

Exercise: Desire

Figure out your core desires around sex

- Think back to your earliest memories of having a crush, your first dating experiences, your first sexual experiences.
 - What were some of the things you imagined experiencing?
- Think through all of your sexual experiences, and pick a few memories that stand out to you as your hottest sexual moments.
 - What do those have in common? What was it about those moments that turned you on?
- When you find yourself daydreaming and thinking about future sexual experiences, what do you think about?
 - Are there any specific things that you find yourself wishing you could try?
- If you're in a relationship, challenge yourself to share these things with your partner. Share things you've done together that stand out to you as your favorite experiences, and share things you haven't tried yet that you want to try.