

Sex + Intimacy

What are your boundaries around sex? What are you comfortable and not comfortable doing? (for more work on boundaries.

What are your triggers around sex? What do you need from your partner when you get triggered?

What is mentally holding you back from experiencing your maximum level of pleasure? Common examples include shame about your assault or your past sexual history; feeling unworthy of love or attention; feeling insecure about your body; not feeling safe or comfortable with your partner.