

8 Questions for Yourself and Your Partner

For the session: Remember to be curious and kind, both when you speak and listen. You may be surprised at something you find out, or your partner's words might seem familiar. Look for the *energy* behind the words and see if you can hear what they're saying in a new way.

1. How do you want to be touched? (e.g. Softly, firmly, intentionally, etc.)
2. What is something that used to turn you on, but doesn't anymore?
3. What gets you hot and bothered aka what is your most powerful motivation to have sex?
4. Describe your ideal sex life with one word or phrase.
5. Find the word, phrase, or sentence you think describe your partner's ideal sexual relationship.
6. Is there something related to sex with your partner you've neglected to address, that's still bothering you? What is that costing you?
7. What do you wish your partner still did that they don't do anymore?
8. What is something that didn't used to turn you on, but does now? (The *idea* of something erotic is fine; doesn't mean you'll want to do it IRL, but...) Would you want to try it?

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