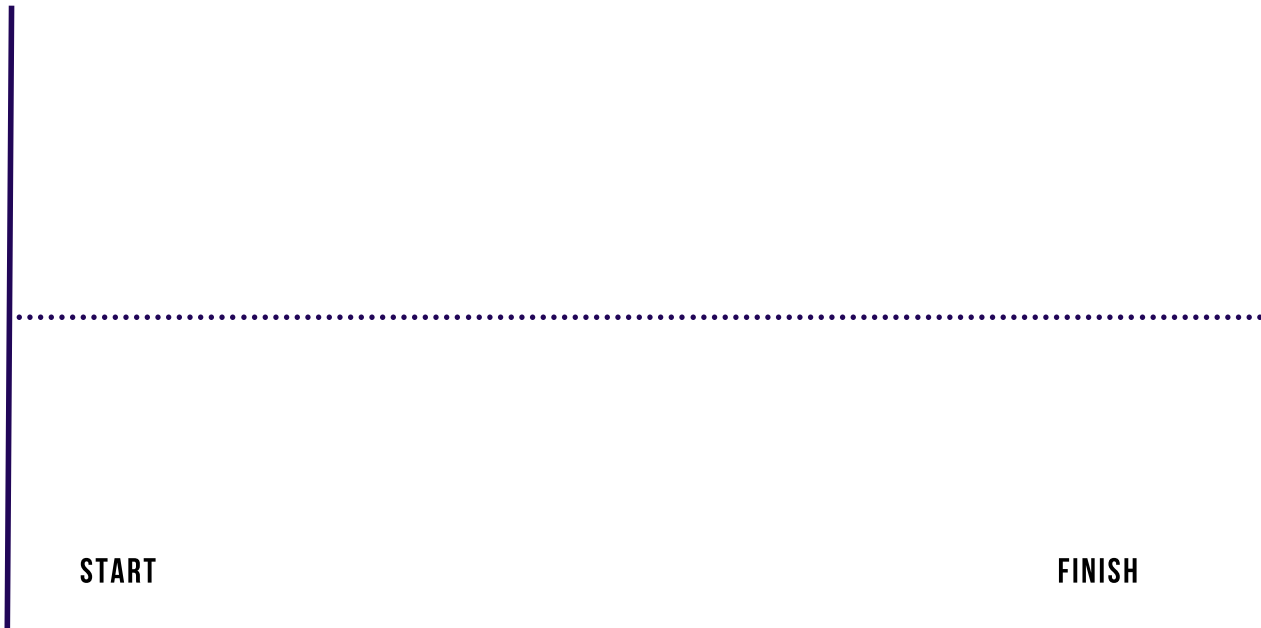


REDESIGN YOUR LOVEMAKING

ACCEPT - EMPATHY - REFRAME - IDEATE - ITERATE - BUILD - TEST - REFLECT

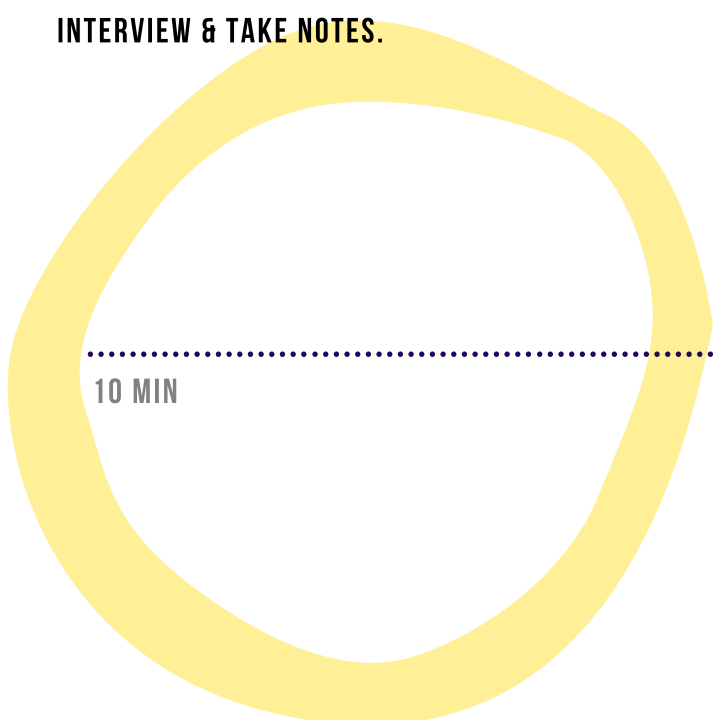
ACCEPT

LET'S BE HONEST. BEYOND THE DATING DAYS & EXCEPT FOR THE LUCKY 1%, LOVEMAKING BECOMES SCRIPTED, FOLLOWS A ROUTINE. IT IS COMFORTING. IT IS ALL YOU WANT. IS IT? CHART YOUR TYPICAL SEXY ACT(S).

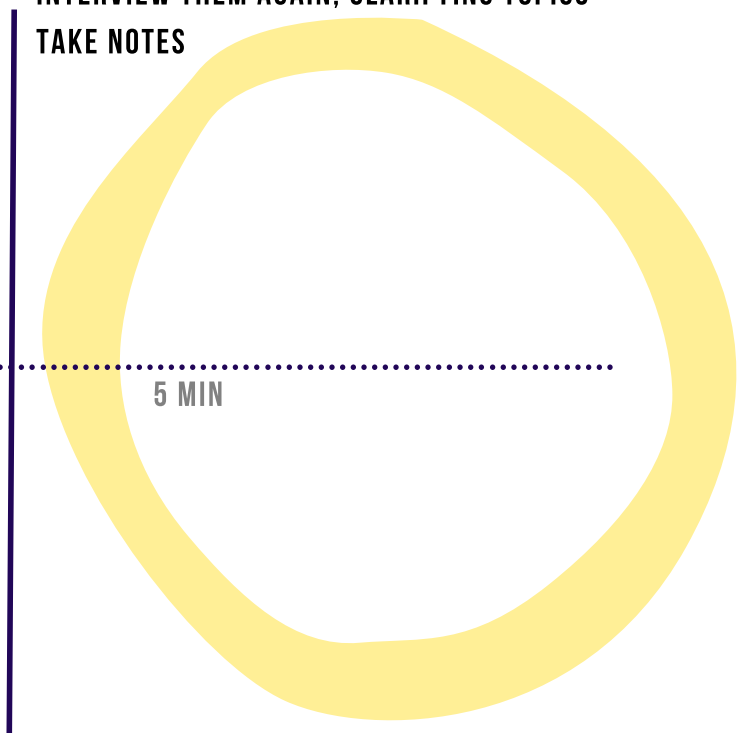


EMPATHY

NEXT, BE CURIOUS ABOUT YOUR PARTNER'S STORY. INTERVIEW & TAKE NOTES.



INTERVIEW THEM AGAIN, CLARIFYING TOPICS TAKE NOTES



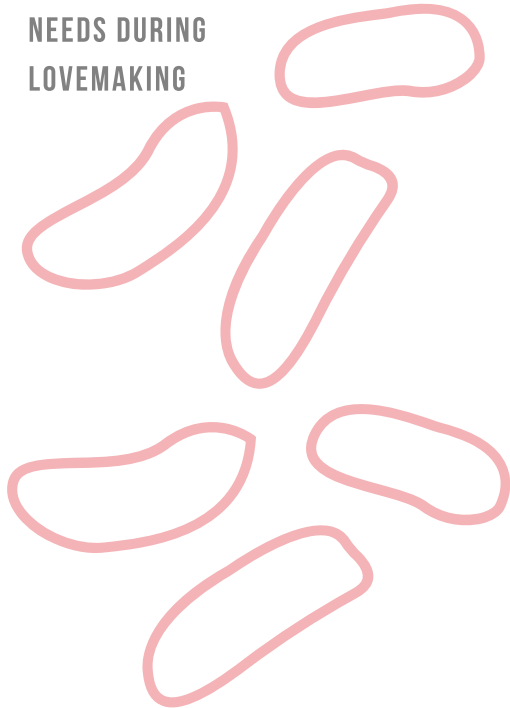
REDESIGN YOUR LOVEMAKING

ACCEPT - EMPATHY - **REFRAME** - **IDEATE** - ITERATE - BUILD - TEST - REFLECT

REFRAME

TURN YOUR PARTNER'S STORY & BITS INTO NEEDS & GOALS. BOIL IT DOWN TO ONE INSIGHT STATEMENT.

NEEDS DURING
LOVEMAKING



GOALS



STATEMENT

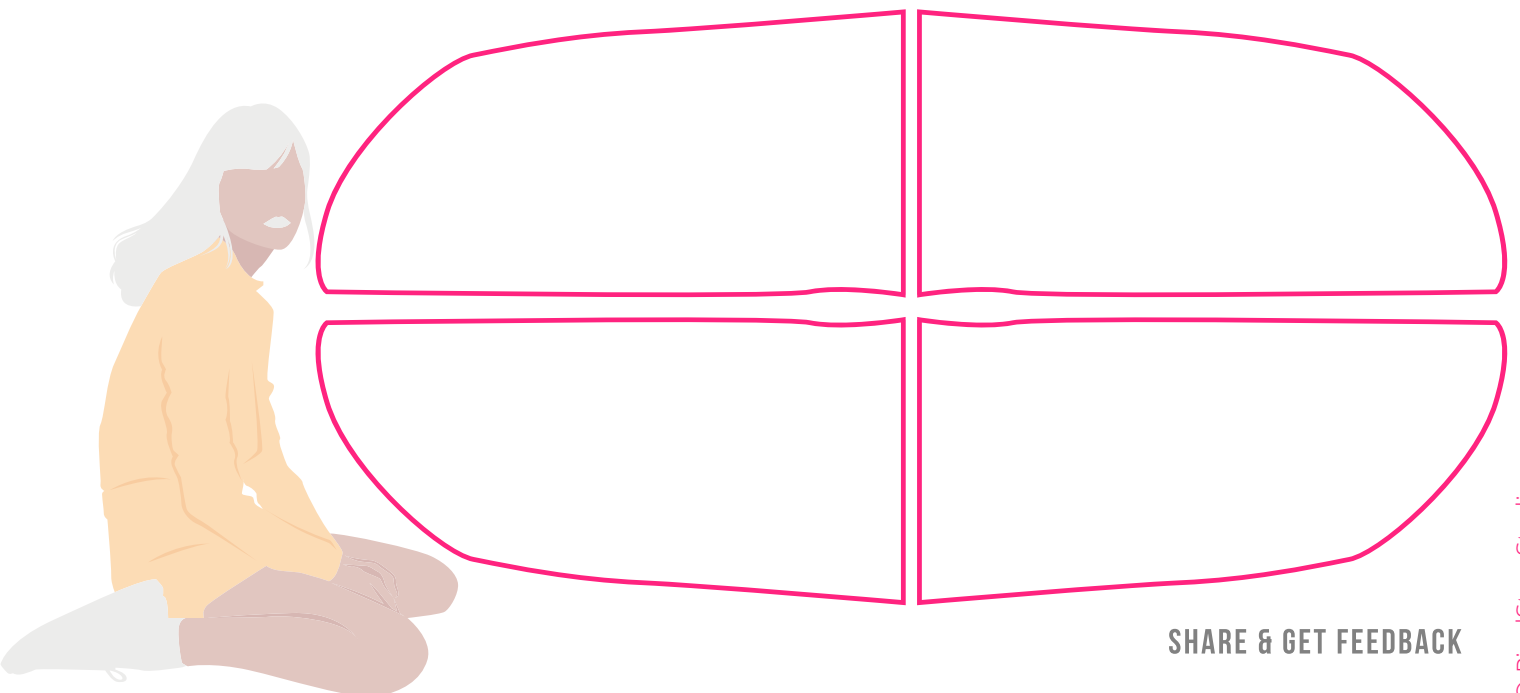
[PARTNER'S NAME]

[NEEDS A WAY TO ...]

[BECAUSE/BUT ...]

IDEATE

FOUR DIFFERENT WAYS TO MEET BOTH YOUR NEEDS & GOALS. BE CRAZY. BE CHEAP. BE LUXE. BE WHATEVER.



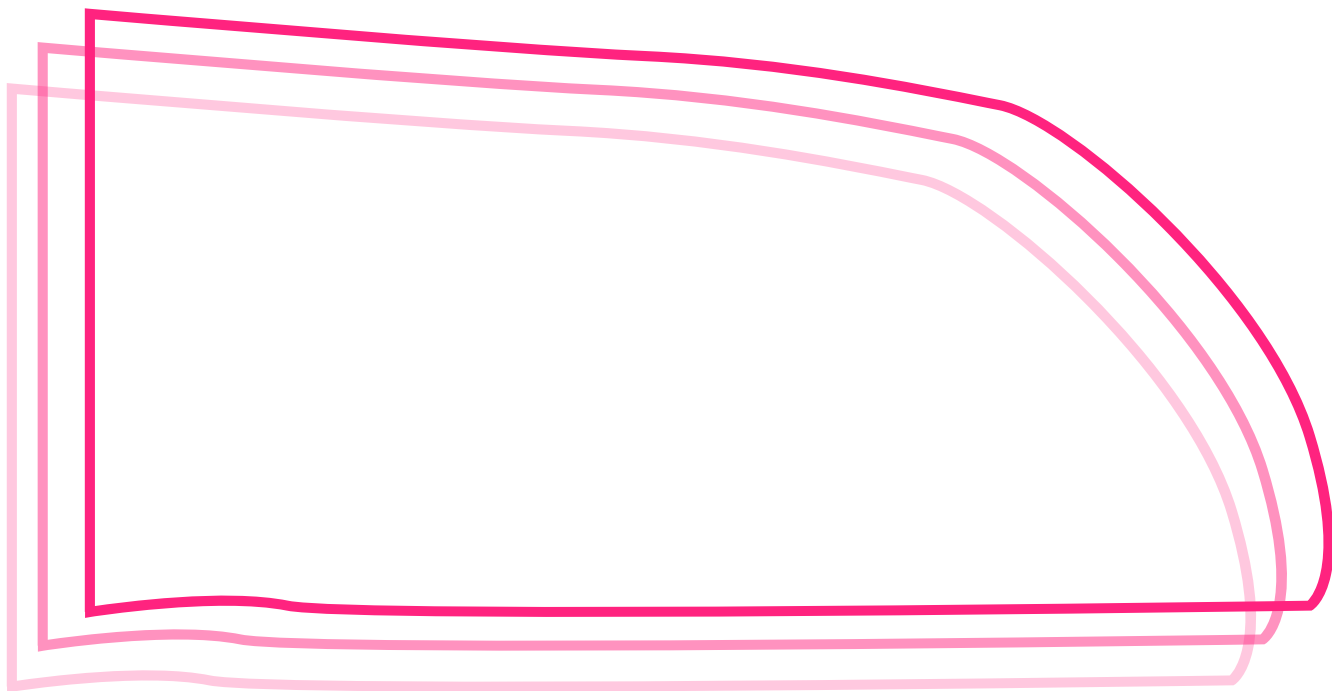
SHARE & GET FEEDBACK

REDESIGN YOUR LOVEMAKING

ACCEPT - EMPATHY - REFRAME - IDEATE - **ITERATE** - BUILD - TEST - REFLECT

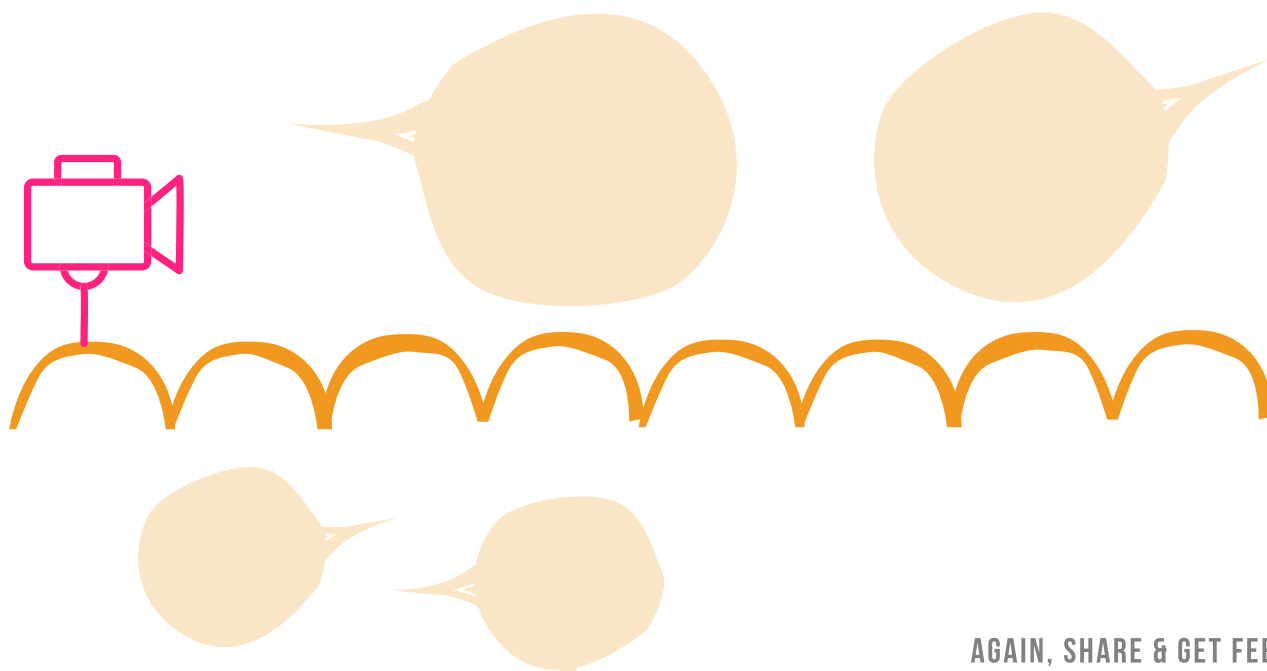
ITERATE

DESIGN A NEW SOLUTION - INTEGRATE FEEDBACK & REFLECTION. ADD MORE DETAILS NOW.



PRODUCE

PRODUCE THE SOLUTION YOU DEVELOPED. USE PHOTOS, VIDEO OR A NARRATIVE TO OUTLINE THE STORY.



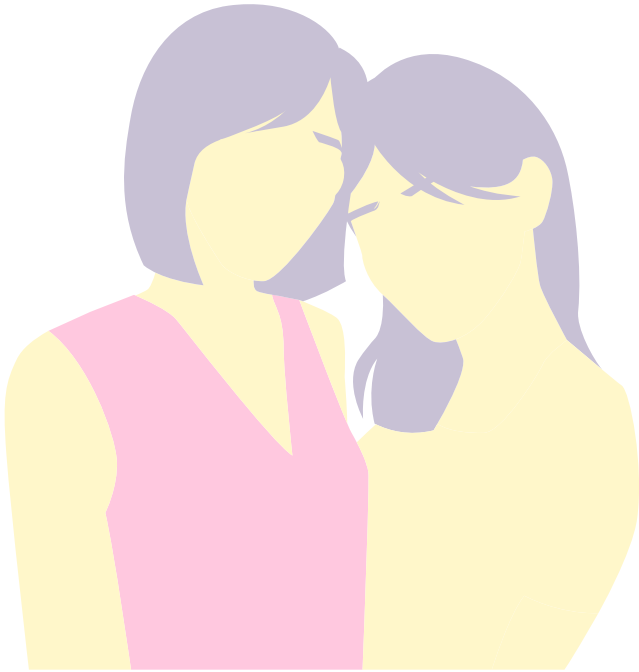
AGAIN, SHARE & GET FEEDBACK

REDESIGN YOUR LOVEMAKING

ACCEPT - EMPATHY - REFRAME - IDEATE - ITERATE - BUILD - TEST - REFLECT

TEST

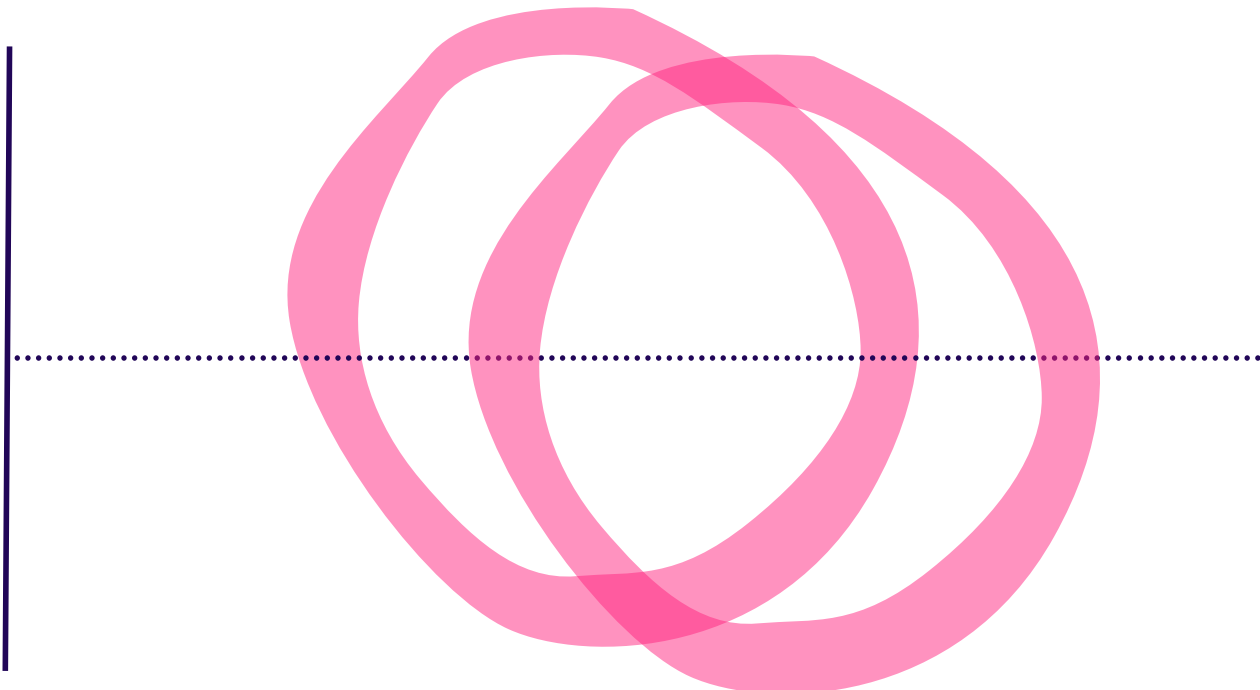
DESIGN A BITE-SIZED EXPERIENCE YOUR PARTNER CAN INTERACT WITH. TEST AS TOPICAL/ DEEP AS YOU WISH.



A DIALOG TO COMPLETE? DOLLS TO MOVE? A MOVIE TO NARRATE?

REFLECT

FIRST, PARTNER'S UNCENSORED FIRST IMPRESSION, THEN PARTNER'S THOUGHTS - PROS & CONS. IDEAS?



THANKS! NOW TRY THE FULL VERSION AT HOME.

Appendix

Redesign Your Lovemaking

The Design Approach

- A way of solving problems and finding solutions that follows these general steps:
 - inspiration
 - research and observation
 - defining the problem
 - ideation
 - prototype
 - test

Lovemaking

- Sexual activity, or even sexual intercourse in particular. Feel free to adjust this to your liking.
- If you "are not in love" but have intercourse > cross out "lovemaking" and rename.
- If you don't "believe in love" but want to redesign your intimate experience > replace "love-" and rename.

The Lucky 1% Who Have Great Sex

- Just as there is the top 1% or 0.1% of wealthy people that seem to elude our understanding.
- There are "masters of marriage" who show indicators of healthy relationships based on research by the couple therapist couple Julie & John Gottman
- The "lucky 1%" for this exercise use "gentle startup" when discussing a difficult topic, have a 5:1 ratio of positive to negative communication, display little criticism, contempt, defensiveness & stonewalling (the so-called Four Horsemen announcing divorce), turn to each other, respond to a bid for attention like "Look at that, honey!" and keep their heart rate below 100 bpm when talking

The Dating Days

- The honeymoon phase is something essentially every couple goes through when beginning a relationship, long before thoughts of marriage or commitment enter the picture
- Not to be confused with the actual honeymoon - a romantic vacation for two taken typically immediately or within 1 year after the wedding
- This follows a cliché course of dating, committing, cohabitation and is meant as a metaphor.

Charting an Experience with Start & Finish

- Drawing and labeling an experience with its steps, moments across time.

Empathy

- The ability to understand and share the feelings of another. Sounds simple, but is Jedi level difficult when you are facing a critical partner in an argument

Reframe

- Frame or express (words or a concept or plan) differently. Literally, take off one wooden picture frame and try another. For instance, when a teenage child talks back at the primary caretaker repeatedly - "Is this a parenting challenge or actually a couple issue?"

The Insight Statement

- A discovery of understanding and needs to explain why something is happening the way it is. It should be a concise synthesis of the observed content and include what is driving it.

Ideate

- The very process of forming ideas and thinking. Really just a fancy substitute for "think".

Iterate

- Perform repeatedly - over and over again. Approach a solution by circling around and near it.