



LET'S TALK ABOUT SEX

BY DR. ROSE SCHLAFF, PT, DPT, WHC, IF



INTRODUCTION

Welcome! I'm so glad you're here.

Let face it - talking about sex can be embarrassing, uncomfortable or even downright awkward.



This e-book is meant to provide some support and guidance and take some of the discomfort out of talking about sex.

This guide can be utilized with or without a partner. It will help you start to get clear on how you want to feel during sex and help you develop some action steps to get you closer to your ultimate goal.

I hope you find it helpful!

Much love,

Dr. Rose



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1. When we have sex, I want to feel _____.

ex/ "When we have sex, I want to feel confident, relaxed, connected and sexy."

2. Other things that make me feel (*answer from #1*) that I/you/we already do are _____.

ex/ "I also feel confident and sexy when I get dressed up, I feel connected and relaxed when you make eye contact with me and we are able to have an open and vulnerable conversation."



3. I think you are so sexy when you

_____.

4. I feel most connected to you when we _____.

5. It helps me get in the mood when _____.



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6. When we're in bed, I really love when you/we do _____, could we do more of that?

ex/ "I really love when you spend a lot of time kissing my inner thighs before oral sex, it gives my body a chance to warm up and get excited, I would love more of that."

7. When we're in bed, I would like a little less of _____, instead, I would really like _____.

ex/ "When you pinch my nipples, I feel like my guard comes up and it takes me out of my experience of how good everything else feels, what I would really like is for you to just kiss, lick and softly touch them."

8. Something we've never done that I would love to try is _____.





ABOUT DR. ROSE

I've always been that one friend who is the go-to for embarrassing questions, often about sex, bodily functions, or uncomfortable emotions.

It's no surprise that I ended up in the world of pelvic and sexual health. First by specializing in pelvic health after I received my Doctorate in Physical Therapy and then becoming a Certified Women's Sexual Health Fellow and Women's Health Coach.

Now, I utilize my years of pelvic and sexual health experience along with my life-time of being "that go-to friend" to offer Women's Sexual Health Coaching. I've had the honor of helping hundreds of women all around the world reclaim intimacy and spark pleasure both in and out of the bedroom. I truly believe that intimacy can and should be fun, fearless and pain-free.





WHAT'S NEXT?

I'm so passionate about helping women reclaim their sex lives that I offer a 30 min phone call with me completely FREE.

If you're interested in this incredible offer I'd love to support you. Together, we'll help you get clear on how you would love to feel about sex and develop a personalized roadmap to get you there.

- Schedule your FREE strategy call today!

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