



A COUPLET IDEA BOOK

After Dark

Direct, playful and a little further. Bolder ideas for couples who already trust each other.

76 IDEAS • 4 PARTS • 4 ESSAYS

Couplet

Bolder, with a plan

This is the hotter of the Couplet books, and it is still a book about two people talking. Every idea here is direct, and most of them ask for something you have not done before. What they do not ask for is that you guess. The circles under each idea are the point: mark your own row in private, compare, and only ever do what has two yeses next to it.

Couples who explore this way tend to be the ones who trust each other most, not least. Adventurous sex runs on the same fuel as any other kind: the certainty that a no will be heard without a sulk, and that a yes can be taken back halfway through. Research on long-term couples keeps finding the same thing. The ones who describe their sex life as passionate years in are not the ones who do more of it. They are the ones who vary it, talk about it, and are willing to be a little awkward together.

A few things you will not find here. Nothing that involves anyone but the two of you. Nothing that depends on being seen by strangers; the out-of-the-house ideas are about privacy in a new place, not an audience. And no shaming of anyone's no. The essays between the parts cover the practical side: safety with restraints and toys, why context changes how everything feels, how to try something new without either of you getting hurt.

Read the essay before each part. Then read the ideas out loud to each other. That is already the first one.

How this book works

01

Read it together, or alone

Open the book anywhere. Read an idea out loud, or leave it open on a page for the other to find. There is no order and no hurry.

02

Mark in private

Under every idea are two rows of three circles, one row each. Tap yes, maybe or no on your own row in your PDF reader, or print the page. No peeking, no explaining.

03

Compare

Two yeses is a match: plan it or do it tonight. A maybe is an invitation to talk. A no needs no reason, and gets none.

HOW TO MARK



Yes

I want this.



Maybe

Curious, but let's talk first.



No

Not for me. No reason needed.

Spontaneous is mostly a story

The quickie has a reputation as the purest form of desire: it just happened. For most couples with jobs and children it is the opposite, an act of planning disguised as an accident. That is fine. Planning is not the enemy of heat. Rosemary Basson's work on responsive desire showed that for many people, especially in long relationships, wanting arrives after things start, not before. A ten-minute idea that begins on purpose ends in the same place as one that began by magic.

There is one honest problem with fast sex, and it is not the speed. In a 2018 survey of more than a thousand American women, fewer than one in five said intercourse alone was reliably enough to orgasm. Just over a third said clitoral touch was necessary, and another third that it made orgasm noticeably better. Ten minutes that are all intercourse are ten minutes for one of you. The chapters in this part put mouths and hands first for exactly this reason.

Scheduling helps here too. A couple that agrees on a standing appointment, a Sunday afternoon, the hour after the kids are down, gives responsive desire the runway it needs and takes away the nightly negotiation that kills the mood before it starts. Sex therapists recommend it constantly. Clients resist it constantly, then report back that it worked.

So: direct, yes. Rushed, no. The fastest idea in this part still has time in it for the person who needs more of it.

01

Ten Minutes

No candles. No plan. Now.

FOR

Parents, shift workers, anyone short on evenings.



10 IDEAS



Try the **standing doggy style** position.



93% of women and 95% of men on Couplet said yes.

You

Your partner

	☐	☒ MAYBE	☐
You	☐	☐	☐
Your partner	☐	☐	☐



One evening, agree to wake
the other up in the morning
with a **sexual act**.

84% of women and 92% of men on Couplet said yes.

You

Your partner

	☒	☒	☒
	X	MAYBE	♥
You	☐	☐	☐
Your partner	☐	☐	☐



Have a **quicke** just before an
important event.

89% of women and 89% of men on Couplet said yes.

You

Your partner

☒	☒	☒
☐	☐	☐
☐	☐	☐



THE END, FOR NOW

Thank you for reading it together.

Every idea in this book was said yes to by thousands of people on Couplet before it reached you. Some pages will have become plans. Others a good conversation. A few, a firm no from both of you, which counts too.

The app keeps going where the book stops: new ideas every week, voted on in private, shown only when you both say yes.

Couplet

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