



## Overview:

**"She Comes First: The Thinking Man's Guide to Pleasuring a Woman"** by Ian Kerner is a book that focuses on the importance of prioritizing a woman's pleasure in sexual relationships. The author, a certified sex therapist, offers a detailed guide on how men can better understand female sexuality and become more attuned to their partner's needs, particularly through the practice of cunnilingus.

Kerner begins by addressing the common misconception that penetration is the primary way to achieve sexual satisfaction for women. He explains that for many women, direct clitoral stimulation is key to experiencing pleasure and orgasm. The book emphasizes the importance of understanding the anatomy of the clitoris, which is often overlooked, and how it plays a crucial role in female sexual pleasure.

The core of the book is a practical, step-by-step guide on how to perform cunnilingus effectively. Kerner breaks down the process into phases, offering techniques and tips to help men become more confident and skilled lovers. He also stresses the importance of communication, encouraging men to talk openly with their partners about their desires, preferences, and boundaries.

In addition to providing specific techniques, "She Comes First" also explores the psychological aspects of sexual intimacy. Kerner discusses the importance of creating a safe and comfortable environment for women, where they feel valued and respected. He argues that by prioritizing a woman's pleasure, men can create a more fulfilling and mutually satisfying sexual experience.

Overall, "She Comes First" is a thoughtful and comprehensive guide that challenges traditional views on sex and encourages men to take a more attentive and considerate approach to their partner's pleasure. It's a book that aims to improve sexual communication and satisfaction in relationships by placing the focus on female pleasure.



## **Blog**

### **Prioritizing Her Pleasure: Key Insights from "She Comes First"**

In a world where sexual satisfaction is often portrayed as a one-size-fits-all experience, Ian Kerner's book, *"She Comes First: The Thinking Man's Guide to Pleasuring a Woman,"* offers a refreshing and much-needed perspective. It challenges traditional notions of sex and places a strong emphasis on the importance of prioritizing a woman's pleasure in intimate relationships.

### **Why Prioritizing Her Pleasure Matters**

At the heart of *"She Comes First"* is the idea that understanding and prioritizing female pleasure is essential for a truly fulfilling sexual relationship. Kerner argues that the standard focus on penetration often leaves many women feeling unsatisfied, as it overlooks the critical role of the clitoris in female orgasm. By shifting the focus to clitoral stimulation and making it a priority, men can help their partners experience more consistent and fulfilling pleasure.

Kerner's approach isn't just about technique; it's about rethinking how we approach sex. He emphasizes that pleasure should be mutual and that both partners should feel valued and satisfied. By making her pleasure the focus, men can foster a deeper emotional and physical connection that benefits both partners.

### **The Importance of Communication**

One of the key takeaways from Kerner's book is the importance of communication in sexual relationships. He encourages men to talk openly with their partners about their desires, preferences, and boundaries. This communication isn't just about asking what she likes; it's about creating a safe space where she feels comfortable expressing her needs and desires.

Kerner's advice on communication extends beyond the bedroom. He suggests that couples who openly discuss their sexual relationship are more likely to experience satisfaction and intimacy. By prioritizing her pleasure and making communication a regular part of your relationship, you can build a stronger, more fulfilling connection.

### **The Art of Cunnilingus**

At the core of *"She Comes First"* is a detailed guide on how to perform cunnilingus effectively. Kerner breaks down the process into clear, actionable steps, offering techniques that can help men become more confident and skilled lovers. He explains that cunnilingus is not just a means to an end but an act of intimacy that can deepen your connection with your partner.



Kerner's approach is both practical and compassionate. He encourages men to take their time, to pay attention to their partner's reactions, and to adjust their techniques based on her feedback. This focus on attentive, responsive lovemaking helps create an experience that is truly satisfying for both partners.

## **Creating a Safe and Respectful Environment**

Another crucial aspect of *"She Comes First"* is the emphasis on creating a safe, respectful, and comfortable environment for your partner. Kerner discusses the importance of making your partner feel valued and respected, which in turn makes it easier for her to relax and enjoy the experience. He suggests that men should focus on being present, attentive, and empathetic, which can help build trust and deepen intimacy.

## **The Bigger Picture**

Ultimately, *"She Comes First"* is about more than just sexual technique—it's about transforming the way we think about sex and relationships. By prioritizing her pleasure, men can create a more balanced, satisfying, and mutually rewarding sexual experience. This shift in perspective can lead to stronger emotional bonds, better communication, and a deeper, more meaningful connection between partners.

## **Final Thoughts**

If you're looking to enhance your sexual relationship and build a deeper connection with your partner, the insights from *"She Comes First"* offer a powerful roadmap. By focusing on her pleasure, communicating openly, and creating a safe and respectful environment, you can transform your intimate life and experience a more fulfilling and connected relationship.

**Looking for more ways to improve your relationship? Explore our resources at CoupleStrong for tips, challenges, and support on your journey to a stronger partnership.**



## Handout

### Couple's Guide to Prioritizing Her Pleasure: Insights from "She Comes First"

**Introduction** This handout is inspired by *"She Comes First: The Thinking Man's Guide to Pleasuring a Woman"* by Ian Kerner. It provides practical tips and insights to help couples enhance their sexual intimacy by focusing on mutual satisfaction and prioritizing her pleasure.

#### 1. Understanding Female Pleasure

##### Key Insight:

- The clitoris is the primary source of sexual pleasure for most women, and direct clitoral stimulation is often the most effective way to achieve orgasm.

##### Action Steps:

- **Educate Yourselves:** Spend time learning about female anatomy, particularly the clitoris and its role in sexual pleasure.
- **Communicate:** Have an open conversation about what types of stimulation feel best. Ask specific questions and listen carefully to her feedback.

#### 2. The Importance of Foreplay

##### Key Insight:

- Foreplay is not just a precursor to sex; it's a vital part of the experience that helps build arousal and create a deeper connection.

##### Action Steps:

- **Take Your Time:** Don't rush through foreplay. Use it as an opportunity to explore each other's bodies, build anticipation, and enhance intimacy.



- **Focus on Her Pleasure:** Pay close attention to what she enjoys during foreplay. This could include kissing, touching, or oral sex. Ask for feedback and adjust your approach based on her responses.

### 3. Mastering the Art of Cunnilingus

#### Key Insight:

- Cunnilingus can be one of the most effective ways to bring a woman to orgasm. It's about technique, but also about your attitude and willingness to prioritize her pleasure.

#### Action Steps:

- **Learn the Techniques:** Familiarize yourself with different techniques for cunnilingus. Consider varying your speed, pressure, and patterns to discover what she enjoys most.
- **Be Attentive:** Pay attention to her body language and verbal cues. If something feels good, she'll likely show it—if not, adjust your approach.
- **Communicate:** Don't be afraid to ask for guidance. Encourage her to communicate what she likes, and be open to trying new things based on her feedback.

### 4. Creating a Comfortable and Safe Environment

#### Key Insight:

- For women to fully enjoy and relax into the experience, they need to feel safe, comfortable, and respected.

#### Action Steps:

- **Set the Mood:** Create a relaxing environment with soft lighting, comfortable bedding, and a calm atmosphere. This helps both partners feel more at ease.
- **Check-In:** Regularly check in with your partner during intimate moments to ensure she's comfortable and enjoying herself.
- **Be Present:** Stay fully present and engaged. Show her that you value her pleasure by being attentive and responsive to her needs.



## 5. The Role of Communication in Intimacy

### Key Insight:

- Open communication is crucial for a satisfying sexual relationship. Discussing desires, boundaries, and experiences can enhance intimacy and trust.

### Action Steps:

- **Talk Openly:** Set aside time to discuss your sexual relationship. Share what you both enjoy and explore new ideas together.
- **Use Positive Reinforcement:** When something feels good, let your partner know. Positive feedback helps build confidence and guides your partner in understanding what you like.
- **Be Honest:** If something isn't working for you, gently communicate that as well. Mutual honesty leads to better understanding and a more fulfilling experience for both partners.

## 6. Practicing Mutual Pleasure

### Key Insight:

- Prioritizing her pleasure doesn't mean neglecting your own. Instead, it's about creating a balanced experience where both partners feel satisfied.

### Action Steps:

- **Balance Giving and Receiving:** Take turns focusing on each other's pleasure. This creates a sense of balance and ensures that both partners feel valued.
- **Explore Together:** Be open to trying new things that you both enjoy. Mutual exploration can lead to discovering new sources of pleasure and deepening your connection.



## Final Thoughts

By applying the insights from *"She Comes First,"* couples can build a stronger, more fulfilling sexual relationship. Remember, the key to a great sexual connection is mutual respect, open communication, and a willingness to prioritize each other's pleasure. Use this handout as a guide to enhance your intimacy and create a more satisfying experience for both partners.

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



## **Couple's Pleasure and Intimacy Assessment**

**Based on "She Comes First" by Ian Kerner**

### **Instructions:**

This assessment is designed to help you and your partner evaluate your current level of intimacy, communication, and mutual satisfaction in your sexual relationship. Each partner should complete the assessment separately, and then you can discuss your responses together.

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: Understanding and Prioritizing Her Pleasure**

**1 I have a good understanding of my partner's sexual anatomy, particularly the clitoris.**

◦        ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

**2 I feel confident in my ability to prioritize my partner's pleasure during our intimate moments.**

◦        ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

**3 I regularly focus on stimulating my partner in ways that she enjoys most.**

◦        ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

**4 My partner often reaches orgasm during our sexual encounters.**

◦        ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

**5 I am open to learning and improving my techniques to better please my partner.**

◦        ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5



## **Section 2: Communication and Feedback**

**6 We talk openly about our sexual desires and preferences.**

◦ ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

**7 I feel comfortable giving and receiving feedback about our sexual experiences.**

◦ ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

**8 We regularly discuss what we like and what could be improved in our intimate relationship.**

◦ ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

**9 I feel that my partner values and respects my feedback during intimate moments.**

◦ ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

**10 We have created a safe space where both of us can express our sexual needs without judgment.**

◦ ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

## **Section 3: Foreplay and Non-Penetrative Intimacy**

**11 We take our time with foreplay, and it is a significant part of our intimate routine.**

◦ ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

**12 I enjoy giving my partner pleasure through non-penetrative activities, such as oral sex.**

◦ ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

**13 Foreplay enhances our overall sexual experience and connection.**

◦ ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

**14 I am confident in my ability to give my partner pleasure through cunnilingus.**

◦ ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

**15 I feel that we have a balanced sexual relationship where both partners' needs are met.**

◦ ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5



#### Section 4: Emotional Connection and Intimacy

16 **Our sexual relationship enhances our emotional connection.**

◦ ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

17 **We both feel emotionally safe and secure in our intimate relationship.**

◦ ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

18 **Our intimacy brings us closer together as a couple.**

◦ ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

19 **We make time to connect emotionally before and after sex.**

◦ ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

20 **Our relationship is strengthened by our mutual respect and consideration for each other's needs.**

◦ ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

#### Scoring:

- **80-100:** Your relationship is strong and you prioritize each other's pleasure and emotional connection. Continue to communicate openly and explore new ways to deepen your bond.
- **60-79:** You have a solid foundation, but there may be areas where more communication and attention are needed to enhance your connection.
- **40-59:** Your relationship could benefit from more focus on mutual satisfaction and open dialogue. Consider discussing how you can better meet each other's needs.
- **Below 40:** It may be time to reevaluate your approach to intimacy. Consider seeking resources or professional guidance to help improve your sexual and emotional connection.

#### Discussion and Reflection:

After completing the assessment, sit down with your partner to discuss your scores. Use the following questions to guide your conversation:

- 1 **What are our strengths as a couple in terms of intimacy and communication?**
- 2 **Which areas could use more attention or improvement?**
- 3 **How can we better prioritize each other's pleasure in our sexual relationship?**
- 4 **What steps can we take to enhance our emotional connection through intimacy?**



**Final Thoughts:** This assessment is designed to help you and your partner understand each other's needs and work together to create a more satisfying and connected sexual relationship. Use it as a starting point for ongoing conversations and continued growth in your relationship.

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



## 7-Day Intimacy Challenge for Couples

Inspired by "She Comes First" by Ian Kerner

**Challenge Overview:** This 7-day challenge is designed to help you and your partner deepen your connection, enhance communication, and prioritize mutual pleasure in your sexual relationship. Each day introduces a new activity or practice inspired by the principles in *"She Comes First."* Use this challenge as an opportunity to explore each other's desires, improve your intimacy, and strengthen your emotional bond.

### Day 1: Open Communication

**Objective:**

Start the challenge by establishing a foundation of open communication about your sexual relationship.

**Activity:**

- Set aside 30 minutes to an hour for an honest conversation about your sexual desires, boundaries, and experiences.
- Discuss what you both enjoy, any areas where you'd like to see improvement, and how you can better prioritize each other's pleasure.
- Focus on creating a safe, non-judgmental space where both of you can express yourselves freely.

**Reflection:**

How did it feel to openly discuss your sexual relationship? Did you learn anything new about your partner's needs or desires?

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### Day 2: Prioritize Her Pleasure

**Objective:**

Shift the focus to prioritizing her pleasure, aligning with the core message of the book.

**Activity:**

- Plan an intimate evening where the focus is entirely on her pleasure.
- Spend extra time on foreplay, focusing on clitoral stimulation and activities she enjoys most.
- Communicate throughout the experience, asking for feedback and adjusting your approach based on her responses.

**Reflection:**

How did it feel to focus entirely on her pleasure? Did this change the dynamic of your intimate connection?

**Day 3: The Art of Cunnilingus****Objective:**

Practice and refine the techniques of cunnilingus to enhance her pleasure.

**Activity:**

- Spend time reading or refreshing your knowledge on the techniques of cunnilingus.
- Set aside time for a focused session where you apply what you've learned, paying close attention to her reactions and adjusting as needed.
- Encourage her to guide you, providing feedback on what feels best.

**Reflection:**

How did focusing on cunnilingus affect your connection and her pleasure? Did she feel more satisfied and appreciated?

**Day 4: Explore Mutual Pleasure****Objective:**

Balance giving and receiving to ensure mutual satisfaction.

**Activity:**

- Plan an intimate session where both of you take turns focusing on each other's pleasure.
- Start with her, ensuring she is fully satisfied, and then allow her to focus on your pleasure.
- This balanced approach helps create a deeper connection and ensures that both partners feel valued.

**Reflection:**

How did taking turns focusing on each other's pleasure affect your experience? Did it enhance your connection?

**Day 5: Non-Sexual Intimacy****Objective:**

Enhance your emotional connection through non-sexual forms of intimacy.

**Activity:**

- Spend time together engaging in non-sexual activities that foster closeness, such as cuddling, holding hands, or giving each other a massage.
- Focus on the emotional connection and how it contributes to your overall intimacy.
- Use this time to talk about your feelings, share stories, or simply enjoy each other's presence.

**Reflection:**

How did focusing on non-sexual intimacy impact your relationship? Did it bring you closer emotionally?



## **Day 6: Practice Gratitude**

### **Objective:**

Express appreciation for each other to strengthen your emotional bond.

### **Activity:**

- Set aside time to share at least three things you appreciate about each other, both inside and outside the bedroom.
- Discuss how these qualities contribute to your relationship and why they're important to you.
- This practice helps build emotional security and reinforces the value you place on each other.

### **Reflection:**

How did expressing gratitude affect your emotional connection? Did it make you feel more appreciated and understood?

## **Day 7: Reflect and Plan**

### **Objective:**

Reflect on the past week and plan how to continue enhancing your intimacy.

### **Activity:**

- Sit down together and discuss the highlights of the past 7 days. What activities did you enjoy the most? What did you learn about each other?
- Identify areas where you can continue to grow and improve your relationship.
- Set intentions for how you will maintain and build upon the intimacy you've developed during this challenge.

### **Reflection:**

How did the 7-Day Challenge affect your relationship? What new practices will you continue to incorporate into your routine?



### **Final Thoughts:**

Congratulations on completing the 7-Day Intimacy Challenge! By prioritizing each other's pleasure and focusing on communication, you've taken important steps to deepen your connection and strengthen your relationship. Remember, intimacy is an ongoing journey—continue to explore, communicate, and grow together.

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



## Description

### She Comes First Intimacy Enhancement Bundle

This comprehensive bundle is designed to help couples deepen their connection and enhance their sexual relationship, inspired by Ian Kerner's book *"She Comes First."* The bundle includes:

- **Overview of the Book:** A detailed summary of the key concepts and principles from *"She Comes First,"* focusing on prioritizing female pleasure and improving intimacy.
- **Blog Post:** An insightful blog that explores the importance of prioritizing her pleasure, enhancing communication, and creating a more satisfying sexual relationship.
- **Couple's Handout:** A practical guide with actionable tips and exercises to help couples apply the teachings from the book in their relationship.
- **Couple's Assessment:** A self-assessment tool that allows couples to evaluate their current level of intimacy, communication, and mutual satisfaction.
- **7-Day Intimacy Challenge:** A step-by-step challenge designed to help couples explore each other's desires, improve communication, and strengthen their emotional and physical connection.

This bundle is perfect for couples looking to enhance their intimacy and build a more fulfilling relationship through the principles outlined in *"She Comes First."*