

Introduce Your Guy to Something New in the Bedroom With This Expert Advice

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By Melanie Hamlett

With all of the super racy chatter around here, I hope you've found yourself inspired to try something new in the bedroom. If you're nervous about suggesting switching up the same old-same old with your man, no need to fret! I asked an expert for some advice on the topic.

[Dr. Rachel Needle](#) (read her previous posts [here](#) and [here](#)) is a Licensed Psychologist and a Certified Sex Therapist. She is also in [private practice](#).

__Here's what Dr. Needle has to say about letting your man know you'd like to mix it up:

Introducing new things into your sexual relationship can be fun and scary. Trying new things with your partner can increase communication and keep things exciting. If you have never talked about incorporating new ideas into your sexual life, such as using sex toys, role-playing, or even just changing locations, you might be nervous as to how your partner will react. Here are some tips for talking to your partner about trying something new.



1. Make sure you are in a safe, comfortable place without the possibility of interruptions. This subject can be responded to in a number of ways, so you want to do everything you can to ensure that your partner feels comfortable. It is also important to ensure that you have ample time to chat and that the conversation doesn't have to be stopped prematurely because you are suddenly interrupted by a phone ringing or child walking in.
2. Test the waters first and be gentle. Sometimes people become insecure and feel inadequate when a partner talks about adding something new to the sexual relationship. Once you have your partner's permission, let your partner know how

much you enjoy your sexual life, but that you have been thinking about being adventurous by trying something new.

3. Start with something small and go from there. The first time you introduce something new, it does not have to be something outrageous. You can begin by just introducing something out of the ordinary, such as a different sexual position. That will open the door to you bringing up other novel ideas such as adding sexual toys and other accessories, role playing, or using a blindfold to your sexual repertoire.

Some introduce new ideas and additions in to their sexual relationship without first communicating about it. Depending on your partner, this may work if done gently. However, communication is one key to a healthy relationship. So, whichever route you decide to take, be sure that it involves verbal communication at some point, to ensure that your partner is on board with the idea and is not feeling threatened or confused by it.

Thanks Dr. Needle!

How do you let your man know you want to try something new? Are you ever nervous when making sexual suggestions? Who is more adventurous in the bedroom? And what's the greatest new thing you and your man have recently tried out? A new position? Blindfolds? I'd love to know!