting hooked on sleeping pills.

Life style changes can be a first line of offense for better senior sex. Now let's look at the other sure fire method for having better, more and more satisfying senior sex: better love'n skills.

5. Develop Some Better Love'n Skills

Seniors can have some predictable problems with sexuality. We've already talked about a lot of them. Not to shock your kids, but most seniors who are coupled up still enjoy an active sex life. Or if they don't enjoy an active sex life they still have one and keep wishing it would get better, be more fun, satisfying, fulfilling, and at least a glimmer of what it used to be.

For most people love making that is satisfying and delicious means intentionally improving your love'n skills.

The better sex gets, the more both of you will want more sex.

It all starts with desire.

Desire starts outside the bedroom, and is the trigger for all sexual experiences

Low desire is not just a problem with women. Many men, even younger men, experience low desire also.

Unbalanced desire is one of the biggest sexual problems for couples today. So if this is you don't feel like you're alone.

The best way to rekindle the romance that leads to desire is outside the bedroom rather than waiting until you climb in and then one or the other of you without any preliminaries wants to climb on.

You can trigger desire by reviving some of the romance that got the two of you together in the first place.

Simple things can make a huge difference:

Increase the number of times you touch each other every day: a little pat on the arm, readjusting his shirt, quick hugs. Don't pounce. Start slow if this is a part of your relationship that's been dwindling.

Say those simple words: I love you. Or find your own way of saying *I love you*, with your code word or special hand squeeze. Anything can do and can seldom be overdone.

Do something nice for your mate, a special meal, bring her flowers or *one* flower, tell him joke you heard earlier in the day, make time for sharing with each other the fun as well as the challenges.

Think about doing a little necking. You know how to do it. Kids don't do it much any more but us old fogeys remember how it was the *only* thing we were supposed to do. And then, only with clothes on and nothing rumped. So, go for it. You might even get bold and get to second or third base. Your mother won't know this time!

Desire Triggers Arousal

Arousal is when you start seeing the physical changes of sexual excitation.

Of course you can hasten this along with loving caresses, touching and stimulating each other's favorite places.

But make haste slowly. Take your time. One landmark study showed conclusively that *the major change men can make in helping their woman have orgasms every time is taking longer and directly stimulating their genitals, especially their clitoris.*

Not the 13-40 seconds usually metered out, but minutes. *Like at least five to seven minutes.*

Women too need to explore and find the best ways their man likes to be caressed and stimulated. Find new ways of bringing each other pleasure, instead of just relying on the same old same old.

Don't be afraid if your arousal pattern waxes and wanes as you are loving on one another.

The biggest myth about senior sexuality is if you lose your erection while making love it is all over. You can't have another one for hours, if not a day or so.

Not so. You're confusing *erections* with *ejaculation*.

You can achieve and let go of several erections during the same lovemaking session. The key is not panicking when your erection starts to fade or keep looking down to see if it's up. Look down to see if it's down and it goes down.

Some folks don't even think lovemaking happens unless there's orgasms. Others get it that the closeness and satisfaction doesn't have to depend on ejaculation or multiple earth shattering orgasms. Or even one orgasm.

Each couple will find their own pattern and ways of sharing their love. For most, the climax is a waypoint, not an end point.

Enjoy The After Glow

This is the point of all that thrashing around, pleasure and connection. To be connected, to be together and sharing the pleasure of one another.

Making love is one of the most important ways for couples to bond and say with actions not just words, *“You are first for me. You are the most important.”*

The connection can be at such a deep level that it can be hard to see the boundaries between the two of you.

Or, a fun romp and giggling about how clever you are.

Or even, *“Wouldn’t folks be scandalized if they knew what we were up to all the time?”*

Or you make it your own meaning for just the two of you.

Making love is the unique experience that comes to you and to your relationship that holds the core meaning for both of you. It’s private. Only yours.

These can be the best times — the ones we remember.

Begin Continuing Your Learning Program:

If you are really struggling, then it might be time to consider getting relationship counseling and/or more information about senior sex.

There are lots of resources on SatisfyingSeniorSex.com and in the months ahead I'll keep you posted about new resources.

Interviews with experts who are carefully vetted for accuracy and sensitivity to the needs and wants of seniors who want to improve their health and well-being, sexual relations and relationships.

And of course, use the *Ask Dr Pat* section of SatisfyingSeniorSex.com where you can ask your questions. I may not be able to answer all of them in person, but I will make sure they get answered in blog posts, articles, teleseminars or the on the podcasts. So, keep checking <http://SatisfyingSeniorSex.com>

Keep On Love'n



Don't miss adding a copy of my latest book, *Keep On Love'n*, to your personal library. It doesn't matter what time it is, or where you are, you can be reading in minutes when you download your copy. You'll find it at <http://www.KeepOnLoven.com>

Satisfying Senior Sex Blog

You can find an increasing amount of information at <http://SatisfyingSeniorSex.com> New articles are added frequently, so check back often.

Expert Interviews

Click on the Expert Interviews link at <http://SatisfyingSeniorSex.com> for the latest word on topics ranging from hormones to incontinence delivered in downloadable mp3 audio files.

About Dr. Pat Wiklund

The Senior Sexpert



For more than 35 years, Dr. Pat Wiklund has counseled, coached, instructed, and supported men and women who wanted to take charge of the challenges they faced and develop more satisfying and fulfilling relationships and accomplishments, at home and at work.

For many years she counseled individuals and couples in her therapy practice. All the while, speaking with thousands of seminar participants from Canada to South Africa, Europe and Latin America to every state in the United States.

Her Corporate and Government clients ranged from the highest levels of the Federal Government to the smallest of rural hamlets, Fortune 100 corporations to one-person entrepreneurs.

Pat's work with clients is solidly based in her education: a B.A. in Education (San Francisco State College), a M.A. in Human Development (University of Chicago), and a Ph.D. in Clinical Psychology (Fielding Graduate Institute), where her dissertation research focused on cutting edge sexual therapy outcomes. She also has post-graduate training from the College of Executive Coaching in Southern California.

Dr Pat is the author of two trade published books, [Sleeping With a Stranger](#) and [Taking Charge When You're Not in Control](#), as well as several self published books and hundreds of articles in print and on the web.

Pat's hundreds of media appearances include *Oprah* (twice!), *Phil Donahue*, *Maury Povich*, *Leeza*, *Sally Jesse Raphael*, *20/20*, *TechNation*, plus dozens more local and national television and radio programs.

She has been quoted in *New York Times*, *Chicago Tribune*, *Entrepreneur*, *Self*, *San Francisco Business Times*, as well as dozens of local and trade newspapers and magazines.

Now retired from consulting and clinical practice, Pat is living in a small, rural community in the Pacific Northwest, enjoying visits with her grandson in San Francisco, cruising the waters of Puget Sound and British Columbia and exploring blue highways throughout the U.S.