

THE *Language* OF *Desire*

Part Two Worksheet What Do You Find Sexy?

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What Do You Find Sexy?

This is just a free-form brainstorm to jot down a whole bunch of things that turn you on. Not everything is directly related to sex: a lot of things that put us in the mood are sensual (meaning they heighten our senses).

Why am I having you do this?

Because focusing on the things you find sexy gets your imagination going. This will help when you are verbalizing your wants, desires, and fantasies to your man.

Also, for those of you on Pinterest, make a secret board and collect pins of the following. You can pin YouTube videos as well as pictures!

Just go into your Pinterest account, click on "Make New Board," and in the pop-up window, slide the "Keep it secret" setting to "Yes."

Songs/music that turns me on:

Books/movies that I find hot:

People (celebs, musicians, athletes, authors) who I find totally sexy:

Images and art that turn me on:

Places I want to have sex in/at:

Clothes, shoes, lingerie that I find sexy:

Colors that feel passionate to me:

Food and beverages that feel sexy to me:

Scents and smells that I enjoy:

Lighting, decor, ambiance that I find sexy:

Anything else that comes to mind when I think of sex and feeling sexy: