

A romantic couple is shown in a close embrace, kissing. The man, on the left, has a short haircut and a beard, wearing a maroon polo shirt and glasses. The woman, on the right, has long brown hair and is wearing a black top and a red and white plaid skirt. They are standing next to a large, textured tree trunk. The background is a soft-focus outdoor setting with autumn foliage.

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WELCOME TO

# 30 Day Erotic Play Challenge

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## **Does your relationship feel more like roommates than romantic partners?**

I often get DMs from people who say their sex life sucks! It is no longer exciting. Sex feels like a chore and has become boring. This dilemma is faced by many long term couples. What we witness in the initial phase of a relationship – the intense passion, butterflies in the belly kind of feeling is mainly driven by hormones. This phase is known as honeymoon phase. The intense passion and excitement in this phase is fueled by mystery, uncertainty, and instability of relationship.

Now once we settle in a long term relationship, hormones settle too. We become more familiar with our partner, our relationship becomes stable and things become predictable. All of this leads to a new kind of sex which is comfortable, companionate sex but a sex that lacks passion, And passion is important.

## **The question is can I be passionate for someone I have been sharing the same bed for 5-10 years at stretch?**

The answer is YES!

And how to do that? The key is playfulness.

Playfulness is the blend of passion and comfort. Remember the games you played as kids with your friends. There was excitement in the play, novelty, risk, anticipation, and also the comfort of being with the same bunch of childhood friends. We can bring in the same element in our lovemaking, in our sex life as adults.

## **This is what 30 Day Erotic Play Challenge is about**

It has a set of cutesy, thrilling, naughty erotic activities that will bring the spark back to your relationship in just 10 minutes a day.

What's more, this challenge is tailor-made for busy couples. Each activity in the challenge takes 5-10 minutes max.

## DAY 1

We start your month of sexual exploration by stimulating your sense of touch. Turn the lights off or blindfold your partner and use different items around the house to touch them. Both of you can take turns guessing what they're being stroked with. Whoever gets more items correct gets a free massage!

If you're confused about what items to pick for this little date night, then here are some ideas you could use :

- Ice cubes
- Any piece of clothing with tassels
- Feathers
- A hairbrush
- A silk scarf

Feel free to experiment within each other's boundaries to customize your experience to cater to your personal pleasure.

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## DAY 2

It'd be hard to stay focused on having great sex if your room is messy and stinky, isn't it? The right environment can induce sensuality automatically so ask your partner to help you give the bedroom a makeover.

Start by clearing out the clutter and making the bed. You can then move on to curating a space that fits you and your partner. You can play with lighting and aroma all at once by buying scented candles.

Once you're done decorating your room, get a bottle of wine, put on some mellow music, and jump into bed together to enjoy each other's presence.



## DAY 3

Today we're going back to the basics. As we grow older, sex becomes too fast-paced and everybody starts rushing to just get down and dirty. But, much of the pleasure in the process is hidden in innocent foreplay.

So channel your old-school romantic and take time caressing your partner's body and kissing them slowly at pleasure points that don't get as much attention. Here are five spots on your body that you could try giving some special care to :

- Kiss their neck with soft pecks and progress into wetter kisses.
  - Scratch their hairline slowly. A head massage would be a big hit as well!
  - Kiss their hands and suck on their fingers lightly.
  - Run your fingers up and down their back.
  - Land soft pecks on their jaw and close to their mouth (the anticipation is going to drive them insane!)
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## DAY 4

We often assume what our partner finds arousing based on our preconceived notions and how they react to our moves. So for today's challenge, discuss with your partner how both of you view sex.

If you're somebody who has a hard time opening up, get a little tipsy so that you can lay your heart open.

Some questions you can both take turns answering are as follows :

- What according to you makes up for good sex?
- What are your 3 favorite things about your current sex life?
- Describe your ideal sex life in 3 words.
- What's something you'd like to explore more as far as intimacy is concerned?

Get ready for some surprising revelations and try to include them more as you move forward.

## DAY 5

What's something we all could do for hours in our youth but unjustly pass off as boring now? It's making out!

Kissing spikes up oxytocin levels and increases attachment amongst partners. So get your significant other on board and make out for at least 10 minutes, push to 20 if you're feeling especially affectionate. You might have to keep a timer around because the right makeout sessions won't let you realize when the designated time passes by!

Touching and holding each other's bodies is fair game but do not shift over to anything more sexual even if the mood calls for it. Today kissing isn't just the foreplay, it's the main event. This session is bound to inject some excitement and freshness into your sex life.

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## DAY 6

There aren't many things in the world better than a romantic night with your partner, but one with delicious food is a rare exception!

Arrange a platter of sexy and tasty treats together and feed them to each other with your hands. The catch is that the partner being fed at a moment needs to be blindfolded and has to guess what they're eating. Whoever gets more of the foods correct can ask the other partner for a sexual favour.

Here are some foods that you can add to your plate of favorites:

- Nuts
- Chocolate
- Nutella
- Ice cream
- Whipped cream
- Cheese
- Berries
- Fruits
- Honey

If you're feeling goofy then you can go for some unconventional choices as well such as chillies, lime juice, or a slice of pizza (definitely a food for the heart) to turn the night more playful.

Don't forget to bring two glasses of your favourite beverage to the bedroom to wash all of these delicacies down. One of the partners needs to go first and guess 7-8 foods blindfolded while the other goes next.

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### DAY 7

Today we're getting in touch with our playful side! Pick a card game that you and your partner enjoy such as poker, blackjack, or even uno, and turn it into a striptease.

Both the partners need to start off fully clothed and each time somebody loses a game, they need to take off a piece of clothing from their body. As soon as either one of you is fully naked, the game ends.

If you're looking to amp up the heat then put on some sexy lingerie or take your underwear off before you take off your outerwear. This will keep your significant other on their toes and wanting more.

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### DAY 8

Whoever called books boring wasn't reading the right ones! Today's challenge would be to read erotic fiction to each other out loud. Did you know that the biggest sexual organ lies between our two ears? Narrating erotica to somebody while you look into their eyes can make them swoon without you even laying a finger on their body!

Erotic fiction comes in a variety of categories and levels of explicitness. Browse through some of the websites mentioned below to match you and your partner's preferences and turn-ons.

- **Literotica** is undoubtedly one of the biggest platforms for erotica online. The list of stories is almost never-ending so I'd suggest you search things using specified tags and keywords. Here are some that I'd recommend if you're just dipping your feet into the world of erotica:

1. <https://www.literotica.com/s/emilys-dream-holiday>
2. <https://www.literotica.com/s/3am-wake-up-call>
3. <https://www.literotica.com/s/a-sweet-summers-night>

- **The Erotic Review** can be a great find if you're looking for thoughtful and elaborate storylines. Here are some pieces of work you could try reading.

1. <https://ermagazine.com/fiction/the-train-to-paris/>
2. <https://ermagazine.com/fiction/subtype/>

- If you're looking for stories with LGBTQ+ leads specifically, **Nifty Erotic** has a wide collection that could cater to your tastes.

- **Refinery 29** has a great collection of stories written by female writers that can help you and your partner get in touch with your sensual side.

Good things don't come easy so take some time to look through the content and decide what works best for you. Take turns reading a paragraph each from the story you pick and while you read your partner can give you a foot massage!

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## DAY 9

Today's challenge is all about building intimacy and enjoying your partner's company. Spoon each other for an extended amount of time such that your bodies are molded together perfectly.

On the surface level, spooning seems quite modest but in reality, body contact in such high amounts when coupled with the ease of letting your guard down as you're not directly looking at each other can create wonders!

Both partners should get separate turns at being the little spoon and the big spoon so that you can experience affection in all forms. If you're feeling particularly raunchy then you can feel up your partner and kiss their neck or ears.

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## DAY 10

Hands are one of the most attractive parts of the human body and today you'll be directing all your attention towards them!

Stimulate each other only using your hands. Rubbing your bodies together and kissing from time to time is allowed but penetration of any kind is a no-go zone. Remember that orgasming isn't the priority here, it's all about mutual pleasure.

You can be touching each other at the same time or take turns to really savor the moment one by one. There's a reason why fingering and handjobs are still as relevant as ever so use these skills to your advantage.

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**If you like this free sample, signup for the full 30 Day Erotic Play Challenges by clicking on this link.**

Yes, I am ready to refresh my  
relationship