

THE *Language* OF *Desire*

Part Two Worksheet Sexploration Quiz

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Language of Desire

Sexploration Quiz

My wish for you is to have exciting and sexy conversations with your lover that lead to amazingly fulfilling sex. Perhaps these conversations push you a little bit beyond your comfort zone because, let's face it, that can be thrilling.

Part of this program includes discovering and loving your unique brand of sexy.

However, I do NOT want you to ever regret how far you take a conversation or what you consent to engage in. It's important to think through what your sexual boundaries are before you are in a situation where you are being asked or encouraged to do something.

This worksheet is for your eyes only and simply to get you thinking about what you definitely know you like, what you haven't tried but would consider, and what activities you have no desire to engage in.

You can print this out and mark the boxes accordingly. The activities on this list are by no means exhaustive and I am in no way encouraging you to try all of them.

I do want you to read through this list with an open mind. There may be items that you are conflicted about (your brain says no, but your libido says yes). That's okay, just take time to think it through or put it on your maybe list.

Reflecting on this list should get your imagination flowing, which will influence how you use some of the techniques in this program.

Always remember: Your sexual boundaries and choices are your own. No shame. No judgment.

Activity	YES!	Maybe	NO
Send sexy and provocative photos to my lover			
Pay to have a boudoir photo shoot done by a professional photographer			
Role-play with costumes, wigs, different personae to act out fantasies			
Purchase and use sex toys for myself			
Purchase sex toys for use with my partner			
Buy sexy bras, panties, and lingerie that I know my lover likes			
Read erotica novels alone			
Read erotica novels with my partner			
Watch pornography with my partner			
Initiate sex with my lover			
Experiment with being blindfolded and/or restrained			
Experiment with being spanked, whipped, or other forms of pain			
Have sex in a semi- (or totally) public place with the possible risk of being caught			
Have sex with the lights on or during the daytime			
Have a threesome			
Swap partners (aka "swinging")			
Give your lover 100% control during sex (being submissive)			
Take 100% control over your lover during sex (being dominant)			

How did considering this list make you feel? Were you surprised by any of your answers? Are there other sexual activities not included here that you've always been curious about? If so, write them down!

Keep this quiz in with your journal. You will want to refer back to it as we get into some of the later modules.