

Why do We Never have SeX??

Songwriter's Blueprint

1. Basics of the song lyrics. Answer these:

Relatable Premise:

A couple is still together, still functioning, still loving each other in a normal everyday way, but the physical intimacy has quietly disappeared. The song is about finally saying the awkward thing out loud: why do we never have sex anymore?

Emotion:

Frustration, confusion, longing, vulnerability, awkward honesty and sadness hidden underneath humor.

Central Point/Core Idea (What's song about?)

This song is about a long-term relationship where life, stress, bills, exhaustion, routines, phones and emotional distance have slowly replaced passion. The singer is not trying to start a fight. He is trying to open a real conversation before the relationship becomes comfortable but disconnected.

What is the key emotion evoked?

The key emotion is vulnerable confusion. The singer still loves the other person and still wants them, but they do not understand how they went from passionate and obsessed with each other to lying on opposite sides of the bed like roommates.

Unique because of:

The hook is blunt, funny, uncomfortable and extremely relatable. A lot of songs talk about heartbreak, cheating, lust or romance, but this song talks about the awkward middle ground where two people still love each other but have stopped touching each other. The title sounds comedic, but the song cuts deeper because it is really about loneliness inside a committed relationship.

Singer style/mood/attitude:

Conversational, honest, slightly sarcastic, emotionally exposed, but not angry. The vocal should feel like someone finally saying what they have been afraid to say for months. The verses can be intimate and resigned, the pre-chorus more hesitant and tense, and the chorus more direct, catchy, and confessional.

Backing vocals:

Backing vocals should support the awkward humor and emotional tension. In the chorus, background vocals can echo short phrases like “we hug,” “we text,” “we rest,” and “we stress” to make the routine feel repetitive and almost absurd. In the final chorus, backing vocals can become more emotional and pleading, especially around “can we please talk, can we connect?” The outro could have softer harmonies to make the final line feel playful but tender.

What’s the juicy part that everybody can relate to?

The juicy part is that many couples do not break up because of one huge dramatic event. Sometimes they slowly become tired, distracted, stressed, overworked and physically disconnected. Everybody understands the fear of asking, “Are we still okay?” when nothing is technically wrong, but something important is missing.

2. Point of view. Answer these:

Who is talking?

One person in a long-term relationship who still loves their partner but feels unwanted, confused, and emotionally disconnected.

What is their character avatar?

A tired romantic. Someone who is still loyal and committed but misses the passion, closeness, and playful desire the relationship used to have.

What pronoun?

I, we.

Who are they talking to?

Their partner.

Their character avatar:

A loving but exhausted partner who may also be overwhelmed by life, stress, bills, routine, screens, emotional fatigue, and fear of confronting what has changed.

What pronoun?

You, we.

Why are they talking to them?

Because the singer does not want to silently drift further away. He wants to ask the uncomfortable question before resentment takes over. He is not demanding sex as much as he is asking for honesty, closeness and a return to connection.

3. What is the musical/lyric hook that encapsulates the relatable premise? Write the lyric and sing the melody. The only part of the song you want to write out of pure inspiration is this step.

What is the Hook?

Why do we never have sex?

What is the Melody?

The melody should feel like a direct, almost spoken question that opens up into a catchy singable phrase. “Why do we never” can rise step by step with tension, then “have sex?” can drop slightly, landing with a mix of humor, hurt, and disbelief. It should be memorable because it sounds like a real sentence someone was scared to say out loud.

4a. Where will the hook be in the chorus? Beginning? Middle? End?

The hook appears at the beginning of each main chorus section and also returns at the end, making it both the question and the emotional punchline.

Main Idea:

The chorus is the blunt confession. The singer lists all the things the couple still does - hugging, texting, watching Netflix, talking, resting, crashing, stressing - but points out that physical intimacy has disappeared.

Details (imagery/senses):

A couch, a glowing TV, phones in hand, tired bodies, the silence after “goodnight,” two people physically close but emotionally distant, the bed feeling too wide, and the relationship feeling more like a routine than a romance.

Sensory/metaphor:

The relationship feels like a paused movie, a bed with a border down the middle, a fire that has not gone out completely but has stopped giving heat.

4b. What will comprise the remainder of the chorus?

The rest of the chorus should show the contrast between the couple’s everyday closeness and their missing passion. They still hug, text, watch Netflix, talk, rest, and survive the day together, but they are not connecting physically or emotionally the way they used to. The chorus should feel catchy and slightly funny, but underneath it should reveal that the singer is hurt, confused, and scared to make the problem worse by bringing it up.

5. What will I say in the 1st verse that will set up my chorus? (Only one main thought idea per section so you don't confuse listener with too much). You need to know the What and Why and When And How and Where and Who. Tell the Story in the verses. Use human senses - what can the character and listener see, hear, touch, taste and smell? Use details in verses - what is the central character wearing? Who else is in the song? What are other characters doing, wearing, saying, etc.?

Main Idea:

Verse 1 sets up the contrast between the past and the present. The couple used to be passionate, spontaneous, and physically obsessed with each other. Now they are polite, tired, distant and sleeping on opposite sides of the bed.

Details (imagery/senses):

The listener can see two people sneaking kisses in parking lots, skipping dinner to rush home, and not being able to keep their hands off each other. Then the scene shifts to the present: dim bedroom light, tired voices, separate sides of the bed, quiet

“goodnight,” maybe sweatpants, old T-shirts, phone chargers, and the heavy silence of two people pretending everything is fine.

Sensory/metaphor:

“You used to climb me like a hotel bed” is the strongest physical metaphor. It shows urgency, fun, lust, and memory. The opposite sides of the bed become a metaphor for emotional distance. “When’s the last time I got lost in you?” turns physical intimacy into emotional escape and reconnection.

6. What will I say in the pre-chorus (if there is one) that will set up my chorus?

Main Idea:

The pre-chorus is the emotional hesitation before the blunt chorus. The singer does not want to turn the issue into a fight or ruin the night but the missing intimacy has been ignored too long.

Details (imagery/senses):

A quiet bedroom conversation. Someone staring at the ceiling. Someone turning toward the other person but not knowing how to start. The singer feels the words stuck in his throat. The air feels tense because the question could either bring them closer or start an argument.

Sensory/metaphor:

“Something’s been missing for way too long” feels like an empty space in the room. “I don’t know how to say it right” is the emotional doorway into the chorus. It prepares the listener for the bluntness of the hook because the singer has already admitted he is struggling to express himself perfectly.

7. What will I say in the 2nd verse that will further the story and set up and keep moving the chorus along? It has to be different than verse 1 – don't say the same thing or idea again. (Only one main thought idea per section so you don't confuse listener with too much).

Main Idea:

Verse 2 moves from bedroom distance to life pressure. The couple is not disconnected because they hate each other. They are drowning in adult

responsibilities, delayed plans, bills, exhaustion, ambition, scrolling and survival mode.

Details (imagery/senses):

The listener can see a weekend trip planned three months in advance, then canceled because they are too tired. Bills on the counter. A calendar full of obligations. Two people sitting in the same room scrolling on their phones after finally getting a quiet moment. The house is calm, but instead of using the calm to reconnect, they disappear into screens.

Sensory/metaphor:

“We’re chasing dreams and losing nights” is the key emotional metaphor. “Even five minutes behind closed doors could remind us what we’re fighting for” reframes sex as more than physical release. It becomes a reminder that the relationship is still alive.

8. If the bridge has lyrics, what will be said there? Must fit into relatable premise but offer a different twist/perspective but still make sense. The most emotional lyrics tend to come in the bridge where the story is being resolved, or where you’re adding an extra twist in the tale to heighten the emotion. There are three things a bridge can do:

1) Change time

2 Change perspective

3) Go universal/philosophical

Main Idea:

The bridge reveals the deeper truth: the singer does not just miss sex. He misses feeling wanted. He misses the old look in their eyes, the old fire, the old version of “us.” The bridge also admits that both people may be tired, scared and avoiding the issue because it is easier than reopening desire.

Details (imagery/senses):

The listener can feel the old heat of the relationship compared to the cold routine of now. “Back when desire didn’t need batteries” adds humor (implying sex toys) while

also pointing at how artificial or distracted modern intimacy can become. The bridge should feel like the emotional center of the song, where the joke drops away and the real ache comes through.

Sensory/metaphor:

“The fire” is the main metaphor. “Desire didn’t need batteries” is the sharp, funny, modern line. “Why did we stop being us again?” is the emotional thesis of the bridge. It changes the song from a complaint about sex into a plea for reconnection.

9. If there is a 3rd verse or ending, what will be said there? Is it really needed?

None

10. Ending / Final Chorus

Main Idea:

The final chorus and outro should resolve the song by turning the blunt question into an invitation. The singer is no longer just asking why they never have sex. He is asking if they can talk, reconnect, leave the world outside, and find their way back to each other.

Details (imagery/senses):

The world outside the bedroom disappears. Phones are put down. The TV is off. The door is closed. The couple is tangled up like they just met again. The final line brings back humor and tenderness, making the song end with hope instead of bitterness.

Sensory/metaphor:

“Leave the world outside for a sec” is the emotional solution. “Get tangled up like we just met again” is the romantic image. The final “maybe even have a little sex” keeps the song playful, human, and honest!

11. Final Checklist – answer these questions:

DID YOU TELL THE WHOLE STORY?

Yes. The song tells the full emotional arc. It starts with memories of passion, shows the current distance, explains the life pressures causing the disconnect, reveals the deeper emotional wound in the bridge, and ends with a hopeful request to reconnect.

DID YOU INVITE THE LISTENER IN?

Yes. The song invites the listener in because the situation is extremely relatable. Many people understand the awkwardness of loving someone but feeling the physical and emotional spark fade under the weight of daily life. The humor makes the subject approachable, while the vulnerability makes it meaningful.

DID YOU FULFILL EXPECTATIONS?

Yes. The title creates the expectation of a bold, funny, uncomfortable relationship song. The lyrics fulfill that expectation with a direct hook, but they also go deeper by showing that the real issue is not just sex. It is connection, desire, communication, and fear of drifting apart.

DID YOU SAY WHAT YOU MEANT TO SAY?

Yes. The song clearly says: we still love each other, but something important is missing. I do not want to fight. I do not want to blame you. I want to understand what happened to us and find a way back.

DOES THE SONG FEEL COMPLETE?

Yes. The song feels complete because it moves from memory to frustration, from frustration to vulnerability, and from vulnerability to a hopeful invitation. The outro gives the listener a satisfying emotional landing because the singer is not just complaining anymore. He is asking for closeness, honesty, and a fresh start.