

Regular Sex is Your Intimacy Blender

The regular frequency of sex ensures that the moods and events of life are brought to your lovemaking. Regular sex provides an “intimacy blender.”

Sexual Environment	Example
● “Spirited Sex”	when you feel full of life and vigorous.
● “Standard Sex”	when life is uneventful, sex is a shared pleasure.
● “Passionate Sex”	wild, lustful, animalistic, abandoned, shameless, taking your partner and being taken, rough, undisciplined, rowdy, raucous, unruly, noisy, boisterous sex.
● “Make-up Sex”	after an argument.
● “Compassionate Sex”	intercourse for soothing comfort after a major disappointment; after the funeral of your close friend.
● “Bad Mood Sex”	during despondent or glum moments.
● “Angst Sex”	sex for tension or stress release.
● “Vacation Sex”	on a holiday or escape trip.
● “Role Play Sex”	when you’re “stretching” and experimental.
● “Transcendent Sex”	sharing sex “under the stars”, appreciation of the ultimate meaning of life, love, spirituality.