

## Couples – Don't Give Up On Sexuality!

Advertisement Feature

By Rose Rouse



Intimacy coach and relationship expert, Jan Day has got a message for all long lasting couples out there. It is – 'You can have your long relationship and an alive, sensual sex life'. "I see so many couples who've given up on sexuality," says Jan who's been married to her husband, Frieder, for thirteen years and runs couples workshops as well as doing private sessions with them.

"We went to one of Jan's workshops called *Mirror of the Heart*, which is part of a series," says Wendy, a homeopath, "my husband, Peter and I had been having less sex since we'd had a child. We'd become like friends. We'd had a child late and we seemed to be tired all the time. We wanted to get back that kind of intimacy in our relationship."

Wendy and Peter, a clinical psychologist, felt they benefited from two of the exercises in particular. Firstly, one where they introduced their partner to the group and their positive qualities and secondly, visioning, where they wrote down separately what they wanted in this relationship, then shared and created a joint vision.

"Introducing Peter's positive sides re-connected me to the aspects of him that I'd

fallen in love with, which was inspiring," says Wendy, "and the joint visioning was a profound exercise for us. We discovered that we still shared a lot in terms of what we want in our relationship. That was extremely reassuring. I felt listened to and heard. I also learnt some new facets of his perspectives which was useful."

Another exercise brought them into a place where they struggle. "There is a point sometimes in our communication where Peter comes across to me as needy. That makes me back off and shut down. So Jan got him to work on other ways of expressing what he wanted. For instance, to say 'I feel or I'd like' rather than 'I

need'. I also learnt to let go of some of my demands of him. Jan asked me which I would prioritise – the relationship or the lights being switched off all the time. The answer was obvious and it made me see my priorities differently."

And did this help their sex life? "We did have some great sex," she says, "and it came about because we opened up at an emotional and heart level."

"Working with couples is a delight because they touch each other so much - they reveal themselves and each other in every interaction," says Jan, "and there is love, however deeply it may have been buried. It's wonderful to know that they will go home together and practice what they have learned; that it will make a real difference in their lives."

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*Mirror of the Heart for Couples* are 5-7 July (venue tbc) and 25-27th October at Gaunts House in Dorset. Includes same sex couples. Do have a chat with Jan on 020 8123 9831, also re couples counselling. You can also contact her on [jan@janday.com](mailto:jan@janday.com). Or visit [www.janday.com](http://www.janday.com)