



## **Before Becoming Sexually Intimate**

### **1. What do you want out of your sexual encounters?**

Possible response: I want to stretch my boundaries, achieve more orgasms during sex, learn to receive pleasure, feel more confident asking for what I want, etc.

Some Other Examples: I want to feel confident in giving pleasure, be more in my body during sex, explore new things like non-ejaculatory practice or kink, etc.

### **2. What are the qualities you are looking for in your lovers / sexual partners?**

Possible response: I am looking for givers who are open to learning, curious about being better lovers and know how to be present. I am looking for lovers I am naturally attracted to and have fun, effortless sexual chemistry with.

Some Other Examples: I am looking for lovers that are comfortable in their body, who are adventurous, sexually uninhibited, who are open to communication around sex, and are open to trying new things.

### **3. How do you want to show up in these sexual encounters?**

Possible response: I want to show up as sexy, powerful, in my feminine, fun, relaxed and comfortable in my skin. I want to show up bubbly, bright, and like I am absolutely in love with my life.

Some Other Examples: I want to show up powerful, confident, in my body, connected, present, curious, giving, dominant, etc.

### **4. What are the qualities of your ideal casual relationship?**

Possible response: My ideal casual relationship is open, honest, comfortable, flirty, and friendly. We have great communication and trust one another, etc.

Some Other Examples: My ideal casual relationship is carefree, mature, has lots of space, is fun, easy, expansive, and really feels like a win/win situation all the way around.