



HOW TO  
FEEL SEXY

*despite*

EVERYDAY LIFE

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**FACT. IT'S FAR EASIER FOR YOU TO FEEL  
UNSEXUAL THROUGHOUT YOUR EVERYDAY LIFE  
THAN IT IS TO FEEL SEXUAL.**

That's because your libido and your  
body need reminders to be sexual.

We're not talking about all of the overt sexualisation that is an  
everyday part of media and Instagram feeds. We are talking  
about the juicy, humming along sexuality that keeps your  
arousal on your radar.

*Here are a few things that you can do during the day to keep  
your sexuality gently charged and switched on.*

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**On your commute from work or obligations listen to podcasts about sex.** Not really an auditory learner? Use your Kindle to read books about sex and to learn about sex. Mix it up with some that are fiction and some that are nonfiction so that both your imagination and your knowledge base get a bit of a work out. Quality fiction and nonfiction are both excellent permission granters for you to consider and clarify what it is that you like about sex right now and what it is that you want to bring into sex. Say hello to new ideas and an affirmation of your identity as a sexual woman.

**Choose your identity.** There are going to be parts of you that feel pretty fixed in your personality and belief system. BUT there are also a lot of opportunities for you to express choice. If you feel limited by a label or role that you have for yourself: like wife, Mum or business owner, it is all too easy to keep that persona switched on 24/7. This is a gentle reminder that your roles in life are not all you are. You can be multiple things at once – a mother who gives to her children and herself, a devoted wife that has healthy relationships and connections with other men, a business owner that works hard and plays soft. Your everyday life and obligations are a part of you, not all of you. You can be any one of your labels and simultaneously sexual – the choice is yours to allow them to co-exist.

**Have some non-negotiables about your presentation.** Put on the lipstick, a spritz of perfume, that stunning piece of jewellery. Don't cut corners. Regardless of your vocation, make sure that when you get up most days, that you are preparing yourself for what may come – it is a declaration that you are open to receiving, honouring and adorning your body. Listen to what comforts your body needs and what it is that your body wants to wear but then play around with upping the ante a little bit. We're talking hitting that really sweet spot where the inside and the outside are aligned. It's time for you (and your libido) to affirm your worth so rather than surviving on really daggy house clothes, buy yourself some really luxe house clothes to get into at the end of the day. Buy some clothes that bridge the gap between comfort and sexy. Choose fabrics that you can touch that generate a feeling of sensuality. Think silk, velvet and soft wool.

**Re-source and revive your sexual peak.** If you have ever had a period in your life where you have experienced your own sexual peak or you have had a new lover, you probably tapped into some highly charged feelings of excitement that fuelled your arousal and desire. And I'm pretty sure that there will also be some standout films, art and music that signified that period in your life. If you haven't already, go back to the art forms and the stimuli that were around during that time of your life and listen to them again, watch them again and see if you can access some of those feelings. It's not about going back in time or being someone that you used to be, it's all about the feelings of sexuality that are still possible because they live inside of you - you just needed a kick-start. A little nostalgia is good at confirming that your libido is still alive and active.

**Go pants freeeee!** If you're a woman that enjoys wearing pants, then start to feel sexy despite everyday life by not wearing underwear. Why? The sense of freedom between your pants and your pussy will let you feel the space there. Usually women are sitting down on their buttocks pressing down against their sexual anatomy, which doesn't allow for all of your sensitive tissues to feel anything. When you have some space there then you have space to feel sensation and what sensations are in your body. When you sit down with material pressing against your body, you are numbing and suppressing that sensation. Give it a try, if you dare.

***The more you choose to be sexual, the more sexual you will feel.*** Bring in prompts and say things to yourself that speak to this aspect of your identity. Your libido loves these reminders and far prefers to be nourished rather than starved.

*Lauren xo*