



ASK FOR
WHAT YOU
WANT.

A WORKSHEET FOR
*Sexy Communication
& Moving Towards Pleasure*

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Discussing sexual preferences and intimacy before, during and after sex can be a daunting task. Particularly if you're struggling with past sexual misses, misunderstandings, trauma or insecurity. In addition to starting therapy, here are a few simple and non-stressful ways to try on these conversations. Sex is meant to be fun and connective, so we want to keep our conversations in that same vein.

First Thing's First- Here's a definition of sexuality by The World Health Organization:

"...a central aspect of being human throughout life encompasses sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction. Sexuality is experienced and expressed in thoughts, fantasies, desires, beliefs, attitudes, values, behaviors, practices, roles and relationships. While sexuality can include all of these dimensions, not all of them are always experienced or expressed. Sexuality is influenced by the interaction of biological, psychological, social, economic, political, cultural, legal, historical, religious and spiritual factors." (WHO, 2006a)

The WHO identifies 6 core sexual health principles we want to adhere to:

- Consent
- Non-exploitative
- Protection from STI's and unintended pregnancy
- Honesty
- Shared Values
- Mutual Pleasure

One of the tools to shifting and moving towards pleasure is seeking to broaden your definition of sex, intimacy and connection. Sex can be any and everything, you're in charge! Keeping these principles in mind can help you feel comfortable exploring within a safe container.

PLEASURE STARTS WITH YOU!

Take some time to first assess your past sexual experiences, preferences, and how you like to be intimate. This will make it much easier for you to share with your partner(s). Below are some questions you can ask yourself.

Sweet tip: Notice how your body reacts to the questions. For example, you may feel tightness in your stomach, maybe nervous or maybe some resistance to answering some of the questions. Your body's reaction can reveal unhealed wounds or shame. They can also indicate excitement, curiosity or interest. Just note what's coming up for you.

- What does sex & pleasure mean to me? What does that look like?
- What does intimacy mean to me? What does that look like?
- What does connection mean to me? What does that look like?
- How do I like to please myself? How do I like to please my partner?
- What is it that makes me feel good? What type of touch/sensations? Positions? Why?
- What does my partner(s) do or say that makes me feel good and arouses me?
- What makes me feel close to my partner(s)?
- What are my sexual boundaries? In other words, what would I like to explore and/or steer away from? Why?
- Do I have fantasies? If yes, what are they? Do I wish to share them with my partner? Why? Do I wish to try some of these fantasies with my partner(s)?
- What displeases me during sex? Why?
- What am I uncomfortable trying now, but am interested to know more about? Are there any areas of shame or fear I want to explore?

So how did it go? It's okay if you weren't able to answer all of the questions (or most of them). Everyone is at a different phase in their sexual experiences and exploration, so don't sweat it! You can always go back to these questions and revise.

LET'S TALK ABOUT SEX BABY!

Before sex

It can be helpful to create a safe, relaxing space to talk about sex. The bedroom is a delicious part of your home where you can relax and cultivate closeness with your beloved. Avoid heated or difficult conversations in that space.

Here are some other ideas:

- Have a nice dinner and approach the topic by asking your partner(s)' opinion on something that you saw, read or that you have been thinking about.
- Take a walk at the park or the beach.
- During a tv show or movie in which a sex scene appears, think about discussion points that may be helpful and give it a try.
- Try a game that involves asking questions to one another and add sex related content, such as sexy Jenga, twister, or pictionary.

Sweet tip: Approaching these conversations can be tough, try adding in compliments, praise and validation about what is going well, ways your partner makes you feel good, and how you value the connection with them.

This will ease giving feedback or making requests.

Here are some questions you can ask your partner(s) to learn more about their needs, desires, likes and dislikes:

1. What do you usually enjoy being done for you or to you that turns you on?
2. Is there something different that you would like to try?
3. Do you like it when I...?
4. I like doing this/touching you [in this manner].
Do you enjoy it as well? What would you prefer?
5. What would you like me to do that will help you feel closer to me?
6. Is there something that I do that you might like to be different? How?
7. Does [this] work for you?
8. Would you like to share some of your fantasies with me?

The reverse can also take place. Maybe you want to start the conversation by telling your partner what you want.

Here are some ways to do so:

- I really love it when you... can you do more of that?
- I saw/read/heard something on [Tv, blog, book, magazine... you get the drill] and I wanted to know what you thought about it.
- This looked like a lot of fun and I wanted to know what you thought about it.
- I'm curious about ... because it makes me feel...Is it something you would be willing to explore?

In addition to these conversations, here are some ideas that can help you and your partner(s) explore your sexuality:

- Watch different types of porn or Read erotica together
- Try BDSM, tantra or other forms of kink or fetish play (there are some great tools online, or local workshops in many cities)
- Strip for your partner or Go to a strip club together
- Masturbate in front of your partner
- Incorporate toys
- Have sex outside of the bedroom
- Leave the lights on during sex
- Go to a sex/sexuality workshop or retreat
- Get a book with different positions and see what you and your partner(s) want to try
- Tease your partner at unexpected moment

This is a non-exhaustive list, so feel free to further educate yourself on other ways to explore your sexuality with your partner(s).

IT'S SEXY TIME!

During sex

Although you've gather as much intel as you can about your partner's sexual interests, it can be beneficial to check -in during sex. You decide when and if it is necessary depending on what is taking place and how much you know about each other.

Besides, it shows that you care about pleasing them.

Here are a few simple questions you can ask playfully:

- Do you enjoy it when I touch you here? More firm or softer?
- Is this feeling good to you? Would you like this or that (give concrete suggestions)?
- Is there something you would like me to do next?
- May I (insert touch you wish to give)?
- I love it when you (name reaction), what might help you do that more?

After sex

Take some time to show gratitude, praise one another and provide emotional support and validation. Sex is scary and involves a lot of courage and risk. Then if you're both feeling okay, ask your partner(s) what they enjoyed the most and what they enjoyed less. It does not need to be exactly after you've finished having sex. It could be the next day or later that day depending on when you've been having your sexy time. Use your best judgment.

You're doing the best you can, good job!