

Sexy Contexts

Think of a positive sexual experience from your past. Describe it here, with as many relevant details as you can recall:

Now consider what aspects of that experience made it positive:

Category	Description
Mental and physical wellbeing <ul style="list-style-type: none"> ○ Physical health ○ Body image ○ Mood ○ Anxiety ○ Distractibility ○ Worry about sexual functioning ○ Other 	
Partner characteristics <ul style="list-style-type: none"> ○ Physical appearance ○ Physical health ○ Smell ○ Mental state ○ Other 	
Relationship characteristics <ul style="list-style-type: none"> ○ Trust ○ Power dynamic ○ Emotional connection ○ Feeling desired ○ Frequency of sex 	
Setting <ul style="list-style-type: none"> ○ Private/public ○ At home, work, vacation etc ○ Distance sex (phone, chat, etc) ○ See partner do something positive, like interact with family or do work 	
Other life circumstances <ul style="list-style-type: none"> ○ Work-related stress ○ Family-related stress ○ Holiday, anniversary, “occasion 	
<ul style="list-style-type: none"> ○ Things you do ○ Self-guided fantasy ○ Partner-guided fantasy (“talking dirty”) ○ Body parts that were touched or not ○ Oral sex on you/ on partner ○ Intercourse, etc 	
Other	

Not-So-Sexy Contexts

Think of a not-so-great sexual experience from your past – not necessarily a terrible one, just a not-so-great one. Describe it here, with as many relevant details as you can recall:

Now consider what aspects of that experience made it not-so-great:

Category	Description
Mental and physical wellbeing <ul style="list-style-type: none"> ○ Physical health ○ Body image ○ Mood ○ Anxiety ○ Distractibility ○ Worry about sexual functioning ○ Other 	
Partner characteristics <ul style="list-style-type: none"> ○ Physical appearance ○ Physical health ○ Smell ○ Mental state ○ Other 	
Relationship characteristics <ul style="list-style-type: none"> ○ Trust ○ Power dynamic ○ Emotional connection ○ Feeling desired ○ Frequency of sex 	
Setting <ul style="list-style-type: none"> ○ Private/public ○ At home, work, vacation etc ○ Distance sex (phone, chat, etc) ○ See partner do something positive, like interact with family or do work 	
Other life circumstances <ul style="list-style-type: none"> ○ Work-related stress ○ Family-related stress ○ Holiday, anniversary, “occasion 	
<ul style="list-style-type: none"> ○ Things you do ○ Self-guided fantasy ○ Partner-guided fantasy (“talking dirty”) ○ Body parts that were touched or not ○ Oral sex on you/ on partner ○ Intercourse, etc 	
Other	

Sexual Cues Assessment

Read through all your sexy and not-so-sexy contexts. What do you notice as reliable contexts for great sex, and reliable contexts for not-so-great sex?

Contexts that Make Sex Great	Contexts that Make Sex Not-So-Great

Identify 5 things you and/or your partner could hypothetically do, if you decided to work toward creating more frequent and easier access to the contexts that improve your sexual functioning:

	Things to do	How much impact?	How easy?	How soon can you do it?
1				
2				
3				
4				
5				

Then select the two or maybe three that feel like the right combination of impact, ease, and immediacy, and list all the things that would have to happen in order for this change to occur. Be as **CONCRETE AND SPECIFIC** as you can. These should be **ACTIONS**, rather than abstractions or ideas or attitudes. Ask yourself, “If we decide to create this change, what goes on our To Do list?”

Change 1:

Change 2:

Change 3:

Then select just one change that you will actually implement. Choose a start date together that feels like good timing. Ideally this will be within the next month. Make your plan. And do it.