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## GET OUR 7 DAYS OF LOVE PROGRAM FOR FREE!

Get ready to have a great time learning how to love your spouse! What's that, you already know how? Well, The Dating Divas are here to give you a whole new perspective on delighting your better half with our incredible 7 Days of Love Program... and its absolutely free when you sign up for our newsletter!

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the  
**DATING**  **DIVAS**

STRENGTHENING MARRIAGES, ONE DATE AT A TIME



## Jar Label

Printables designed by Elizabeth Edwards  
exclusively for The Dating Divas



## Face-off

1. Husband sits on a chair or the edge of the bed.
2. Wife faces him, seated on his lap.



## Doggy Style

1. Wife gets on all fours, then has the husband kneel behind her, with his upper body straight up or slightly draped over her, and enters her from behind.



## Flatiron

1. Wife lies face down on the bed, legs straight, hips slightly raised, allowing the husband to enter from behind but on top of her.



## G-Whiz

1. Wife lies back with husband above her. Wife has her legs resting on each of her husband's shoulders.



## Cowgirl's Helper

1. Wife kneels on top, pushing off the husband's chest and sliding up and down the husband's thighs.
2. Husband helps support some of the wife's weight by grabbing her hips or thighs to allow them to thrust together.



## leap Frog

2. Wife gets on her hands and knees, then, keeping hips raised, rests her head and arms on the bed.



## Stand & Deliver

1. With both husband and wife standing, the wife bends over at the waist.
2. Husband enters her from behind.



## Magic Mountain

1. Wife sits, legs bent, leaning back on her hands and forearms.
2. Husband does the same and then inches towards her until he makes contact.



## Cowgirl

1. Wife kneels on top of the husband, pushing off his chest and sliding up and down his thighs.



## Reverse Cowgirl

1. Husband lies on back.
2. Wife straddles him facing his feet and allows him to enter her from below.



## Ballet Dancer

1. Wife stands on one foot.
2. Facing her husband, she wraps her other leg around his waist while he helps support her while he enters her.



## Missionary

1. Wife lies on back while husband lies face down on top of her.



## Scoop Me Up

1. Husband and wife lie on their sides, facing the same direction.
2. Wife brings knees up slightly.
3. Husband slides behind her pelvis and enters her from behind. (You may also know this position as "spooning.")



## The Seashell

1. Wife lies back with legs raised all the way up and her ankles crossed behind her own head.
2. Husband enters from a missionary position.



## The Chairman

1. Husband sits on the edge of the bed.
2. Wife sits on his lap, facing away.



## Spork

1. Wife lies on her back and the husband kneels.
2. Wife raises right leg onto the husband's shoulder so the husband can position his body between her legs at a 90-degree angle and enter her.
3. The couples' legs (the one of hers laying flat and both of his) will form the tines of a spork.



## Seated Wheelbarrow

1. Husband sits on the edge of a bed or chair and positions himself so that his wife's butt is in his lap, facing him, with her legs wrapped around his back.
2. Wife leans back until her hands reach the floor.
3. Wife stretches her legs out behind her husband's waist (Tip: Have the husband help support the wife's weight by holding onto her hips.)



## The Spider

1. Husband and wife sit on the bed with their legs facing toward one another and their arms back to support themselves.
2. Both the husband and wife come together until the husband enters the wife.
3. They can rock back and forth as desired.



## The Snake

1. Wife lies down on her stomach.
2. Husband lies down on top of her and slides in from behind.



## The Relaxed Man

1. Husband places pillows behind his back and sits on the bed with his legs outstretched.
2. Wife straddles his waist, keeping her feet on the bed.
3. Wife bends her knees to lower herself onto him.
4. Wife presses on the balls of her feet, and can raise and lower herself onto his shaft as slowly or as quickly as she pleases.



## Pretzel Dip

1. Wife lies on her right side.
2. Husband kneels, straddling her right leg and curling her left leg around his left side.



## Cross-booty

1. Husband enters her from the missionary position.
2. Husband slides his chest and legs off her body so his pelvis is in the same location but his limbs form an "X" with hers.



## The Caboose

1. While the husband sits on the bed or a chair, the wife backs up into his lap and they spoon each other while seated.



## The Pinball Wizard

1. Wife gets into a partial bridge position (like a pinball machine), with her weight resting on her shoulders.
2. Husband enters her from a kneeling position between her legs.



## Valedictorian

1. From a missionary position, the wife raises her legs and extends them straight out around the husband (forming a "V" around his body).