
WELCOME TO

ALL DAY FOREPLAY

BY
PALLAVI
BARNWAL



www.getintimacy.com

"In our culture, foreplay is often seen as a prelude to something main, like the intercourse. As a sex coach I see gloomy faces of men, who say we do a lot of foreplay but our partner is not interested. On the other hand, I also have stories of women who say our partner approach us physically only when they are in mood for sex. "I want him to hug me, cuddle me, kiss me, without any agenda of it leading to somewhere."

This is what foreplay is in a conventional situation:

You had a long day at work, with stressful meetings and a long commute with multiple traffic jams back to home. You come home feeling tired, drained and ready to eat dinner and grab your phone for some casual social media surfing. After you are done, by 11 pm ish or 12 am ish (the average time most couples get to sleep) Your partner approaches you, snuggles up on the bed and suggestively brushes their hand on your thigh. You know they are trying to get intimate. How likely are you to respond and suddenly switch into a sexy mood? Or are you more likely to want to just rest and heal your aching body to prepare for the next day battle?

I received this story from a female friend that highlights this erotic-life divide:

"Hey sorry for delay We have sex 3-4 times only in week. Not every time i am involved i orgasm! Its only because of tiredness, thinking/planning about different things. So many things goes in my head whenever I had sex and thats why I don't enjoy sex everytime we make love. You know what whole day I crave/think about sex but as soon as I go to bed I only want to sleep and I don't want any disturbance so when hubby tries to do something my first reaction is that I get annoyed. I only wants to sleep because I worry about next day about all the household/office chores.

This kind of approaching a partner is more mechanical, predictable, and task driven. Now imagine that same day, but throughout the day you've been receiving flirty texts from your lover, hinting at how much they have been craving your touch. On your commute back in Ola, in between traffic jams or metro, you flip through your phone and read all of the day's messages, smiling to yourself at how involved your lover is to you. When you reach home, your partner greets you with comforting hug and a gentle back rub which feels like a massage and soothing assurance of home. Then you eat dinner together, letting the busy day melt away as you unwind. After dinner you get on the bed and your partner offers you a foot massage. Once you are relaxed, their hands start massaging your calves and thighs. Then your partner looks at you and asks "Anything else I can do for you, baby?" How might you respond?

On the surface, these two days are not much different. But the later kind of day might end in a sexual connection (with or without intercourse) whereas the former ends with you exhausted and dumping your body on the bed as your partner looks at you wistfully.

Create A Culture Of Foreplay

The major difference in both these days is the understanding and attitude towards foreplay. If you want more sexual intimacy, you can choose to commit to foreplay as an all day affair.



When most people think about foreplay, they think of it as kissing, sexy touching, manual genital stimulation. Foreplay, for most of the people, includes the physical activities that you rush through in order to get to the "real, meaty deal" of intercourse.

This approach is catastrophic in long term relationships where the day is replete with stress, responsibilities, and couple personality differences. You cannot expect your partner to put in crude terms (get a hard-on, or get wet) with a 5-10 minute sexy play. Sexuality has to be integrated with life and not detached from it, which means how you approach should not be borrowed from movies or porn but basis real life dynamics.

- We believe foreplay begins long before you get into bed with your partner. Foreplay, in our minds, is a commitment to playfulness, aliveness of life. Foreplay is not something that prepares you for sex but makes you warm, open, relaxed, to whatever that leads to. Foreplay can lead to a nice sleep, some passionate making out, sex, or soother after fight.

Hold your horses!

This does not mean that you have to spend your entire life arousing your lover. What it does mean is that every interaction with your partner, every word and touch exchanged, contributes. I remember, Katrina Kaif post her marriage making a delicious halwa (Indian dessert) for her husband and he reposting it. Let the glamour and social media glitz aside, it's a simple gesture to let your partner know that you love them. To me that is a foreplay, a wooing, a telling of a story that you love them and that they matter to you.

You can't expect to have great sex if earlier in the day you degraded your partner or nagged them about the gutters. You won't have a fulfilling sex life if you make a habit of watching Netflix instead of spending quality time together as a couple.

Again, this doesn't mean you can't have other interests and hobbies - in fact it is essential that you take time to do the things individually that make you happy and excited about being alive. But every couple needs to find the balance of how to keep their erotic connection alive while keeping up with the rest of life's demands.

By taking a broad view of foreplay, you understand that time together matters. Sharing life's ups and downs, talking about your inner lives, and surprising one another with delightful experiences all count as foreplay. So does flirting, kissing, touching and oral sex. But no amount of erotic touch can compensate for alienation, exhaustion, and hurt feelings.

To conclude:

✗There are no relationships that are “perfect”

✗There are no relationships that “never” have “conflict”

You know why?

Each person on this planet is different. Every human you engage with is different than you in a multitude of ways...and that is even more true for an intimate partner you choose to be in a relationship with. Because of those differences, you are naturally going to disagree and have conflict, stress, miscommunication, misunderstanding & let each other down. Facts. Those differences naturally prompt that friction, those bumps, those set backs.... and it is NORMAL.

NORMAL!!!!

So don't worry about the “perfection” you see or are told exists in other people's lives. Instead worry about what you DO about your differences, about your conflict, and how you repair from it. That's REAL.

That is also what keeps real love and relationships going. Creating a culture of foreplay is that repair, your relationship needs and deserves.