

CR James Reports

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Hello CR,

While searching for "how to increase her sex drive", I found one of your [documents] and it contains some of the best advice I found.

So, I would like to have an advice on a particular situation:

My wife and I are in a serious relationship since 14 years, married since 7, in our 30s now (she's 30, I am 33). We also have a 5 year old son.

In the past, although not very frequent (3 times a week on average), the sex was satisfying (at least for me). Since our marriage, this frequency declined and lowered even more after the birth of our son (once a week, maybe).

In addition to that, the diversity also diminished, from wild rides (all over the house, in nature, different positions, oral sex, etc.) to a boring routine (exclusively missionary style and only during the night, but not too late) and a total lack of oral sex from her side (which I really enjoyed) since 3 years.

I am almost 100% sure that my wife enjoys the soft love-making (90% or more) and I try to follow that, but I am getting bored foreplaying every time like I have a plastic dummy in bed.

She is no longer taking part in the foreplay; it's like she's saying "Let's get it over with and go to sleep!".

On my side ... of the bed, the time I can keep it up is not the national record (not even close to the local one, to be honest), but my performance is proportional to the frequency of love / sex making (the more I do it, the better I perform).

As if things were not bad enough, her period is more frequent than the usual (every 20-25 days) and it takes more than the usual (5-7 days). Not to mention that this time of the month sex is not part of our deal (although exceptions happened in the past, and she was very horny on some of the occasions).

As I mentioned in the beginning, do you have an advice on this particular situation?

Thanks!
[Vlad]

Hey [Vlad]

I got both of your emails (with the details about your wife)...

Based on what you have said, you should have 2 ongoing strategies...

(1) short-term strategy - meaning you will do things (use tactics, techniques, whatever) that are designed to give you an immediate result of some sort.

(2) long-term strategy - meaning you will do things (use tactics, techniques, whatever) that will give you great results (in the future) based on ongoing effort.

Let's break it down...

A short-term tactic is something that you do that immediately shifts how you currently perceived.. i.e. "not-as-compliant-as-usual"...having an more upbeat attitude...etc...

And this sort of shift takes place based on your conversation/interaction and interaction with her.

A good rule to remember is that everything you do & say in shifting your current perception in some way (either for the good or for the bad) ...

Also: Everything you say/do affects:

- Her perception of you.
- Her perception of herself.
- Her perception of the situation (the interaction).
- Her feelings about you.
- Her feelings about herself.
- Her feelings about the situation (the interaction).

Now, let's get to the long term side of things.

This is very important and often neglected. And the reason why it's so important is because **the moment you decide you want to improve** (whether it's getting better at getting your wife turned on - or [as a single guy] getting better at approaching women), you have to acknowledge that there is a secret recipe out there JUST FOR YOU that is a combination of short-term tactics and long-term tactics.

For you, (getting your wife in the mood more often) may contain 20% ST Tactics and 80% LT Tactics.

For someone else - lets say a guy names "John" (getting his wife in the mood more often) may contain 75% ST Tactics and 25% LT Tactics.

For someone else - lets say a guy names "Jeff" (getting his wife in the mood more often) may contain 2% ST Tactics and 98% LT Tactics.

The best way to understand this is know that is to acknowledge that there are different reasons why a woman WOULD NOT want sex... (just like there are 250+ reasons why a woman would DESIRE sex..)

So if Jeff's wife isn't in the mood because she doesn't feel sexy (based on her physical appearance), then a compliment could work amazingly for HER (as a ST Tactic)...

On the other hand, Rich's wife also doesn't want sex because of her appearance....however FOR HER to feel sexy, she would need to "look in the mirror" and be pleased with what she sees.... It would be to his benefit to do encourage her to workout and eat healthy (LT Tactics)... because FOR HER, compliments have very little impact....especially "basic ones"...

Another guy could be in a situation where he's not getting enough intimacy in his relationship, and the reason is because there is no available time (maybe both of them work a lot and only have a few "energetic minutes" in a given day...

If that is THE MAIN REASON (the main "bottle neck" in the system), then he should spend more time creating a greater window of opportunity. This could mean making the decision to get a better full-time job so that he doesn't need the part-time job. It could mean anything. The point once you recognize the "bottle neck" or the Core Reasons, then you have to make the decision to solve it in a logical way.

And it's important to acknowledge whether it will be solved based on a long-term strategy (i.e. finding a new job, helping her become more fit, etc.) ,a short term strategy (Sexual Tension tactics, making her feel good in the moment, etc.) or a combination of both.

Let's take it to another level...

Again: A long term tactic (ongoing strategy) is something like:

- Encouraging her to lose weight (if that affects how sexy she feels about herself)
- Getting her to believe that "she's capable of craving sex more often"
- Taking a multi-dimensional approach to building HER sexual value (a large part of what makes a woman crave sex has to do with her "sexual identity" - For example, if she STRONGLY BELIEVES that she is a "unique sex goddess" it's going to affect how often she wants sex vs. a woman who sees herself as worthless and unsexy...

Makes sense?

There's a big difference between a woman who sees herself as a "sexy seductive goddess" and a woman who sees herself as an "object that must fulfill wifely duties"

HUGE DIFFERENCE.

...so the idea is to identify where she is on this sort of spectrum and MOVE HER towards the "sex goddess identity"...and the reason why this is a long-term tactic is because typically you're not going to make a dramatic shift after ONE 5-10 minute compliment...

Although that could work, you should prepare yourself for going on an ongoing "campaign" of constantly sending her this signal/message in a variety of forms (i.e. memorable compliments after sex "Wow. I noticed that you have been more energetic the last few times we had sex"..."Wow. I noticed that blah blah blah....."

...in other words, send her a complex/layered message with the purpose of shifting her identity...

- In some cases, another LT Strategy is building your sexual value... (and when I say LT, it could be anything that doesn't yield an immediate result. So doing something where the result shows up after 4-5 days could be considered a LT Tactic...

There are different layers to this... but if you're new to doing intentional things that affect her desire, then start with something SIMPLE, like showing her the side of you that is most desirable...

- Also: based on your answers, I would start "Testing" being LESS compliant & agreeable...

However, spend time giving compliments about her "inner qualities" (strong-willed, determined, tough, etc.) and compliment her most proud achievements ("Wow. I think it's amazing that you're able to XYZ...")

- Give her a strong compliment about how much you appreciate her (talk about how she has impacted you and/or made you a better person). The key is to be sincere.

Since a woman's sexual appetite is largely (I would guess 90% - 95%) based on the following formula....

How she perceives the guy (SV) + How she perceives herself + Her beliefs about sex + Her beliefs about the strength of the relationship/connection + How effective he is at affecting her emotionally/psychologically (ST)

....then you should spend some time sending a **higher density** (not to sound too geeky) of "attraction signals" + "messages that shift how she feels about herself" + "conversations that adjusts her beliefs about sex/relationship/connection + etc..."

I hope that helps...

Best Regards
CR