



Overview

"Sexual Intelligence: What We Really Want from Sex—and How to Get It" by Dr. Marty Klein is a thought-provoking exploration of human sexuality that goes beyond the mechanics of sex to address the emotional, psychological, and cultural factors that shape our sexual experiences. Dr. Klein, a licensed marriage and family therapist and certified sex therapist, challenges conventional notions of sex and encourages readers to develop a deeper, more nuanced understanding of their own sexual desires and behaviors.

Core Concepts

At the heart of *"Sexual Intelligence"* is the idea that true sexual fulfillment comes from understanding and integrating the various aspects of our sexual selves—our thoughts, emotions, and physical experiences. Dr. Klein introduces the concept of "sexual intelligence," which he defines as the ability to navigate sexual situations with self-awareness, empathy, and critical thinking. This intelligence involves recognizing and challenging the unrealistic expectations, myths, and anxieties that often interfere with sexual satisfaction.

Challenging Myths and Misconceptions

Dr. Klein spends a significant portion of the book debunking common myths about sex, such as the idea that there is a "right" way to experience pleasure or that sexual performance defines one's worth. He argues that these myths create unnecessary pressure and can lead to feelings of inadequacy or dissatisfaction. By encouraging readers to question these assumptions, Klein helps them move toward a healthier, more realistic view of sex.

Developing Sexual Intelligence

The book provides practical advice for developing sexual intelligence, including how to communicate more effectively with partners, manage sexual anxieties, and understand the influence of cultural norms on sexual behavior. Dr. Klein emphasizes the importance of self-acceptance and encourages readers to embrace their unique sexual identities rather than conforming to societal expectations.

Sexuality in Context

Sexual Intelligence also explores how broader social and cultural issues, such as gender roles, media portrayals of sex, and religious teachings, impact our sexual lives. Dr. Klein encourages readers to critically examine these influences and to cultivate a personal sexual ethic that aligns with their values and desires.



Practical Applications

Throughout the book, Dr. Klein offers exercises and strategies to help readers apply the concepts of sexual intelligence in their own lives. These include techniques for improving sexual communication, overcoming common sexual challenges, and enhancing intimacy with a partner. The goal is to empower readers to take control of their sexual experiences and achieve greater satisfaction and connection.

Conclusion

Overall, "*Sexual Intelligence*" is a comprehensive guide to understanding and improving sexual experiences by developing greater self-awareness, communication skills, and critical thinking. Dr. Marty Klein's approach is both compassionate and practical, making this book a valuable resource for anyone looking to enhance their sexual intelligence and achieve a more fulfilling sexual life. Whether you're dealing with specific sexual issues or simply want to deepen your understanding of sexuality, this book offers insightful guidance and actionable advice.



Blog

Unlocking True Fulfillment: Insights from "Sexual Intelligence"

In a world saturated with messages about how sex *should* be, it's easy to lose sight of what truly matters in our intimate lives. Dr. Marty Klein's book, *"Sexual Intelligence: What We Really Want from Sex—and How to Get It,"* offers a refreshing perspective that cuts through the noise and challenges us to rethink our approach to sex. Rather than focusing on performance or techniques, Dr. Klein encourages us to develop "sexual intelligence"—a deeper understanding of our desires, behaviors, and the societal influences that shape them.

What Is Sexual Intelligence?

At its core, sexual intelligence is about self-awareness, empathy, and critical thinking in sexual situations. It's the ability to navigate your sexual life with a clear understanding of your own needs and the complexities of human sexuality. According to Dr. Klein, sexual intelligence involves questioning the unrealistic expectations and myths that often cloud our experiences, such as the belief that there's a "right" way to have sex or that sexual performance defines our worth.

Sexual intelligence is about more than just having good sex; it's about creating a fulfilling sexual life that aligns with your values, desires, and identity. It's an approach that prioritizes self-acceptance and authenticity over external standards and societal pressures.

Challenging Common Myths About Sex

One of the most impactful aspects of Dr. Klein's book is his debunking of common myths and misconceptions about sex. For example, the idea that great sex must always involve mind-blowing orgasms or that certain sexual acts are inherently better than others. These myths can create unnecessary pressure and lead to feelings of inadequacy or dissatisfaction.

Dr. Klein encourages us to let go of these rigid expectations and instead focus on what truly brings us pleasure and connection. By challenging these myths, we can begin to see sex not as a performance but as an opportunity for genuine intimacy and exploration.

The Role of Culture in Shaping Sexuality

Sexual Intelligence also delves into how cultural norms and societal messages shape our sexual experiences. From media portrayals of sex to gender roles and religious teachings, we are constantly bombarded with messages about what sex should look like. Dr. Klein invites readers



to critically examine these influences and to consider how they might be affecting their own sexual lives.

For example, the pressure to conform to certain ideals—such as always being ready for sex, or equating sexual frequency with relationship success—can lead to unnecessary stress and even conflict in relationships. By becoming more aware of these cultural pressures, we can start to define our own sexual ethics and make choices that truly reflect our values and desires.

Developing Sexual Intelligence in Your Life

So, how can we develop sexual intelligence in our own lives? Dr. Klein offers several practical strategies:

- **Communicate Openly:** Good communication is the foundation of a satisfying sexual relationship. Dr. Klein emphasizes the importance of discussing your desires, boundaries, and any anxieties you may have with your partner.
- **Challenge Your Assumptions:** Take a closer look at the beliefs you hold about sex. Are they based on societal expectations, or do they truly reflect your own desires and values? Questioning these assumptions can lead to a more authentic and fulfilling sexual experience.
- **Embrace Your Unique Sexual Identity:** Instead of trying to fit into a preconceived mold, focus on embracing your unique sexual identity. What makes you feel connected and fulfilled? What brings you joy? By honoring your individuality, you can create a more satisfying sexual life.
- **Practice Self-Acceptance:** Let go of the need to be perfect in the bedroom. Accepting yourself as you are—including your desires, your body, and your sexual preferences—can lead to a more relaxed and enjoyable sexual experience.

Conclusion: Moving Toward Fulfillment

"Sexual Intelligence" is a powerful reminder that true sexual fulfillment comes not from meeting external standards but from understanding and honoring our own desires. By developing sexual intelligence, we can move away from performance-based sex and toward a more meaningful, connected, and satisfying sexual life.

Whether you're facing specific sexual challenges or simply looking to deepen your understanding of your sexuality, Dr. Klein's book offers valuable insights and practical advice that can help you achieve a more fulfilling and authentic sexual experience.

For more tips and resources on building a strong, intimate relationship, visit [CoupleStrong](http://CoupleStrong.com).



Handout

Couple's Guide to Developing Sexual Intelligence

Inspired by "Sexual Intelligence" by Dr. Marty Klein

Introduction This handout is designed to help you and your partner explore the concepts from Dr. Marty Klein's *"Sexual Intelligence: What We Really Want from Sex—and How to Get It."* By understanding and applying these principles, you can develop a deeper connection, improve communication, and create a more fulfilling sexual relationship.

1. Understanding Sexual Intelligence

Key Insight:

- Sexual intelligence involves self-awareness, empathy, and critical thinking in sexual situations. It's about moving beyond performance and focusing on authentic connection and fulfillment.

Action Steps:

- **Self-Reflection:** Spend some time individually reflecting on what sexual intelligence means to you. How well do you understand your own desires, and how comfortable are you with communicating them?
- **Discussion:** Share your reflections with your partner. Discuss what sexual intelligence looks like in your relationship and how you can support each other in developing it further.

2. Challenging Myths and Misconceptions

Key Insight:

- Common myths about sex—like the idea that there's a "right" way to have sex or that performance is the most important aspect—can create pressure and lead to dissatisfaction.

Action Steps:

- **Identify Myths:** Together, identify some myths or misconceptions about sex that may be influencing your relationship. These could be ideas about what "good sex" should look like, frequency expectations, or assumptions about pleasure.



- **Challenge These Myths:** Discuss how these myths might be affecting your sexual experiences. Work together to reframe these ideas in a way that prioritizes your authentic desires and needs over societal expectations.

3. Enhancing Communication

Key Insight:

- Open and honest communication is the foundation of sexual intelligence. It's crucial for understanding each other's desires, boundaries, and needs.

Action Steps:

- **Regular Check-Ins:** Establish a regular time to check in with each other about your sexual relationship. This can be a weekly or monthly conversation where you discuss what's working, what's not, and how you can improve.
- **Use "I" Statements:** When discussing sensitive topics, use "I" statements to express your feelings and desires without placing blame (e.g., "I feel most connected when we...").
- **Active Listening:** Practice active listening during these conversations. This means fully focusing on your partner's words, acknowledging their feelings, and responding thoughtfully.

4. Embracing Your Unique Sexual Identity

Key Insight:

- Everyone's sexual desires and needs are unique. Embracing your own sexual identity, rather than conforming to societal norms, is key to a fulfilling sexual relationship.

Action Steps:

- **Explore Together:** Spend time together exploring each other's sexual identities. This could involve trying new activities, discussing fantasies, or simply sharing what you enjoy most about your sexual connection.
- **Affirm Each Other:** Make it a point to affirm and support each other's unique sexual preferences and identities. Celebrate the diversity of your desires and how they contribute to your relationship.



5. Practicing Self-Acceptance

Key Insight:

- Self-acceptance is crucial for sexual satisfaction. Letting go of the need to be perfect allows you to fully enjoy the experience without unnecessary stress or pressure.

Action Steps:

- **Body Positivity:** Practice self-acceptance by embracing your body as it is. Share with your partner what you appreciate about their body, and exchange affirmations about what you love about each other.
- **Let Go of Perfection:** Make a conscious effort to let go of the idea that sex has to be perfect. Focus on the connection and pleasure you share rather than achieving a specific outcome.
- **Mindfulness:** Incorporate mindfulness into your sexual experiences. This means being fully present in the moment, without judgment or distraction, and focusing on the sensations and emotions you're experiencing.

Final Thoughts

Developing sexual intelligence is a journey that requires self-awareness, communication, and a willingness to challenge societal norms. By embracing these principles, you and your partner can create a more authentic, fulfilling, and connected sexual relationship.

For more tips and resources on building a strong, intimate relationship, visit [CoupleStrong](http://CoupleStrong.com).

Prepared by CoupleStrong *Strengthening relationships, one couple at a time.*



Assessment

Sexual Intelligence Couples Assessment

Based on "Sexual Intelligence" by Dr. Marty Klein

Instructions:

This assessment is designed to help you and your partner evaluate your level of sexual intelligence, focusing on self-awareness, communication, and the ability to navigate your sexual relationship with empathy and understanding. Each partner should complete the assessment separately, and then you can come together to discuss your responses.

For each statement, rate your agreement on a scale from 1 to 5:

- **1 = Strongly Disagree**
- **2 = Disagree**
- **3 = Neutral**
- **4 = Agree**
- **5 = Strongly Agree**

Section 1: Self-Awareness and Acceptance

- **I have a clear understanding of my own sexual desires and needs.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

- **I feel comfortable with my sexual identity and preferences.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

- **I am able to let go of the need to be perfect during sex.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

- **I embrace my body and feel confident in my own skin during intimate moments.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

- **I recognize and challenge any unrealistic expectations I have about sex.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5



Section 2: Communication and Empathy

- **We openly discuss our sexual desires and boundaries.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

- **I feel comfortable initiating conversations about sex with my partner.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

- **I actively listen to my partner's needs and concerns without judgment.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

- **We regularly check in with each other about our sexual relationship.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

- **I feel that our sexual relationship is based on mutual respect and understanding.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Section 3: Navigating Cultural and Societal Influences

- **I am aware of how cultural and societal norms influence my views on sex.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

- **I challenge societal expectations that don't align with my personal values and desires.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

- **We discuss how external influences (e.g., media, culture) impact our sexual relationship.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

- **I feel empowered to define my own sexual ethics and values.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

- **We make decisions about our sexual relationship based on what feels right for us, rather than what is expected by others.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5



Section 4: Growth and Flexibility

- **I am open to learning and growing in my sexual relationship**
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- **We explore new ways to connect and enhance our sexual relationship.**
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- **I am willing to challenge my own assumptions and beliefs about sex.**
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- **I view our sexual relationship as a journey that evolves over time.**
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- **We support each other's sexual growth and are open to trying new things together.**
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Scoring:

- **80-100:** You and your partner demonstrate a high level of sexual intelligence, with strong self-awareness, communication, and a healthy approach to navigating societal influences. Continue nurturing these strengths.
- **60-79:** You have a good foundation but may benefit from focusing more on open communication or challenging societal expectations. Explore ways to deepen your connection and understanding.
- **40-59:** Your relationship may benefit from more attention to self-awareness, communication, and addressing cultural influences. Consider discussing how you can grow together in these areas.
- **Below 40:** It may be time to reevaluate and address significant aspects of your sexual relationship. Consider seeking additional resources or professional guidance to help improve your sexual intelligence and connection.



Discussion and Reflection:

After completing the assessment, come together with your partner to discuss your scores. Use these questions to guide your conversation:

- **What are our strengths in terms of sexual intelligence?**
- **Which areas could use more attention or improvement?**
- **How can we better support each other's growth and self-awareness?**
- **What steps can we take to improve communication and challenge societal influences?**

Final Thoughts: This assessment is a tool to help you and your partner understand and enhance your level of sexual intelligence. By focusing on self-awareness, communication, and navigating cultural influences, you can build a stronger, more fulfilling sexual relationship.

For more resources and support, visit [CoupleStrong](http://CoupleStrong.com).



7-Day Sexual Intelligence Challenge for Couples

Inspired by "Sexual Intelligence" by Dr. Marty Klein

Challenge Overview: This 7-day challenge is designed to help you and your partner develop greater sexual intelligence by exploring self-awareness, communication, and cultural influences on your sexual relationship. Each day focuses on activities that encourage reflection, open dialogue, and deepening your connection. By participating in this challenge, you'll take important steps toward a more fulfilling and authentic sexual relationship.

Day 1: Reflect on Your Sexual Identity

Objective: Gain a deeper understanding of your own sexual identity and how it influences your relationship.

Activity:

- Spend 15-20 minutes individually reflecting on your sexual identity. Consider what your desires, preferences, and boundaries are, and how they have evolved over time.
- Write down your thoughts, focusing on what makes you feel most confident and fulfilled in your sexual relationship.
- Share your reflections with each other, discussing how you can better honor and support each other's sexual identities.

Reflection: How does understanding your sexual identity contribute to a healthier relationship? What new insights did you gain from this reflection?

Day 2: Challenge Common Sexual Myths

Objective: Identify and challenge common myths about sex that may be influencing your relationship.

Activity:

- Together, identify a few common myths or misconceptions about sex that you may have encountered or internalized. Examples might include beliefs about sexual performance, frequency, or what constitutes "good" sex.
- Discuss how these myths might be affecting your sexual experiences or expectations.



- Work together to reframe these myths in a way that aligns with your authentic desires and needs.

Reflection: How did challenging these myths change your perspective on sex? What new beliefs can you adopt to create a more fulfilling sexual relationship?

Day 3: Open Communication Check-In

Objective: Enhance your communication by having an open and honest conversation about your sexual relationship.

Activity:

- Set aside 30 minutes for a “sexual relationship check-in.” Use this time to discuss what’s working well, any challenges you’re facing, and how you can improve your connection.
- Practice active listening, where one partner speaks while the other listens without interrupting, then switch roles.
- Focus on expressing your thoughts and feelings using “I” statements, such as “I feel...” or “I need...”

Reflection: How did this conversation improve your understanding of each other’s needs and desires? What steps can you take to maintain open communication moving forward?

Day 4: Explore New Experiences Together

Objective: Build sexual intelligence by exploring new experiences or fantasies together.

Activity:

- Discuss any sexual experiences or fantasies you’ve both been curious about but haven’t tried yet. Choose one that feels exciting and comfortable for both of you.
- Plan a time to explore this new experience together, focusing on keeping an open mind and enjoying the journey rather than the outcome.
- Afterward, talk about the experience—what you enjoyed, what you learned, and how it impacted your connection.

Reflection: How did trying something new together affect your intimacy and connection? What did you learn about each other through this experience?



Day 5: Reflect on Cultural Influences

Objective: Understand how cultural and societal norms influence your views on sex.

Activity:

- Spend 15-20 minutes reflecting individually on how cultural influences (e.g., media, gender roles, religious teachings) have shaped your views on sex and relationships.
- Write down any specific messages or expectations that you've internalized over the years.
- Share your reflections with each other and discuss how these influences may be impacting your sexual relationship. Talk about ways to redefine your sexual values based on your own desires and beliefs.

Reflection: How has recognizing cultural influences changed your perspective on your sexual relationship? What steps can you take to create a sexual ethic that aligns with your personal values?

Day 6: Practice Self-Acceptance

Objective: Enhance your sexual intelligence by practicing self-acceptance and embracing your body.

Activity:

- Spend time individually reflecting on your body image and how it impacts your sexual confidence. Consider any areas where you struggle with self-acceptance.
- Write down positive affirmations about your body and share them with your partner.
- As a couple, practice expressing gratitude and appreciation for each other's bodies. Focus on what you love about your partner and how their body makes you feel connected.

Reflection: How did practicing self-acceptance and body positivity affect your sexual confidence? How can you continue to support each other in embracing your bodies?

Day 7: Reflect and Plan for Growth

Objective: Consolidate the insights gained during the challenge and plan how to continue growing together.

**Activity:**

- Sit down together and reflect on the past week. Discuss what you've learned about yourselves and each other, and how it has impacted your sexual relationship.
- Identify the activities or conversations that were most meaningful and discuss how you can incorporate them into your regular routine.
- Set a few goals for continuing to enhance your sexual intelligence and deepen your connection in the coming months.

Reflection: What has been the most valuable takeaway from this challenge? How can you continue to build on the progress you've made this week?

Final Thoughts:

Congratulations on completing the 7-Day Sexual Intelligence Challenge! By focusing on self-awareness, communication, and challenging societal influences, you've taken important steps toward a more authentic and fulfilling sexual relationship. Remember, sexual intelligence is a journey—keep exploring, growing, and nurturing your connection.

For more tips, resources, and support on your relationship journey, visit [CoupleStrong](http://CoupleStrong.com).



Description

Sexual Intelligence Relationship Bundle

This comprehensive bundle is designed to help couples develop greater sexual intelligence, inspired by Dr. Marty Klein's book *"Sexual Intelligence: What We Really Want from Sex—and How to Get It."* The bundle includes:

- **Overview of the Book:** A detailed summary of the key concepts from *"Sexual Intelligence,"* focusing on self-awareness, communication, and challenging societal norms to create a more fulfilling sexual relationship.
- **Blog Post:** An insightful blog that explores how developing sexual intelligence can enhance your relationship, offering practical tips for improving communication, self-acceptance, and connection.
- **Couple's Handout:** A practical guide with actionable exercises to help couples apply the principles of sexual intelligence in their relationship, including steps for improving communication and embracing your unique sexual identity.
- **Couple's Assessment:** A self-assessment tool to evaluate your current level of sexual intelligence, providing a foundation for growth and deeper connection.
- **7-Day Sexual Intelligence Challenge:** A step-by-step challenge designed to help couples explore their sexual relationship more deeply, focusing on self-awareness, open communication, and cultural influences over the course of a week.

This bundle is perfect for couples looking to enhance their sexual relationship by developing a deeper understanding of their desires, improving communication, and challenging societal expectations.